

Future Healthcare Group Limited

COOKIES POLICY

Our website www.perimenopause.clinic (**our Site**) uses cookies to distinguish you from other users of our Site. This helps us to provide you with a good experience when you browse our Site and also allows us to improve our Site.

A cookie is a small file of letters and numbers that we store on your browser or the hard drive of your computer if you agree. Cookies contain information that is transferred to your computer's hard drive.

1.1 We use the following cookies:

1.1.1 **Strictly necessary cookies.** These are cookies that are required for the operation of our Site. They include, for example, cookies that enable you to use a shopping cart or make use of our order process.

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

1.1.3 **Functionality cookies.** These are used to recognise you when you return to our Site. 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).

1.1.4 **Targeting cookies.** These cookies record your visit to our Site, the pages you have visited and the links you have followed. We will use this information to make our Site and its advertising more relevant to your interests. We may also share this information with third parties for this purpose.

1.2 You can find more information about the individual cookies we use and the purposes for which we use them in the table below:

Cookie	Name	Purpose	Expiration
Functionality Cookie	cookies_accepted	This cookie is used to check if a user of our website has accepted the cookies.	10 years

1.3 Except for essential cookies, all our cookies will expire following the end of their duration as set out in the table above.

1.4 **Third Party Cookies** - Please note that third parties (including, for example, advertising networks and providers of external services like web traffic analysis services) may also use cookies, over which we have no control. These cookies are likely to be analytical/performance cookies or targeting cookies. Some of the third party cookies are listed below, and we may change these from time to time and will do our best to keep this list updated.

1.4.1 We use Smartlook to improve the users' experience. Further information about Smartlook can be found at [Privacy Policy | Smartlook Help Center](#).

1.4.2 We use Google for analytical purposes. Further information about Google can be found at: [How Google uses cookies – Privacy & Terms – Google](#).

Please note we have no control over third parties or how they set their own cookies.

- 1.5 **Removing Cookies** – You may change your website browser setting to withdraw consent and reject cookies or manage your cookie preferences at any time. The Help menu on the menu bar of most browsers will tell you how to prevent accepting new cookies, how to have the browser notify you when you receive a new cookie and how to disable cookies altogether. You may block cookies by activating the setting on your browser that allows you to refuse the setting of all or some cookies. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of our Site.
- 1.6 To deactivate the use of third-party advertising cookies, you may visit the consumer page to manage the use of these types of cookies.
- 1.7 For further information about cookies and how to disable cookies depending on your web browser please see the UK Information Commissioner's Office guidance which can be found at <https://ico.org.uk/your-data-matters/online/cookies/>.
- 1.8 **How to contact us: Please email** info@bodycheck.co.uk if you have any questions about this Cookie Policy.