COOKIE POLICY

I. WHAT ARE "COOKIES"

The term "cookies" refers to computer data, particularly text files, stored on end-user devices designed for browsing websites. These files allow the user's device to be recognized and the website to be displayed tailored to their individual preferences. Cookies typically contain the name of the website they come from, the duration they are stored on the end device, and a unique number.

II. WHAT WE USE COOKIES FOR

Cookies are used to tailor the content of websites or transmitted information to the user's preferences and to optimize the use of websites. They are also used to create anonymous, aggregated statistics that help understand how users use websites, which helps improve their structure and content, without personally identifying the user.

III. WHAT TYPES OF COOKIES WE USE

Generally, there are two types of cookies used - "session" and "permanent". Session cookies are temporary files that remain on the user's device until logging out of the website or turning off the software (web browser). Permanent cookies remain on the user's device for the time specified in the cookies' parameters or until they are manually deleted by the user. Cookies used by partners of the website operator, including particularly the users of the website, are subject to their own privacy policy.

1. Detailed Classification of Cookies Based on Necessity for Service Delivery:

Type	Description
Essential	These are absolutely necessary for the proper functioning of the site or features that the user wants to use.
Functional	These are important for the operation of the service:

	- They enrich the functionality of the service; without them, the service will work correctly, but will not be tailored to the user's preferences. - They ensure a high level of functionality of the service; without settings saved in a cookie, the level of functionality of the site may decrease, but should not prevent its complete use. - They serve very important functionalities of the service; blocking them will cause certain functions to not work properly.
Business	These enable the realization of the business model on which the site is based; blocking them will not result in the unavailability of the entire functionality of the service but may lower the level of service due to the lack of possibility for the site owner to generate revenue that subsidizes the operation of the service. This category includes, for example, advertising cookies.

2. **Classification of Cookies Based on the Duration They Remain on the User's End Device:**

Type	Description
Temporary Cookies (Session Cookies)	These cookies are placed for the duration of using the browser (session) and are deleted after it is closed.
Persistent Cookies (Persistent Cookies)	These are not deleted after closing the browser and remain on the user's device for a specified time or indefinitely, depending on the settings of the website owner.

3. **Classification of Cookies Based on Origin – Administrator of the Service Managing Cookies:**

Type	Description
First-Party Cookies	Cookies placed directly by the owner of the website that was visited
Third-Party Cookies	Cookies placed by external entities whose website components were invoked by the website owner.

Note: cookies can be initiated by the administrator using scripts or components that are located on the servers of a partner, which may be situated in a different location—another country or even under a completely different legal system. When the website administrator invokes service components originating from outside their own system, different standard cookie policy rules than those of the website administrator's privacy/cookie policy may apply.

4.   Classification of Cookies Based on Their Purpose:

Type	Description
Service Configuration	Enable settings for functions and services on the site.
Security and Reliability	Allow for authentication verification and optimization of service performance.
Authentication	Notify when a user is logged in, so the site can display relevant information and features.
Session State	Save information about how users use the site. They can relate to the most frequently visited pages or possible error messages on some pages. Cookies that save the so-called "session state" help improve services and enhance browsing comfort.
Processes	Ensure the smooth operation of the website and the functions available on it.
Advertising	Display ads that are more interesting to users and more valuable for publishers and advertisers, personalize ads or customize newsletters ordered by the user; they can also be used to display ads outside of the site domains.
Location	Adjust the information displayed to the user's location.

Analytics and Research, Audience Audit	Allow site owners to better understand the preferences of their users and improve and develop products and services through analysis. Typically, the site owner or a research company collects information anonymously and processes data about trends without identifying personal data of individual users.

5.   Types of Cookies Based on Privacy Intrusion:

Type	Description
Harmless	Includes cookies: ● Necessary for the correct functioning of the site,, ● Needed to enable website functionalities, but their operation is not related to tracking the user.
Investigative	Used to monitor user behaviors but do not include information that allows the identification of a specific user. Identifying the user is only possible when information about the type of visited website, frequency of visits, or other non-personal data can be correlated with information about the user who left it as part of using a given service, e.g., when registering for a newsletter.

6.   Do cookies contain personal data?

Personal data collected using cookies may only be gathered to perform specific functions for the user. Such data are encrypted in a way that prevents access by unauthorized persons. Some personal data processed by us in connection with the use of functionalities of our website, especially personal data associated with filling out a contact form, subscribing to a newsletter, or downloading an e-book (like email address, first name, last name, date of service usage, type of service) can be utilized, including being combined with other non-personal information (e.g., location, frequency of website visits, type of visited tabs on the website). This combination is done to refine the preferences of specific users and to prepare profiled advertising or newsletter content (creating personality profiles). Users have the right to object to the profiling that uses their personal data for these purposes.

7. Deleting Cookies

By default, web browser software allows the placement of cookies on the end-user device. These settings can be changed to block the automatic handling of cookies in the web browser settings or to inform about their transmission to the user's device each time. Detailed information about the possibilities and ways of handling cookies is available in the software settings (web browser).

Below are links that provide information on how to manage cookies in the most popular web browsers:

- [Internet Explorer (IE)](#)
- [Google Chrome](#)
- [Safari (desktop)](#)
- [Safari (mobile)](#)
- [Firefox](#)
- [Opera](#)
- [Netscape](#)
- [Microsoft Edge](#)

You can withdraw your consent at any time in the cookie declaration on our website. Restricting the use of cookies may affect some of the functionalities available on the website.

8. What cookies do we use?

In the "PhysioStretch" Mobile Application, we use cookies as specified and described in the table below:

1. **SessionCookie**

   - **Purpose of Use:** Storing user session information.

   - **Type of Cookie:** Session cookie.

   - **Lifespan:** Until account deletion or max 5 years

   - **Additional Information:** This type of cookie is used to store information about the user's session and is deleted after the application usage is finished.

2. **FunctionalCookie**

- *Purpose of Use:** Remembering user preferences.

- **Type of Cookie:** Functional cookie

- **Lifespan:** Until account deletion or max 5 yearst

- **Additional Information:** This type of cookie allows the application to remember user preferences, such as camera settings or other functional preferences within the app.

3. **AnalyticalCookie**

- **Purpose of Use:** Collecting anonymous data about app usage.

- **Type of Cookie** Analytical cookie.

- **Lifespan:** Until account deletion or max 5 years

- *Additional Information:* This type of cookie assists in analyzing user behavior by collecting anonymous data on app usage, such as how often the camera function is used or the time spent on different screens within the app.

4. **AdvertisingCookie**

- **Purpose of Use:** Personalizacja reklam i treści.

- **Type of Cookie:** Advertising cookie.

- **Lifespan:** Until account deletion or max 5 years

- **Additional Information: This type of cookie enables the personalization of ads and content within the app by tracking user activity..

5. **SecurityCookie**

- **Purpose of Use:** Zapewnienie bezpieczeństwa aplikacji.

- **Type of Cookie:** Plik cookie sesji.

- **Lifespan:** Usuwany po zakończeniu sesji.

- **Additional Informatione:** This type of cookie is used to ensure the security of the app, verify user identity, and manage sessions.

For the website "www.physiostretch.app", we use cookies as specified and described in the following link:

https://support.squarespace.com/hc/en-us/articles/360001264507-The-cookies-Squarespace-uses