Technically Healthy Cookie Policy

Our website uses cookies to distinguish you from other users of our website. This helps us to provide you with a good experience when you browse our website and allows us to improve our site.

A cookie is a small text file which is placed onto your computer (or other electronic devices) when you access our website.

Like many sites, we use "cookies" to collect information. You can instruct your browser to refuse all cookies or to indicate when a cookie is being sent. However, if you do not accept cookies, you may not be able to use some portions of our Site.

We use cookies on this website to:

- recognise you whenever you visit this website (this speeds up your access to the website as you do not have to log in each time);
- obtain information about your preferences, online movements and use of the internet;
- carry out research and statistical analysis to help improve our content, products and services and to help us better understand our visitor requirements and interests;
- target our marketing and advertising campaigns more effectively by providing interest-based advertisements that are personalised to your interests; and
- make your online experience more efficient and enjoyable.

The information we obtain from our use of cookies will not usually contain your personal data. Although we may obtain information about your computer or other electronic device such as your IP address, your browser and/or other internet log information, this will not usually identify you personally. In certain circumstances we may collect personal information about you–but only where you voluntarily provide it (e.g. by completing an online form).

We use the following types of cookies:

- Strictly necessary cookies. These are cookies that are required for the operation of our website.

- Analytical or performance cookies. These allow us to recognise and count the number of visitors and to see how visitors move around our website when they are using it. This helps us to improve the way our website works, for example, by ensuring that users are finding what they are looking for easily.

- Functionality cookies. These are used to recognise you when you return to our website. This enables us to personalise our content for you, greet you by name and remember your preferences (for example, your choice of language or region).

- Targeting cookies. These cookies record your visit to our website, the pages you have visited and the links you have followed. We will use this information to make our website and the advertising displayed on it more relevant to your interests.

- Apart from in the case of strictly necessary cookies, we will need your consent in order to use cookies on this website.

First and third-party cookies

First party cookies are cookies set by our website. Third party cookies are cookies on our website that are set by another website, such as where we have adverts on our website or use Facebook pixels so that we can show you relevant content from us when you are on Facebook.

We use third party cookies on our website and details of these are included in the following sections.

Necessary Cookies

Necessary cookies help make a website usable by enabling basic functions like page navigation and access to secure areas of the website. The website cannot function properly without these cookies.

COOKIE NAME	PROVIDER	TYPE	EXPIRY
AWSALB	instafeed.codev.wixapps.net	HTTP	1 day
AWSALBCORS	instafeed.codev.wixapps.net	HTTP	6 days
hs	technicallyhealthy.me adamsevecoach.com	HTTP	Session
JSESSIONID	nr-data.net	HTTP	Session
ssr-caching	technicallyhealthy.me adamsevecoach.com	HTTP	1 day
TS#	technicallyhealthy.me adamsevecoach.com	HTTP	Session
XSRF-TOKEN	technicallyhealthy.me adamsevecoach.com	HTTP	Session

Marketing Cookies

Marketing cookies are used to track visitors across websites. This information is used to measure the efficiency of advertisement on web sites. The intention is to display ads that are relevant and engaging for the individual user and thereby more valuable for publishers and third-party advertisers.

COOKIE NAME	PROVIDER	TYPE	EXPIRY
svSession	technicallyhealthy.me adamsevecoach.com	HTTP	2 years
wixlabs-ugc	frog.wix.com	pixel_cookie	Session

Statistics Cookies

Statistic cookies help website owners to understand how visitors interact with websites by collecting and reporting information anonymously.

COOKIE NAME	PROVIDER	TYPE	EXPIRY
fedops.logger.sessionId	technicallyhealthy.me adamsevecoach.com	HTML	Persistent
jserrors/1/#	bam.nr-data.net	Pixel	Session
events/1/#	bam.nr-data.net	Pixel	Session

Other Sites to provide our services

Our Service may contain links to other sites that are not operated by us. If you click on a third-party link, you will be directed to that third party's site. We strongly advise you to review the Privacy Policy of every site you visit. We have no control over, and assume no responsibility for the content, privacy policies or practices of any third-party sites or services.

PROVIDER	PURPOSE
Wix	We use Wix.com to host our website. For information on the privacy practices of Wix, please visit the [Wix Privacy page]().
Practice Better	Practice Better is an electronic practice management tool which stores health records, appointment information, and communication between health practitioners and clients. For more information on the privacy practices of Practice Better, please visit the Practice Better [Privacy page]().
Stripe	We use Stripe for payment. We will not store or collect your payment card details. That information is provided directly to our payment processor, whose use of your personal data is governed by their Privacy Policy. For more information on the privacy practices of Stripe, please visit the [Stripe Privacy Policy]().

Other Cookies

The following provides more information about other cookies we may use and why. We may also use third party services such as Google Analytics that collect, monitor, and analyse data.

PROVIDER	COOKIE NAME	PURPOSE
adamsevecoach.com	consent-policy	This cookie is used to remember a user's choice about cookies on our website. Where users have previously indicated a preference, that user's

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		preference will be stored in this cookie.
Google Analytics	_utma _utmb _utmc _utmz	These cookies are used to collect information about how visitors use our site. We use the information to compile reports and to help us improve the site. The cookies collect information in an anonymous form, including the number of visitors to the site, where visitors have come to the site from and the pages they visited.
Security breach notification form cookie	ASP.NET_SessionId	This cookie is essential for the breach notification form – the form that public electronic communications service providers use to notify the ICO of a security breach – to operate. It is set only for those people using the form. This cookie is deleted when you close your browser. Visit the Microsoft website

How to turn off cookies or alter settings

If you do not want to accept cookies, you can also change your browser settings so that cookies are not accepted. If you do this, please be aware that you may lose some of the functionality of this website. The following links explain how to access cookie settings in various browsers:

- Cookie settings in Firefox
- Cookie settings in Internet Explorer
- Cookie settings in Google Chrome
- Cookie settings in Safari (OS X)
- Cookie settings in Safari (iOS)
- Cookie settings in Android

To opt out of being tracked by Google Analytics across all websites, visit this link:

- http://tools.google.com/dlpage/gaoptout.

For further information about cookies and how to disable them please go to the Information Commissioner's webpage on cookies: https://ico.org.uk/for-the-public/online/cookies/.

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