Our websites use cookies and local storage to distinguish you from other users. This allows us to provide you with the best possible experience when you browse our websites and helps us to understand how to improve our service even further.

INFORMATION ABOUT OUR USE OF COOKIES

What is a cookie?

A cookie is a small file of letters and numbers that is sent from a website. If you provide your consent, this information is stored on your browser or the hard drive of your computer.

What type of cookies do we use?

We use the following cookies:

- **Necessary cookies.** These cookies are required for the operation of our website. Examples include cookies that enable you access our website and cookies that ensure content works correctly on your device. If you decide to opt-out from storing these cookies, certain parts of our website will not work correctly and in some cases may not work at all.

  You can find more information about the individual cookies we use and the purposes for which we use them in the table below:

Type of Cooke	Application provider	Name of Cookie	Expiry	Purpose	Further details
Necessary	Members.healthshield.co.uk	ASP.NET_SessionId	Session	Preserves the visitor's session state across page requests.	This cookie helps our website to function properly.
	Members.healthshield.co.uk	CookieConsent	1yr	Stores the user's cookie consent state for the current domain	This cookie helps our website to function properly.

INFORMATION ABOUT OUR USE OF LOCAL STORAGE

Duration

The longest duration for cookies is 1 year as shown in the list of cookies.

Local storage does not expire, the information remains on your computer for future browsing sessions. The technology works in real-time, allowing websites to access the data stored in the local storage on your browser when you access their websites. You are, however, able to manage your browser settings to disable the local storage and/or to delete the stored data (see below).

MANAGING COOKIES AND LOCAL STORAGE PREFERENCES

Most modern browsers allow you to see what cookies you have on your device, and manage your preferences by using their cookie settings. You can usually find these cookie settings in the "option" or "preference" menu of your browser. You can always use the "help" functionality in your browser to search for this information. Here is a list of links which you will find helpful to understand how to manage your cookie preferences:

- [Information about cookies in general](#)

- [How to manage your cookies in Internet Explorer.](#)

- [How to manage your cookies in Firefox.](#)

- [How to manage your cookies in Chrome.](#)

- [How to manage your cookies in Safari.](#)

Modern browsers allow you to delete the data in local storage (also referred to as "website data", "browsing data" or "other data" in some browsers) by using the privacy settings associated with that browser. Most browsers also now offer the option to accept, prompt for or block the storage of local data.