

## Cookie Policy – Nourish Diabetes Wellness

*Effective Date: June 3, 2026*

This Cookie Policy explains how Nourish Diabetes Wellness (“we,” “us,” or “our”) uses cookies and similar technologies on our website.

By using our website, you agree that we may use cookies as described in this policy. You can change your cookie settings at any time in your browser.

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### 1. What Are Cookies?

Cookies are small text files that are stored on your device (computer, tablet, or phone) when you visit a website. They help the site remember your actions and preferences over time.

Similar technologies (such as pixels, tags, and local storage) may also be used and are treated like cookies in this policy.

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### 2. What Types of Cookies We May Use

Depending on how our website and connected services are set up, we may use:

#### 1. Strictly Necessary Cookies

- a. Needed for the website to work properly (for example, to load pages, keep you logged in to your account, or process bookings and payments).
- b. You cannot turn these off through our site because they are essential.

#### 2. Performance and Analytics Cookies

- a. Help us understand how visitors use our site (for example, which pages are visited most often, how people move around the site).
- b. We use this information to improve our content and services.
- c. Data is usually collected in an aggregated or de-identified form.

#### 3. Functionality Cookies

- a. Remember your choices and preferences (such as language, region, or saved information for forms).
- b. Help provide a more personalized experience.

#### 4. Third-Party Cookies

- a. Some cookies may be set by third-party services we use, such as:
  - a. Website hosting and security tools
  - b. Analytics providers
  - c. Booking, payment, or telehealth platforms
- b. These third parties may collect information about your use of our site over time and across different websites, according to their own privacy and cookie policies.

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### 3. Cookies and Health-Related Services

Our website may connect with third-party tools that support our health-related services (for example, booking systems, payment processors, or telehealth platforms such as doxy.me).

- These tools may use cookies or similar technologies to function securely and reliably.
- We aim to use services that support privacy and security, especially when health information may be involved.
- For telehealth, doxy.me is designed to be HIPAA compliant and is used under a Business Associate Agreement (BAA). Any cookies or technical data used by doxy.me are subject to their own policies.

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#### 4. How You Can Control Cookies

You can control or delete cookies in several ways:

- Browser settings:
  - Most browsers let you block or delete cookies.
  - You can usually find these options in your browser's "Settings," "Options," or "Privacy" section.
- Third-party opt-outs:
  - Some analytics or advertising providers offer their own opt-out tools.

If you block or delete certain cookies, some parts of our website may not work properly or may be less convenient to use (for example, you may need to re-enter information or you may not be able to complete a booking).

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#### 5. Do Not Track

Some browsers offer a "Do Not Track" (DNT) setting. There is no common standard for how websites should respond to DNT signals, so our website may not respond to them. We will review and update our practices if clear standards develop.

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#### 6. Changes to This Cookie Policy

We may update this Cookie Policy from time to time. When we do, we will change the "Effective Date" at the top.

If you continue to use our website after changes are posted, you accept the updated Cookie Policy.

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#### 7. Contact Us

If you have questions about this Cookie Policy or how we use cookies, please contact us at:

- Email: [nourishdiabeteswellness@gmail.com](mailto:nourishdiabeteswellness@gmail.com)