Actually, I have no prior experience with any of the questions in this section. But, I'll be glad if I can learn from you how you manage your data. I've found some articles about this, and wanted to share them with you.

https://towardsdatascience.com/how-to-secure-health-data-in-the-cloud-541fbdad811a

https://security.stackexchange.com/questions/177017/how-to-share-encrypted-data-between-users

https://security.stackexchange.com/questions/91704/which-strategy-to-encrypt-data-accessed-by-multiple-users

https://security.stackexchange.com/questions/33530/sharing-encrypted-data

I understand that there will be needed a public/private key cryptography implementation. However, I have no clue how to implement that.