

Privacy Policy

1. Introduction

This privacy policy is about how Christine Romanko T/A Cogsnutrition (subsequently referred to as Cogsnutrition) collects, processes, stores and shares client data.

This Privacy Policy only relates to personal data collected by the Cogsnutrition website, application forms, emails and telephone calls. Any personal data collected by Cogsnutrition is used in accordance with UK data protection legislation.

Users should be aware that if they access other websites, using the links provided, these are outside our control. If they provide personal data to other companies, the privacy policies of those companies determine the uses to which that information is put and the Cogsnutrition Privacy Policy will no longer apply.

2. The Data Protection Bill 2017

Cogsnutrition complies with the principles of the Data Protection Bill 2017 in accordance with General Data Protection Regulations (GDPR).

3. Purpose of data

The data we collect from clients is the data required to provide professional nutritional therapy services and necessary communications. The data held by Cogsnutrition is collected at the time of submission and includes name, surname, home address, email, phone number(s) and GP contact details.

4. Disclosures - Sharing of data

Cogsnutrition will not disclose your personal information without your consent. Prior consent will always be sought should we need to share personal data with third party service providers such as functional testing laboratories or in communication with your GP.

5. Consent

By providing personal data to Cogsnutrition users consent to the processing of such data by Cogsnutrition as described in this Privacy Policy.

6. Opting out

Opt out mechanisms are in place on all Cogsnutrition mailings and communications. Users can choose to opt out at any time by clicking the opt-out button at the bottom of mailings or emailing Cogsnutrition directly with a request to opt out.

7. Storage of personal data

Data is stored in a secured filing system and will be held for 7 years at which point it will be destroyed. For children, data is stored for 7 years after their 18th birthday, then destroyed.

8. Device specific data

The following information may be collected through your device and browser:

- Your devices IP address (collected and stored in an anonymised format)
- Your email address
- Device screen size

- Device type (unique identifiers) and browser information
- Geographic location (country only)
- Preferred language used to display the webpage

This information is used to operate and maintain the website, to provide user support, to protect against unauthorised to illegal activity.

9. Cookies

A “cookie” is a small text file that is placed on a user’s computer hard drive by a website. There are several types of cookie and the most common are often referred to as ‘session’ cookies. These are used to keep track of information needed by a user as they travel from page to page within a website. These cookies have a short lifetime and expire within a few minutes of the user leaving the site.

Other types of cookies can be used to track internet activity after the user has left a website. These are usually sponsored by organisations external to the website being visited and are generally known as ‘third party’ cookies. These usually have a long lifetime with several months being quite common. They are ‘harvested’ and ‘refreshed’ whenever the user visits a page where the same or a similar cookie is being used.

Cogsnutrition uses benign, short lived ‘session’ cookies to tell whether a website user has logged in, where to find details that can be used to pre-fill parts of on-line forms and to personalise the user’s visit to the website.

Cogsnutrition cookies do not analyse visits to other website or any searches undertaken whilst on the Cogsnutrition website.

Internet browsers normally accept cookies by default; however, it is possible to set a browser to reject cookies. If this is done it is important not to exclude the benign and useful session cookies. Choose an option that rejects all third party and long lived cookies.

Cogsnutrition uses cookie free technology that uses Internet Protocol (IP) information exchanged during the course of normal web activity combined with data enhancement technology to get detailed analytics information.

10. Links to Third Party Websites

This Privacy Policy applies solely to the personal data collected by Cogsnutrition and does not apply to third party websites.

Cogsnutrition is not responsible for the privacy policies of third party websites. Cogsnutrition advises users to read the privacy policies of other websites before registering any personal data.

11. Security

Cogsnutrition holds your personal data in accordance with the security provisions of the UK data protection legislation.

If you have any questions about security please contact Cogsnutrition.

12. Notification of Changes

Cogsnutrition will notify all users of any changes it makes to its Privacy Policy. If Cogsnutrition decides to change its Privacy Policy, it will post such changes on this page so that you are always aware of how Cogsnutrition uses your personal data.

Users have the right to ask Cogsnutrition, in writing, for a copy of all the personal data held about them upon payment of a fee ("subject access request") and to request that Cogsnutrition correct any inaccuracies in that information.

13. Your rights over your data

You have the right to rectify, amend, correct or erase your data except where there is a legal basis for refusal.