Teladoc Health UK Limited ("Teladoc") MyStrength Services Cookie Policy

Cookies will be used by this App/Portal to support its functionality and give you the best possible experience. This cookie policy sets out how we use cookies and the benefits they bring you. When you use the App/Portal, we may ask for your consent to use coms cookies; however, we will always use essential cookies (described below) that are required for the operation of the App/Portal.

What are cookies?
Cookies are small text files that are sent to and stored on your smart phone or other device when you access websites and apps. Cookies are useful because they allow websites and apps to recognise a user's device.

We use cookies for a variety of reasons, such as to determine preferences, let users navigate between pages efficiently, verify the user and carry out other essential security checks. Some of the functions that cookies perform can also be achieved using similar technologies. This policy refers to 'cookies' throughout, however it also covers these alternate mechanisms.

You can learn more about cookies at: whatarecookies.com or allaboutcookies.org

What cookies do we use?
The following cookies are used on this App/Portal:

1. Language
This cookie lets our web app/portal know the language in which text should be displayed.

2. *Token*
This cookie manages the process of securely logging in.

3. *Reauth_token*
This cookie adds to security of any session whilst a user is logged into the App/Portal.

Opting out of cookies
Guidance on how to tell your browser not to write cookies can be found at the following links:
- Instructions for Internet Explorer 7 & 8
- Instructions for Internet Explorer 9
- Instructions for Firefox
- Instructions for Safari
- Instructions for Chrome

   Please note that Teladoc Health UK Limited is not responsible for the content of these sites, nor can we be held responsible for any changes to your computer should you choose to make the changes described in these links.