

## LIFEbeat Cookie Policy

A cookie is a small piece of information stored in your browser, usually as a file on the hard drive of your computer. Cookies are a standard feature of browsers and the web and contain information that is transferred to your computer's hard drive.

As described in our privacy policy, we use cookies to help us to improve our site and to deliver a better and more personalised service.

Some of the cookies we use are essential for the site to operate. We do not use cookies which would enable us or any third party to track your usage on any sites other than ours.

We do not use any Flash cookies or cookie mechanisms other than those described above for provision of our own services.

## Blocking cookies

You may block cookies by activating settings on your browser which 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 to access all or parts of our site. Unless you have adjusted your browser setting so that it will refuse cookies, our system will issue cookies as soon you visit our site.

Most of the cookies we use are known as session cookies, which allow us to make your browsing experience faster and more seamless – session cookies will expire whenever you close your browser or shut down your computer, and such cookies need not be blocked. Other cookies used for specific purposes will expire when that purpose is no longer required, such as when a survey closes.

You can find out more information about cookies in general and how to block cookies in specific browsers at http://aboutcookies.org.