

COOKIE POLICY

Additional Language Versions

This document is available in the following languages:

	English	https://data.my-health.today/website/en/cookie-policy.pdf
	Romanian	https://data.my-health.today/website/ro/cookie-policy.pdf
	Bulgarian	https://data.my-health.today/website/bg/cookie-policy.pdf
	Lithuanian	https://data.my-health.today/website/lt/cookie-policy.pdf
	Polish	https://data.my-health.today/website/pl/cookie-policy.pdf
	Ukrainian	https://data.my-health.today/website/ua/cookie-policy.pdf
	Hindi	https://data.my-health.today/website/hi/cookie-policy.pdf
	Russian	https://data.my-health.today/website/ru/cookie-policy.pdf
	French	https://data.my-health.today/website/fr/cookie-policy.pdf
	Arabic	https://data.my-health.today/website/ar/cookie-policy.pdf
	Brazilian / Portuguese	https://data.my-health.today/website/br/cookie-policy.pdf
	Spanish	https://data.my-health.today/website/es/cookie-policy.pdf
	Urdu	https://data.my-health.today/website/ur/cookie-policy.pdf

Important Notice: The English version of this Cookie Policy is the official and legally binding version. Translations are provided for informational purposes only. In case of any discrepancies between the translated versions and the English version, the English version shall prevail.



1. Introduction

This Cookie Policy explains how H2 ([h2.doctor](#)) and My Health Today ([my-health.today](#)) (collectively referred to as "H2 Platform") use cookies and similar tracking technologies when you visit our websites or interact with our services.

This policy outlines:

- What cookies are and how they work.
- The types of cookies we use.
- Why we use cookies.
- How you can control or disable cookies.

By continuing to use H2 ([h2.doctor](#)) and My Health Today ([my-health.today](#)), you agree to our use of cookies in accordance with this policy. For more details on how we handle personal data, please refer to our [Privacy Policy](#).

2. What Are Cookies?

Cookies are small text files stored on your computer, mobile phone, or tablet when you visit a website. These files help websites function efficiently by remembering preferences, and login details, and tracking user activity to improve the overall experience.

Cookies are commonly used for:

- Session Management – Keeping users logged in and enabling secure authentication.
- Performance Monitoring – Tracking website traffic and identifying areas for improvement.
- User Preferences – Storing settings such as language selection and interface customization.
- Marketing & Analytics – Helping us measure the effectiveness of advertisements and platform interactions.

Cookies on the H2 Platform may be:

- First-Party Cookies – Set by H2 ([h2.doctor](#)) and My Health Today ([my-health.today](#)) for essential functionality.
- Third-Party Cookies – Set by external service providers for analytics, payment processing, and targeted advertising.

3. How Cookies Affect Privacy

You can browse the H2 Platform without revealing personal details. However, when you use certain services, we may collect personal information to facilitate those services.

- Essential cookies are required for security and basic website functionality.
- Analytical cookies help us track user behaviour to improve platform performance.
- Marketing cookies allow us to deliver personalized advertisements and promotional materials.



We have a legitimate interest in using cookies to enhance the H2 Platform, but you can manage your preferences at any time.

Please see our [Privacy Policy](#) for full details on how we collect, use, store, and disclose personal data.

4. Why Do We Use Cookies?

We use cookies to:

- Ensure secure and reliable platform performance.
- Improve user experience & customization.
- Analyze website traffic and optimize usability.
- Facilitate secure payment processing (e.g., via Stripe).
- Support marketing & advertising campaigns.

Some cookies are strictly necessary, while others enhance the platform by providing insights into user behaviour to improve service.

5. Types of Cookies We Use

Below is a breakdown of the cookies used on H2 ([h2.doctor](#)) and My Health Today ([my-health.today](#)):

Cookie Type	Purpose	Examples of Providers
Essential Cookies	Required for website security, login authentication, and fraud prevention.	H2 (h2.doctor), My Health Today (my-health.today), Stripe (stripe.com)
Performance Cookies	Help us analyze platform performance, fix errors, and optimize speed.	Google Analytics (analytics.google.com), Hotjar (hotjar.com)
Marketing Cookies	Track user interactions for personalized advertising.	Meta (facebook.com), LinkedIn (linkedin.com)
Customization Cookies	Store user settings, such as language and layout preferences.	H2 (h2.doctor), My Health Today (my-health.today)

6. Third-Party Cookies & Tracking Technologies

We use third-party services for analytics, payment processing, and advertising. These providers may place cookies on your device.

Examples of Third-Party Services Used:

- Google Analytics – Tracks website usage and user engagement.
- Meta (Facebook Pixel) – Measures ad performance and audience interactions.
- Stripe – Facilitates secure online payments.

Note: Third-party cookies are subject to their respective privacy policies. You can manage or disable them through your browser settings or opt-out tools.

7. Other Tracking Technologies (Web Beacons, Pixels, & Scripts)

Cookies are not the only way we track user activity. We may also use:

- Web Beacons & Tracking Pixels – Small graphic files that help track email engagement and ad performance.
- Local Storage – Used for faster loading and enhanced functionality.
- Session Storage – Temporarily stores session-related data.

These technologies work alongside cookies and may be affected by your cookie settings.

8. How to Manage Cookies

You can control or disable cookies through:

1. *H2 Cookie Consent Tool* - Manage cookie settings via the H2 cookie preference centre.
2. *Browser Settings*

Most browsers allow you to block or delete cookies. Here's how:

- Google Chrome: [Settings > Privacy & Security > Cookies and other site data](#)
 - Mozilla Firefox: [Preferences > Privacy & Security > Cookies](#)
 - Safari: [Preferences > Privacy > Cookies & Website Data](#)
 - Microsoft Edge: [Settings > Site Permissions > Cookies](#)
3. *Third-Party Opt-Out Tools*
 - Google Analytics Opt-Out: [Click here](#)
 - Facebook Ad Preferences: [Click here](#)

Note: Blocking cookies may affect platform performance, including login access and secure payments.

9. Updates to This Cookie Policy

We may update this policy from time to time to reflect:

1. Changes in technology.
2. Legal and regulatory updates.
3. Modifications in our business operations.

Significant updates will be communicated via:

1. Website notification banner.
2. Email to registered users (if applicable).
3. Updated policy on this page.

The last update to this Cookie Policy was on **1 April 2025**.



10. Contact Information

If you have questions about our use of cookies, you can contact our Data Protection Officer (DPO):

- ❖ Email: dpo@my-health.today
- ❖ Postal Address: My Health Today LTD, 7 Bell Yard, London, WC2A 2JR, United Kingdom

For more details on how we handle personal data, please review our [Privacy Policy](#).