



## **Wellbeing Flow**

### **Cookie Policy**

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

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

#### **We use cookies on this website to:**

- recognise you whenever you visit our website (this speeds up your access to the website as you are a returning visitor);
- obtain information about your preferences;
- 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 where appropriate and remember your preferences (for example, your 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 social media platforms so that we can show you relevant content from us when you are on those platforms.

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

**More detail about our cookies**

The table below provides more information about the cookies we use and why:

Cookie Name	Purpose	Duration	Cookie Type
XSRF-TOKEN	Used for security reasons	Session	Essential
hs	Used for security reasons	Session	Essential
svSession	Used in connection with user login	12 months	Essential
SSR-caching	Used to indicate the system from which the site was rendered	1 minute	Essential
_wixCIDX	Used for system monitoring/debugging	3 months	Essential
_wix_browser_sess	Used for system monitoring/debugging	session	Essential
consent-policy	Used for cookie banner parameters	12 months	Essential
smSession	Used to identify logged in site members	Session	Essential
TS*	Used for security and anti-fraud reasons	Session	Essential
bSession	Used for system effectiveness measurement	30 minutes	Essential

fedops.logger.X	Used for stability/effectiveness measurement	12 months	Essential
Wix Analytics	This is a web analytics service provided by Wix which uses cookies to show us how visitors found and explored our site, and how we can enhance their experience. It provides us with information about the behaviour of our visitors (e.g. how long they stayed on the site, the average number of pages viewed) and also tells us how many visitors we have had.	12 months	Essential

#### How to turn off cookies or alter settings

You can alter your cookie preferences at any time by going to the cookie consent mechanism and changing the relevant setting to 'off' where applicable.

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 on our website.

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

<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/>

Here is a useful link to read more about cookies <https://allaboutcookies.org>