

## HMSTC Cookie Policy

The Hertfordshire MS Therapy Centre makes use of various technologies such as cookies to collect information.

### What types of technologies do we use?

We use cookies to improve and customise websites ("the Services") and your experience; to understand usage of our Services and the interests of our users; to determine whether an email has been opened and acted upon.

### How do we use them?

- **Where strictly necessary.** These cookies and other technologies are essential in order to enable the Services.
- **For functionality.** These cookies and similar technologies remember choices you make such as language or search parameters. We use these cookies to provide you with an experience more appropriate with your selections and to make your use of the Services more tailored.
- **For performance and analytics.** These cookies and similar technologies collect information on how users interact with the Services and enable us to improve how the Services operate. For example, we use Google Analytics cookies to help us understand how visitors arrive at and browse our website to identify areas for improvement such as navigation and user experience.
- **Targeting Cookies or Advertising Cookies.** Hertfordshire MS Therapy Centre does not currently make use of this type of Cookie.
- **Social media cookies.** These cookies are used when you share information using a social media sharing button or "like" button on our websites or you link your account or engage with our content on or through a social media site. The social network will record that you have done this. This information may be linked to targeting/advertising activities.

### How can you opt-out?

To opt-out of our use of cookies, you can instruct your browser, by changing its options, to stop accepting cookies or to prompt you before accepting a cookie from websites you visit. If you do not accept cookies, however, you may not be able to use all aspects of our Services.

Many browsers include their own management tools for removing HTML5 local storage objects. You will not be able to opt-out of any cookies or other technologies that are "strictly necessary" for the Services.



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