



# Cookies Policy

This Cookies Policy sets out the basis on which we, HealRWorld, LLC, use cookies and similar technologies on or in relation to our websites, [community.healworld.com](http://community.healworld.com), [edir.healworld.com](http://edir.healworld.com), [spec.healworld.com](http://spec.healworld.com), (our **websites**). This Cookies Policy is effective from June 04, 2019.

'Essential' cookies are automatically placed on your computer or device when you access our website or take certain actions on our website. 'Non-essential' cookies and other technologies are only placed on your computer or device if you have consented to us doing so. For information on the difference between essential and non-essential cookies, see the section below entitled [About cookies](#).

For information on how you consent and how you can withdraw your consent to us placing non-essential cookies and other technologies on your computer or device, see the section below entitled [How to accept or reject cookies](#).

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## About cookies

### What are cookies?

Cookies are small data files sent by a website's server to a web browser, processor memory or hard drive and stored there. They can be used for a range of different purposes, such as customising a website for a user, helping a user navigate a website, improving that user's website experience, and storing that user's preferences and login information.

### Essential and non-essential cookies

Cookies can be classified as either 'essential' or 'non-essential'.

Essential cookies: these are cookies that are either:

- used solely to carry out or facilitate the transmission of communications over a network; or
- strictly necessary to provide an online service (e.g. our website or a service on our website) which you have requested.

Non-essential cookies: these are any cookies that do not fall within the definition of essential cookies, such as cookies used to analyse your behaviour on a website ('analytical' cookies) or cookies used to display advertisements to you ('advertising' cookies).





## Session and persistent cookies

Cookies can be classified as either ‘session’ or ‘persistent’, depending on how long they last after they are placed on your browser.

Session cookies: session cookies last for as long as you keep your browser open. They expire when you close your browser.

Persistent cookies: persistent cookies expire at a fixed point in time or if you manually delete them from your browser, whichever occurs first.

## First and third-party cookies

Cookies can be classified as ‘first party’ or ‘third party’.

First party cookies: these are cookies placed on your device by our website domain.

Third party cookies: these are cookies placed on your device by third party website domains.

If you require further information about cookies in general, please visit [www.allaboutcookies.org](http://www.allaboutcookies.org)

## List of cookies used

We use the following cookies on or in relation to our websites:

Name of Cookie	Essential or Non-essential?	Type of cookie	First or Third party?	Session or Persistent?	Expiry Time	Purpose	Domain	Site
DSID		Advertising	Third Party			Targeting/Advertising	doubleclick.net	community.healrworld.com
IDE		Analytical	Third Party	Persistent		Used to register and report the website user's	doubleclick.net	community.healrworld.com
APISID		Analytical	Third Party			used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	community.healrworld.com
HSID			Third Party			which contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in time.	google.com	community.healrworld.com
NID		Analytical	Third Party			used by Google to store user preferences and information when viewing pages with Google maps on them	google.com	community.healrworld.com
SAPISID		Analytical	Third Party			used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	community.healrworld.com
SID		Security	Third Party			which contain digitally signed and encrypted records of a	google.com	community.healrworld.com



						user's Google account ID and most recent sign-in		
SIDCC		Security	Third Party			Security cookie to protect user's data from unauthorised access. Google	google.com	community.healworld.com
SSID		Analytical	Third Party			Used by Google to store user preferences and information of Google maps	google.com	community.healworld.com
NID		Analytical	Third Party			used by Google to store user preferences and information when viewing pages with Google maps on them	gstatic.com	community.healworld.com
_ga		Analytical	First Party		2 years	used to collect information about how visitors use our site.	community.healworld.com	community.healworld.com
_gid		Analytical	First Party		1 day	Used to distinguish users.	community.healworld.com	community.healworld.com
__cfduid			Third Party		1 year	to identify trusted web traffic.	jqueryscript.net	community.healworld.com
player			First Party		1 year	A user's HTML/Flash mode preference	vimeo.com	community.healworld.com
vuid			Third Party		2 years	Vimeo Analytics unique id	vimeo.com	community.healworld.com
APISID			Third Party			used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	youtube.com	community.healworld.com
HSID			Third Party			which contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in time.	youtube.com	community.healworld.com
LOGIN_INFO			Third Party			This cookie is used to play YouTube videos embedded on the website.	youtube.com	community.healworld.com
PREF			Third Party			Saves user preferences by using YouTube.	youtube.com	community.healworld.com
SAPISID		Analytical	Third Party			used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	youtube.com	community.healworld.com
SID		Security	Third Party			which contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in	youtube.com	community.healworld.com
SSID		Security	Third Party			Security cookie to protect user's data from unauthorised access. Google	youtube.com	community.healworld.com
VISITOR_INFO_LIVE		Analytical	Third Party			Tries to estimate the users' bandwidth on pages with integrated YouTube videos.	youtube.com	community.healworld.com
YSC			Third Party			Registers a unique ID to keep statistics of what videos from YouTube the user has seen.	youtube.com	community.healworld.com
yt-remote-connected-devices		Analytical	Third Party	Persistent		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healworld.com
yt-remote-device-id		Analytical	Third Party	Persistent		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healworld.com
yt.innertube::nextId		Analytical	Third Party	Persistent		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healworld.com
yt.innertube::requests		Analytical	Third Party	Persistent		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healworld.com



yt-remote-cast-available		Analytical	Third Party	Session		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healrworld.com
yt-remote-cast-installed		Analytical	Third Party	Session		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healrworld.com
yt-remote-fast-check-period		Analytical	Third Party	Session		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healrworld.com
yt-remote-session-app		Analytical	Third Party	Session		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healrworld.com
yt-remote-session-name		Analytical	Third Party	Session		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healrworld.com
GPS		Analytical	Third Party	Persistent		Used by YouTube to monitor user preferences when viewing an embedded YouTube video.	youtube.com	community.healrworld.com
PREF		Analytical	Third Party	Persistent		Registers a unique ID that is used by Google to keep statistics of how the visitor uses YouTube videos across different websites.	youtube.com	community.healrworld.com
__atuvc			First Party		1 year	Updates the counter of a website's social sharing features.	community.healrworld.com	community.healrworld.com
en4_language			First Party		1 year	used for storing user language preference	community.healrworld.com	community.healrworld.com
en4_locale			First Party		1 year	used for user locale preference and Local storage	community.healrworld.com	community.healrworld.com
PHPSESSID	essential		First Party	Persistent		PHPSESSID is used by PHP for session management	community.healrworld.com	community.healrworld.com
at-rand		Advertising	First Party	Persistent		Used by the social sharing platform AddThis	community.healrworld.com	community.healrworld.com
skimCSP		Advertising	Third Party		1 year	Skimlinks advertising tracking cookie	skimresources.com	community.healrworld.com
skimGUID		Advertising	Third Party		1 year	A unique identifier given to each computer to allow log analysis to determine the number of unique users for various parts of skimresources.com	skimresources.com	community.healrworld.com
skimORIGIN		Advertising	Third Party		1 year	Skimlinks advertising tracking cookie	skimresources.com	community.healrworld.com
skimSESS		Advertising	Third Party		1 day	his cookie is used by Skimlinks to identify you as a user between page loads.	skimresources.com	community.healrworld.com
{{username}} - Member Home Page - HealRWorld Community -activity-feed-widget	Essential		First Party				community.healrworld.com	community.healrworld.com
__utmc		Analytical	First Party	Persistent	1 day	takes a timestamp of the exact moment in time when a visitor leaves a site	edir.healrworld.com	edir.healrworld.com
__utmt		Analytical	First Party	Persistent	1 day	used to throttle request rate.	edir.healrworld.com	edir.healrworld.com



_JAR			Third Party		1 month		google.com	edir.healrworld.com
APISID			Third Party	Analytical	2 years	used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	edir.healrworld.com
HSID			Third Party	Security	2 years	which contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in time.	google.com	edir.healrworld.com
NID			Third Party		6 months	used by Google to store user preferences and information when viewing pages with Google maps on them	google.com	edir.healrworld.com
SAPISID			Third Party		2 years	used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	edir.healrworld.com
SID		Analytical	Third Party		2 years	which contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in	google.com	edir.healrworld.com
SIDCC		Security	Third Party		3 months	Security cookie to protect user's data from unauthorised access. Google	google.com	edir.healrworld.com
SSID		Security	Third Party		2 years	Security cookie to protect user's data from unauthorised access. Google	google.com	edir.healrworld.com
NID		Analytical	Third Party		6 months	used by Google to store user preferences and information when viewing pages with Google maps on them	gstatic.com	edir.healrworld.com
_ga		Analytical	First Party		2 years	used to collect information about how visitors use our site.	community.healrworld.com	edir.healrworld.com
_gat		Analytical	First Party		1 day	Used by Google Analytics to throttle request rate	community.healrworld.com	edir.healrworld.com
_gid		Analytical	First Party		1 day	Used to distinguish users.	community.healrworld.com	edir.healrworld.com
skimCSP		Advertising	Third Party		1 year	Skimlinks advertising tracking cookie	skimresources.com	edir.healrworld.com
skimGUID		Advertising	Third Party		1 year	A unique identifier given to each computer to allow log analysis to determine the number of unique users for various parts of skimresources.com and redirectingat.com.	skimresources.com	edir.healrworld.com
skimORIGIN		Advertising	Third Party		1 year	Skimlinks advertising tracking cookie	skimresources.com	edir.healrworld.com
skimSESS		Advertising	Third Party		1 day	his cookie is used by Skimlinks to identify you as a user between page loads.	skimresources.com	edir.healrworld.com
__utma		Analytical	First Party		2 years	keeps track of the number of times a visitor has been to the site pertaining to the cookie, when their first visit was, and when their last visit occurred.	17now.org	edir.healrworld.com
__utmz		Analytical	First Party		6 months	keeps track of where the visitor came from, what search engine you used, what link you clicked on, what keyword you used, and where they were in the world when you accessed a website.	17now.org	edir.healrworld.com



PHPSESSID	Essential	Persistent	First Party			Used by PHP for session management	edir.healworld.com	edir.healworld.com
location_geopip	Essential		First Party			User's current location.	edir.healworld.com	edir.healworld.com
edirectory_searchQuery_targetpage	Essential		First Party			Used to store target page path generated based on user input for search.	edir.healworld.com	edir.healworld.com
edirectory_searchQuery_what_internal	Essential		First Party			Used to store input of what internal.	edir.healworld.com	edir.healworld.com
edirectory_searchQuery_what_typed	Essential		First Party			Used to store user input for first textbox.	edir.healworld.com	edir.healworld.com
edirectory_searchQuery_when	Essential		First Party			Used to store input of when.	edir.healworld.com	edir.healworld.com
edirectory_searchQuery_where_internal	Essential		First Party			Used to store input of where internal.	edir.healworld.com	edir.healworld.com
edirectory_searchQuery_where_typed	Essential		First Party			Used to store location entered by user.	edir.healworld.com	edir.healworld.com
SSID			First Party				edir.healworld.com	edir.healworld.com
i			First Party			Registers anonymised user data, such as IP address, geographical location, visited websites, and what ads the user has clicked, with the purpose of optimising ad display based on the user's movement on websites that use the same ad network.	edir.healworld.com	edir.healworld.com
yandexuid			First Party			Registration of how the User visits the website,	edir.healworld.com	edir.healworld.com
yp			First Party				edir.healworld.com	edir.healworld.com
PHPSESSID			First Party			Used by PHP for session management	edir.healworld.com	edir.healworld.com
SECTION_MEMBERS			First Party		1 month		edir.healworld.com	edir.healworld.com
automatic_login_members			First Party		1 month		edir.healworld.com	edir.healworld.com
Edir.healworld.com_DOMAIN_ID_TINYMCE_MEMBERS	Essential		First Party		1 month		edir.healworld.com	edir.healworld.com
Edir.healworld.com_DOMAIN_ID_MEMBERS	Essential		First Party				edir.healworld.com	edir.healworld.com
uid			First Party	Persistent	1 month	Vimeo Analytics tracking id	edir.healworld.com	edir.healworld.com
username_members			First Party		2 months		edir.healworld.com	edir.healworld.com
edir_language	Essential		First Party		1 day		edir.healworld.com	edir.healworld.com
SSID		Security	Third Party	Session	2 years	Used by Google to store user preferences and information of Google maps	google.com	spec.healworld.com



SIDCC		Security	Third Party	Session	2 months	is a security cookie to protect a user's data from unauthorized access.	google.com	spec.healrworld.com
SID		Security	Third Party	Session	2 years	which contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in	google.com	spec.healrworld.com
SAPISID		Security	Third Party	Session	2 years	used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	spec.healrworld.com
NID		Security	Third Party	Preferences	6 months	used by Google to store user preferences and information when viewing pages with Google maps on them	google.com	spec.healrworld.com
HSID		Security	Third Party		2 years	used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	spec.healrworld.com
APISID		Security	Third Party		2 years	used in conjunction with the Google+1 button to enable you to share information publicly, as part of your Google Profile.	google.com	spec.healrworld.com
1P_JAR		Security	Third Party		1 month	Used to gather website statistics, and track conversion rates.	google.com	spec.healrworld.com
en4_locale		Analytical	First party	Session	1 year	used for user locale preference and Local storage	community.healrworld.com	spec.healrworld.com
en4_language		Analytical	First party	Session	1 year	used for storing user language preference	community.healrworld.com	spec.healrworld.com
__ga		Security	First party	Session	6 months	Used to distinguish users.	community.healrworld.com	spec.healrworld.com
__utmz		Analytical	First party	Session	6 months	Stores the traffic source or campaign that explains how the user reached your site. The cookie is created when the JavaScript library executes and is updated every time data is sent to Google Analytics.	community.healrworld.com	spec.healrworld.com
__utma		Analytical	First party	Session	2 years	Used to distinguish users and sessions. The cookie is created when the JavaScript library executes and no existing __utma cookies exists. The cookie is updated every time data is sent to Google Analytics.	community.healrworld.com	spec.healrworld.com
__atuvc		Analytical	First party	Session	1 year	allows users to share particular pages	community.healrworld.com	spec.healrworld.com
PHPSESSID			First party	Session		PHPSESSID is used by PHP for session management	community.healrworld.com	spec.healrworld.com
survey	Essential		First party	Persistent	lifetime	To store survey details.	community.healrworld.com	spec.healrworld.com
surveyId	Essential		First party	Persistent	lifetime	To store survey id	community.healrworld.com	spec.healrworld.com
welcome	Essential		First party	Persistent	lifetime	To verify welcome screen is visited	community.healrworld.com	spec.healrworld.com
stepDone	Essential		First party	Persistent	lifetime	To store id of least completed step	community.healrworld.com	spec.healrworld.com



{{sessionId}}	Essential		First party	Persistent	lifetime	To store user entered information for section	community.healrworld.com	spec.healrworld.com
{{sessionId}}-tutorial	Essential		First party	Persistent	lifetime	To verify introduction screen is visited of section	community.healrworld.com	spec.healrworld.com
__utmz		Analytical	First party	Session	6 months	Stores the traffic source or campaign that explains how the user reached your site. The cookie is created when the JavaScript library executes and is updated every time data is sent to Google Analytics.	17now.org	spec.healrworld.com
__utma		Analytical	First party	Session	2 years	Used to distinguish users and sessions. The cookie is created when the JavaScript library executes and no existing __utma cookies exists. The cookie is updated every time data is sent to Google Analytics.	17now.org	spec.healrworld.com

## Essential cookies

These are cookies which are strictly necessary for our websites to be able to operate or to provide you with a service on our websites which you have requested. We use the following essential cookies on our websites:

1. edir.healrworld.com:

- first party session cookies to remember your input when you fill in an online form over several pages on our website. These cookies are:  
*PHPSESSID, location\_geoip, edirectory\_searchQuery\_targetpage, edirectory\_searchQuery\_what\_internal, directory\_searchQuery\_what\_typed, edirectory\_searchQuery\_when, edirectory\_searchQuery\_where\_internal, edirectory\_searchQuery\_where\_typed, Edir.healrworld.com\_DOMAIN\_ID\_TINYMCE\_MEMBERS, Edir.healrworld.com\_DOMAIN\_ID\_MEMBERS, edir\_language*
- first party session cookies for remembering the information that you have put in search box. These cookies are:  
*location\_geoip, edirectory\_searchQuery\_targetpage, edirectory\_searchQuery\_what\_internal, directory\_searchQuery\_what\_typed, edirectory\_searchQuery\_when, edirectory\_searchQuery\_where\_internal, edirectory\_searchQuery\_where\_typed*
- first party session cookies to identify and authenticate you when you log into our website, so you do not need to repeatedly enter your login information. These cookies are: *PHPSESSID, Edir.healrworld.com\_DOMAIN\_ID\_TINYMCE\_MEMBERS, Edir.healrworld.com\_DOMAIN\_ID\_MEMBERS, edir\_language*
- first party **OR** third-party session multimedia player cookies to play audio **AND/OR** video content on our website. These cookies are:  
uid, username\_members, edir\_language



- first party persistent cookies to remember the language in which to display our website to you. These cookies are: *edir\_language*. These cookies expire after *1 day*.

2. community.healworld.com:

- first party session cookies to identify and authenticate you when you log into our website, so you do not need to repeatedly enter your login information. These cookies are: *PHPSESSID*, *{{username}}* - Member Home Page - HealRWorld Community-activity-feed-widget
- third party session multimedia player cookies to play video content on our website. These cookies are: *player*, *vuid*, *APISID*, *HSID*, *LOGIN\_INFO*, *PREF*, *SAPISID*, *SID*, *SSID*, *VISITOR\_INFO1\_LIVE*, *YSC*, *yt-remote-connected-devices*, *yt-remote-device-id*, *yt.innertube::nextId*, *yt.innertube::requests*, *yt-remote-cast-av*, *ailable*, *yt-remote-cast-installed*, *yt-remote-fast-check-period*, *yt-remote-session-app*, *yt-remote-session-name*, *GPS*, *PREF*.
- third party persistent cookies to remember the language in which to display our website to you. These cookies are: *en4\_language*, *en4\_locale*. These cookies expire after *1 year*.

3. spec.healworld.com:

- first party session cookies to remember your input when you fill in an online form over several pages on our website. These cookies are: *survey*, *surveyId*, *welcome*, *stepDone*, *{{sessionId}}*, *{{sessionId}}-tutorial*
- third party persistent cookies to remember the language in which to display our website to you. These cookies are: *en4\_locale*, *en4\_language*. These cookies expire after *1 day*.

**Legal basis for processing:** we process information about you contained in or obtained from essential cookies in our legitimate interests (Article 6(1)(f) of the General Data Protection Regulation).

**Legitimate interests:** ensuring our site functions properly and providing you with online services you have requested.

How to opt out of essential cookies

Most browsers allow you to block all cookies, including essential cookies. Please note, however, that if you block all cookies, parts of our websites and its functionality may not work or display properly.

You can delete existing cookies from your browser by clearing your browsing data and ensuring that the option to delete cookies is selected.

For more detailed information on how to accept and reject cookies, including guidance for specific browsers, please see the section below entitled How to accept or reject cookies





# Non-essential cookies

We use the following types of non-essential cookies on our websites:

- **Functional cookies**
- **Analytical (or performance) cookies**
- **Targeting (or advertising) cookies**

## Functional cookies

These are cookies that are designed for purposes such as enhancing a website's functionality. These are either not strictly essential for the website or functionality which you have requested to work, or are cookies which serve non-essential purposes in addition to their essential purpose. We use the following functional cookies on our website:

### 1. edir.healworld.com:

- first party **OR** third party persistent cookies to recognise you when you use our search service. These cookies are: IDE, APISID, HSID, NID, SAPISID, SID, SIDCC, SSID, NID, \_ga, \_gid, \_cfduid, player, uid, APISID, HSID, LOGIN\_INFO, PREF, SAPISID, SID, SSID, VISITOR\_INFO1\_LIVE, YSC, yt-remote-connected-devices, yt-remote-device-d, yt.innertube::nextId, yt.innertube::requests, yt-remote-cast-available, yt-remote-cast-installed, yt-remote-fast-check-period, yt-remote-session-app, yt-remote-session-name, GPS, PREF, \_\_atuvc, en4\_language, en4\_locale. These cookies expire after 1 day up to 2 years.
- third party persistent cookies to improve our website's appearance our website and personalise it for you, including location, advertising. These cookies are: HSID, NID, SAPISID, SIDCC, SSID, NID, \_ga, \_gat, \_gid, skimCSP, skimGUID, skimORIGIN, skimSESS, \_\_utma, \_\_utmz. These cookies expire after 1 day up to 2 years.

### 2. community.healworld.com:

- first party **AND** third party persistent cookies to recognise you when you use our search service. These cookies are: \_\_utmb, \_\_utmc, \_\_utmt, \_JAR, APISID, HSID, NID, SAPISID, SID, SIDCC, SSID, NID, \_ga, \_gat, \_gid, skimCSP, skimGUID, skimORIGIN, skimSESS, \_\_utma, \_\_utmz, PHPSESSID. These cookies expire after 1 day up to 2 years.
- third party persistent cookies to improve our website's appearance our website and personalise it for you, including location, advertising. These cookies are: SID, \_ga, PREF, SAPISID, SID, SSID, GPS, PREF, en4\_language, en4\_locale. These cookies expire after 1 day up to 2 years.

### 3. spec.healworld.com:

- first party **OR** third party persistent cookies to recognise you when you use our survey giving service. These cookies are:





PHPSESSID, SSID, SIDCC, SID, NID, APISID, \_ga, \_\_utmz, \_\_utma, \_\_atuvc, PHPSESSID, survey, surveyId, welcome, stepDone, {{sessionId}}, {{sessionId}}-tutorial, \_\_utma. These cookies expire after 2 months to 2 years.

- third party persistent cookies to improve our website's appearance our website and personalise it for you, including location, advertising. These cookies are: SAPISID, SID, SSID, en4\_language, en4\_locale. These cookies expire after 1 day up to 2 years.

#### How to opt in or out from functional cookies

See the section below entitled How to accept or reject cookies

#### Processing information about you contained in or obtained from functional cookies

**Legal basis for processing:** we process information about you contained in or obtained from functional cookies in our legitimate interests (Article 6(1)(f) of the General Data Protection Regulation). We will only process such personal information if you have consented to us placing cookies on your computer or device.

**Legitimate interests:** improving your website experience and providing [or enhancing] the website functionality you have requested and *analysing information about users of your website*.

For further information on how we use the information gathered from our use of functional cookies, please see the section entitled Our use of automated decision making and profiling in our privacy policy, which is available here: [community.healrworld.com/public/admin/privacy-policy.pdf](https://community.healrworld.com/public/admin/privacy-policy.pdf)

#### **Analytical (or performance) cookies**

Analytical (or performance) cookies track and gather data about what a user does on a website. These cookies are not essential for our websites or its functionality to work. We use the following analytical cookies on our following websites

##### 1. edir.healrworld.com:

- first and third party persistent cookies to analyse user's access to and use of our website and its features. These cookies are:  
\_\_utmb, \_\_utmc, \_\_utmt, APISID, SID, NID, \_ga, skimGUID, skimORIGIN, skimSESS, \_\_utma, \_\_utmz, location\_geoip, i, yandexuid, PHPSESSID. These cookies expire after 1 day up to 2 years

##### 2. community.healrworld.com:

- third party persistent cookies to analyse user's access to and use of our website and its features. These cookies are:  
IDE, APISID, NID, SAPISID, SSID, NID, \_ga, \_gid, SAPISID, VISITOR\_INFO1\_LIVE, yt-remote-device-id, yt.innertube::nextId, yt.innertube::requests, yt-remote-cast-available, yt-remote-





cast-installed,yt-remote-fast-check-period,yt-remote-session-app,yt-remote-session-name,GPS,PREF,\_\_atuvc. These cookies expire after 1 day up to 2 years.

3. spec.healworld.com:

- third party persistent cookies to analyse user's access to and use of our website and its features. These cookies are: en4\_locale, en4\_language, \_\_utmz, \_\_utma, \_\_atuvc, \_\_utmz, \_\_utma. These cookies expire after 1 day up to 2 years.

The information we collect using analytical cookies is collected on an anonymised basis.

### More information

Google Analytics cookies are classified as first party cookies as they are set by our website domain, although Google collects and processes information from our use of Google Analytics. To find out more about how Google handles information collected from Google Analytics, see Google Analytics' privacy policy, which is available here: <https://support.google.com/analytics/answer/6004245>

For information on how Google uses data from cookies it uses, please visit [www.google.com/policies/privacy/partners/](http://www.google.com/policies/privacy/partners/)

### How to opt in or out from analytical cookies

See the section below entitled How to accept or reject cookies

To opt out of Google Analytics tracking across all websites in general, you can do so here: <http://tools.google.com/dlpage/gaoptout>

### Processing information about you contained in or obtained from analytical cookies

**Legal basis for processing:** we process information about you contained in or obtained from analytical cookies in our legitimate interests (Article 6(1)(f) of the General Data Protection Regulation). **Legitimate interests:** analysing how individuals use our website to help us improve our website and business. For further information on how we use the information gathered from our use of analytical cookies, including profiling, please see the section entitled Our use of automated decision making and profiling in our privacy policy, which is available here: [community.healworld.com/public/admin/privacy-policy.pdf](http://community.healworld.com/public/admin/privacy-policy.pdf)

### **Targeting (or advertising) cookies**

Targeting (or advertising) cookies record information about your visit to and use of our website, for advertising purposes. We use the targeting cookies for the following purposes on our websites **OR** For information on third party targeting or advertising cookies we use on our website, please see the section below entitled Third party cookies.

1. edir.healworld.com:





- third party persistent cookies to display advertisements to you based on your interests and to measure their effectiveness. These cookies are: *skimCSP*, *skimGUID*, *skimORIGIN*, *skimSESS*. These cookies expire after 1 day up to 1 year.
2. [community.healrworld.com](https://community.healrworld.com):
- third party persistent cookies to display advertisements to you based on your interests and to measure their effectiveness. These cookies are: *skimCSP*, *skimGUID*, *skimORIGIN*, *skimSESS*. These cookies expire after 1 day up to 1 year.
3. [spec.healrworld.com](https://spec.healrworld.com):
- third party persistent cookies to display advertisements to you based on your interests and to measure their effectiveness. These cookies are: *skimCSP*, *skimGUID*, *skimORIGIN*, *skimSESS*. These cookies expire after 1 day up to 1 year.

#### How to opt in or out from advertising cookies

See the section below entitled How to accept or reject cookies

#### Processing information about you contained in or obtained from advertising cookies

**Legal basis for processing:** we process information about you contained in or obtained from advertising cookies in our legitimate interests (Article 6(1)(f) of the General Data Protection Regulation).

**Legitimate interests:** displaying advertisements to you about our products and services [For further information on how we use the information gathered from our use of advertising please see the section entitled Information we collect when you interact with our website in our privacy policy, which is available here: [community.healrworld.com/public/admin/privacy-policy.pdf](https://community.healrworld.com/public/admin/privacy-policy.pdf)

**OR**

**Legal basis for processing:** consent (Article 6(1)(a) of the General Data Protection Regulation).

**Consent:** you give your consent to the purposes for which we process your information using advertising cookies by [*insert method by which a user consents to your use of advertising cookies e.g. by clicking I accept the purposes for which you use advertising cookies in our cookie tool (describe the mechanism by which the user consents to the purposes for which you use advertising cookies on your website)*]. For further information on how we use the information gathered from our use of advertising cookies please see the section entitled Information we collect when you interact with our website in our privacy policy, which is available here: [community.healrworld.com/public/admin/privacy-policy.pdf](https://community.healrworld.com/public/admin/privacy-policy.pdf)

#### **Third party cookies**

Third parties use cookies to analyse your use of our website and/or to display advertisements (including third party advertisements). Third party cookies used in relation to our websites:

1. [edir.healrworld.com](https://edir.healrworld.com):





- Third party advertisement cookies. *skimresources.com* uses cookies to display advertisements to you on our website based on your interests and behaviour and to measure their effectiveness. You can find out how *skimresources.com* uses your information and how they use cookies by accessing their privacy policy at <https://skimlinks.com/privacy-policy> and their cookies policy at <https://skimlinks.com/visitor-cookies>. These cookies are: skimCSP,skimGUID,skimORIGIN,skimSESS. These cookies expire after 1 day up to 1 year.

## 2. community.healrworld.com:

- Third party advertisement cookies. *skimresources.com* uses cookies to display advertisements to you on our website based on your interests and behaviour and to measure their effectiveness. You can find out how *skimresources.com* uses your information and how they use cookies by accessing their privacy policy at <https://skimlinks.com/privacy-policy> and their cookies policy at <https://skimlinks.com/visitor-cookies>. These cookies are: skimCSP, skimGUID, skimORIGIN, skimSESS. These cookies expire after 1 day up to 1 year.

### More information

For information about the cookies Google uses in relation to the above, see the 'Advertising' section on the Types of cookies used by Google page in Google's cookies policy, which is available here: <https://www.google.com/policies/technologies/types/>

For information about how Google uses data from cookies for its own purposes, please visit the following link [www.google.com/policies/privacy/partners/](http://www.google.com/policies/privacy/partners/)

### How to opt in or out from third party cookies

See the section below entitled How to accept or reject cookies

### Processing information about you contained in or obtained from third party cookies

**Legal basis for processing:** we process information about you contained in or obtained from third party cookies in our legitimate interests (Article 6(1)(f) of the General Data Protection Regulation).  
**Legitimate interests:** the purposes for which we use the third party cookies as described above [For further information on how we use the information gathered from our use of third party cookies please see the section entitled Information we collect when you interact with our website in our privacy policy, which is available here: [community.healrworld.com/public/admin/privacy-policy.pdf](http://community.healrworld.com/public/admin/privacy-policy.pdf)

### **AND/OR**

**Legal basis for processing:** consent (Article 6(1)(a) of the General Data Protection Regulation).  
**Consent:** you give your consent to the purposes for which we process your information using third party cookies by *clicking I accept the purposes for which you use advertising cookies in our cookie tool (describe the mechanism by which the user consents to the purposes for which you use advertising.* [For further information on how we use the information gathered from our use of third party cookies please see the section entitled Information we collect when you interact with our website in our privacy policy, which is available here: [community.healrworld.com/public/admin/privacy-policy.pdf](http://community.healrworld.com/public/admin/privacy-policy.pdf)





## Other technologies

### Web beacons

We and any marketing companies we use also embed web beacons [in our marketing emails [and/or] on our website [edir.healworld.com](http://edir.healworld.com). Web beacons are small GIF image files which enable us to track your receipt of our marketing emails, how often you view our adverts or website pages, your location, IP address and browser information. Web beacons are activated whenever you open a marketing email or access a page on our website which contains a web beacon. Web beacons transmit data when you view them but are not capable of accessing any other information on your computer. Web beacons are not stored on your hard drive unless you download a GIF image containing them.

Some (but not all) browsers enable you to restrict the use of web beacons by either preventing them from sending information back to their source (for example, when you choose browser settings that block cookies and trackers), or by not accessing the images containing them (for example, if you select a 'do not display images (in emails)' setting in your email server)

### How to opt in or out

See the section below entitled [How to accept or reject cookies](#)

**Legal basis for processing:** we process the information we gather from the use of web beacons in our legitimate interests (Article 6(1)(f) of the General Data Protection Regulation).

**Legitimate interest:** analysing the effectiveness of our email marketing campaigns. purpose of use of web beacons is Mail Chimp. For further information on how we use the information gathered from our use of web beacons, including automated decision making and profiling please see the section entitled [Our use of automated decision making and profiling](#) in our privacy policy, which is available here: [community.healworld.com/public/admin/privacy-policy.pdf](http://community.healworld.com/public/admin/privacy-policy.pdf)

## How to accept or reject cookies

There are a number of different ways in which you can accept or reject some or all cookies and similar technologies. Some of the main methods of doing so are described below:

You are welcome to block the use of some or all of the cookies we use on our website. However, please be aware that doing so may impair our website and its functionality or may even render some or all of it unusable.

You should also be aware that clearing all cookies from your browser will also delete any cookies that are storing your preferences, for example, whether you have accepted cookies on a website or any cookies that are blocking other cookies.

You can find more detailed information about cookies and adjusting your browser settings by visiting [www.allaboutcookies.org](http://www.allaboutcookies.org)

### Accepting or rejecting cookies





## Browser settings

You can accept or reject some or all cookies (for example, blocking all third party cookies) by adjusting your browser settings. If you do not know how to do this, the links below set out information about how to change your browser settings for some of the most commonly used web browsers:

- Google Chrome: <https://support.google.com/chrome/answer/95647?hl=en-GB>
- Mozilla Firefox: <https://support.mozilla.org/en-US/kb/delete-browsing-search-download-history-firefox?redirectlocale=en-US&redirectslug=Clear+Recent+History>
- Microsoft Internet Explorer: <https://support.microsoft.com/en-us/help/278835/how-to-delete-cookie-files-in-internet-explorer>
- Apple Safari: [https://support.apple.com/kb/PH5042?locale=en\\_US](https://support.apple.com/kb/PH5042?locale=en_US)

Some browsers, such as Chrome and Firefox, allow you to change your settings to browse in 'incognito' mode, limiting the amount of data placed on your machine and automatically deleting any persistent cookies placed on your device when you finish your browsing session. There are also many third party applications which you can add to your browser to block or manage cookies.

## *Existing cookies*

To clear cookies that have previously been placed on your browser, you should select the option to clear your browsing history and ensure that the option to delete or clear cookies is included when you do so.

## Google Adsettings

You can manage and opt out of personalisation of advertisements by Google by visiting Google's ad settings page here <https://adssettings.google.com/> and by:

- unticking the button entitled 'Also use Google Account activity and information to personalize ads on these websites and apps and store that data in your Google Account'; and
- switching the 'Ads Personalisation' setting off (i.e. by ensuring the switch at the top of the page is set to the left/grey and not the right/blue).

Alternatively, you can install a free browser plugin here:

<https://support.google.com/ads/answer/7395996>

## Google Analytics Opt-out Browser Add-on

You can opt out of Google Analytics tracking by installing the browser add-on which is available here: <http://tools.google.com/dlpage/gaoptout>

## **Web beacons**

You can opt out of our use of web beacons in our marketing emails by

## European Interactive Digital Advertising Alliance Tool

You can opt out of Facebook and other companies that participate in the Digital Advertising Alliance in Europe from showing you interest based ads by visiting <http://www.youronlinechoices.com>, selecting your country, clicking 'Your Ad Choices', then locating Facebook (and any other companies you want to block) and selecting the 'Off' option.





## Copyright, credit and logo

This Cookies Policy is based on a template provided by GDPR Privacy Policy. For further information, please visit <https://gdprprivacypolicy.org>

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