

A cookie policy for Highly Healthy Habits needs to be simple, transparent, and fully aligned with your platform’s promise of anonymity until a user chooses otherwise. It also needs to comply with UK GDPR and be understandable to a global audience.

Below is a polished, ready-to-publish Cookie Policy written in your warm, reassuring brand voice.

Highly Healthy Habits – Cookie Policy

This Cookie Policy explains how Highly Healthy Habits (“we”, “our”, “the platform”) uses cookies and similar technologies when you visit our website. It also explains how you can control these technologies.

Highly Healthy Habits is based in the United Kingdom, and our use of cookies complies with the UK GDPR, the Data Protection Act 2018, and the Privacy and Electronic Communications Regulations (PECR).

By continuing to use the site, you agree to the use of cookies described in this policy.

What Cookies Are

Cookies are small text files placed on your device when you visit a website. They help websites function properly, improve performance, and provide insights into how visitors use the site.

Cookies do not give us access to your personal identity, and on Highly Healthy Habits, they are never used to identify you unless you choose to provide personal information (for example, when booking a coach).

Why We Use Cookies

Highly Healthy Habits uses cookies for three main reasons:

- To make the website work properly (essential cookies)
- To understand how people use the site so we can improve it (analytics cookies)
- To remember your preferences, such as cookie settings (preference cookies)

We do not use cookies for advertising, tracking across other websites, or selling data.

Types of Cookies We Use

1. Essential Cookies (Required)

These cookies are necessary for the website to function. They enable core features such as page navigation, security, and loading content.

Without these cookies, the site may not work correctly.

Examples include:

- Session management
- Security and fraud prevention
- Load balancing

These cookies do not store personal information.

2. Analytics & Performance Cookies (Optional)

These cookies help us understand how visitors use the site so we can improve the experience. They collect anonymous information such as:

- Which pages are visited
- How long users stay on each page
- Technical performance issues
- General usage patterns

All analytics data is anonymous and cannot identify you.

You can choose to disable these cookies at any time.

3. Preference Cookies (Optional)

These cookies remember your choices, such as:

- Cookie consent settings
- Display preferences
- Language or region (if applicable)

These cookies help personalise your experience but do not identify you.

No Advertising or Tracking Cookies

Highly Healthy Habits does not use:

- Advertising cookies
- Third-party marketing cookies
- Cross-site tracking technologies
- Behavioural profiling tools

Your browsing behaviour is not tracked across other websites.

Third-Party Services

If we use trusted third-party tools (such as analytics providers), they may place cookies on your device. These cookies are used only for the purposes described above and cannot identify you personally.

Any third-party services we use must comply with UK GDPR and maintain strong privacy standards.

How You Can Control Cookies

You can manage or disable cookies in several ways:

- Through the cookie banner when you first visit the site
- Through your browser settings
- By clearing cookies from your device

If you disable essential cookies, some parts of the site may not function correctly. Disabling analytics or preference cookies will not affect your ability to use the platform.

Data Protection and Anonymity

Cookies on Highly Healthy Habits do not collect personal information unless you choose to provide it (for example, when booking a coach). You can use the symptom checker and AI tools completely anonymously, even with cookies enabled.

For more information on how we protect your data, please see our [Privacy Policy](#) and [Data Protection Policy](#).

Updates to This Policy

We may update this Cookie Policy from time to time. Any changes will be posted on this page, and continued use of the site indicates acceptance of the updated policy.

Contact

If you have questions about this Cookie Policy or how we use cookies, you can contact us using the details provided on the website.