Cookies and Storage Policy

Cookies are small pieces of text used to store information on web browsers. Cookies are used to store and receive identifiers and other information on computers, phones, and other devices. Other technologies, including data we store on your web browser or device, identifiers associated with your device, and other software, are used for similar purposes. In this policy, we refer to all of these technologies as "cookies."

We use cookies if you have a Therapoid account, you are using Therapoid, including our website and apps (whether you are registered or logged in), or visit other websites and apps that use Therapoid (including the Like or other buttons or our advertising tools). This policy explains how we use cookies and the choices you have.

Why do we use cookies?

Cookies help us provide, protect, and improve Therapoid, such as by personalizing content, tailoring, and measuring ads, and providing a safer experience. While the cookies that we use may change from time to time as we improve and update Therapoid, they generally fall into the below categories of use:

Authentication

We use cookies to verify your account and determine when you are logged-in so we can make it easier for you to access Therapoid and show you the appropriate experience and features.

For example: We use cookies to keep you logged in as you navigate between Therapoid pages. Cookies also help us remember your browser so you do not have to keep logging into Therapoid and so you can more easily log into Therapoid via third-party apps and websites.

Security, site and product integrity

We use cookies to help us keep your account, data, and Therapoid safe and secure.

For example: Cookies can help us identify and impose additional security measures when someone may be attempting to access a Therapoid account without authorization, for instance, by rapidly guessing different passwords. We also use cookies to store information that allows us to recover your account in the event you've forgotten your password or to require additional authentication if you tell us your account has been hacked.

We also use cookies to combat activity that violates our policies or otherwise degrades our ability to provide Therapoid.

For example: Cookies help us fight spam and phishing attacks by enabling us to identify computers that are used to create large numbers of fake Therapoid accounts. We also use cookies to detect computers infected with malware and to take steps to prevent them from causing further harm. Cookies also help us prevent underage people from registering for Therapoid accounts. Cookies can help us stop multiple accounts established by the same person.

Advertising, Insights, and Measurement

We use cookies to help us show ads for businesses and other organizations to people who may be interested in the products, services or causes they promote.

For example: Cookies allow us to help deliver ads to people who have previously visited a business's website, purchased its products or used its apps. Cookies also allow us to limit the number of times that you see an ad, so you don't see the same ad repeatedly.

We also use cookies to help measure the performance of ad campaigns for businesses that use Therapoid.

For example: We use cookies to count the number of times an ad is shown and to calculate the cost of those ads. We also use cookies to measure how often people do things like click on or view ads. Cookies help us serve and measure ads across different browsers and devices used by the same person.

For example: We can use cookies to prevent you from seeing the same ad repeatedly across the different devices that you use.

Cookies also allow us to provide insights about the people who use Therapoid, as well as the people who interact with the ads, websites, and apps of our advertisers and the businesses that use Therapoid.

For example: We use cookies to help businesses understand the kinds of people who like Therapoid pages or use their apps so they can provide more relevant content and develop features that are likely to be interesting to their customers.

We also use cookies to help you opt out of seeing ads from Therapoid based on your activity on thirdparty websites. Learn more about the information we receive, how we decide which ads to show you on and off Therapoid, and the controls available to you.

Site features and services

We use cookies to enable the functionality that helps us provide Therapoid.

For example: Cookies help us store preferences, know when you've seen or interacted with Therapoid' content, and provide you with customized content and experiences. For instance, cookies allow us to make suggestions to you and others, and to customize content on third-party sites that integrate our social plugins. If you are a page administrator, cookies allow you to switch between posting from your personal Therapoid account and the page.

We also use cookies to help provide you with content relevant to your locale.

For example: We store information in a cookie that is placed on your browser or device so you will see the site in your preferred language.

Performance

We use cookies to provide you with the best experience possible.

For example: Cookies help us route traffic between servers and understand how quickly Therapoid load for different people. Cookies also help us record the ratio and dimensions of your screen and windows and know whether you've enabled high contrast mode, so that we can render our sites and apps correctly.

Analytics and research

We use cookies to better understand how people use Therapoid so that we can improve them.

For example: Cookies can help us understand how people use Therapoid Service, analyze which parts of Therapoid people find most useful and engaging, and identify features that could be improved.

Where do we use cookies?

We may place cookies on your computer or device, and receive information stored in cookies, when you use or visit Therapoid.

Do other parties use cookies in connection with Therapoid?

Other parties may use cookies in Therapoid to provide services to us and the businesses that advertise in Therapoid.

For example, our measurement partners use cookies on Therapoid to help advertisers understand the effectiveness of their Therapoid advertising campaigns and to compare the performance of those campaigns to ads displayed on other websites and apps. Learn more about the companies that use cookies on Therapoid.

Third parties also use cookies on their own sites and apps in connection with Therapoid. To understand how other parties use cookies, please review their policies.

How can you control Therapoid' use of cookies to show you ads?

One of the ways we use cookies is to show you useful and relevant ads on and off Therapoid. You can control how we use data to show you ads by using the tools described below.

If you have a Therapoid Account:
You can use your ad preferences to learn why you're seeing a particular ad and control how we use information we collect to show you ads.
Some of the ads you see are based on your activity on websites and apps beyond Therapoid. We call this "interest advertising". You can control whether you see online interest ads from Therapoid in your ad settings.

Everyone:
You can opt out of seeing online interest-based ads from Therapoid and other participating companies through:
- The Digital Advertising Alliance in the US
- The Digital Advertising Alliance of Canada in Canada
- The European Interactive Digital Advertising Alliance in Europe
- Your mobile device settings

More information about online advertising:
The advertising companies we work with generally use cookies and similar technologies as part of their services. To learn more about how advertisers generally use cookies and the choices they offer, you can review the following resources:
- Digital Advertising Alliance
- Digital Advertising Alliance of Canada
- European Interactive Digital Advertising Alliance

Browser cookie controls:
In addition, your browser or device may offer settings that allow you to choose whether browser cookies are set and to delete them. For more information about these controls, visit your browser or device's help material. Certain parts of Therapoid may not work properly if you have disabled browser cookie use.

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Browser Cookies

To provide Therapoid, we store cookies on your browser. Below, you can find more information about the cookies that we use. The cookies we use include session cookies, which are deleted when you close your browser, and persistent cookies, which stay on your browser until they expire or you delete them. We occasionally make changes, so the specific cookies we are using may vary from what's described below.

Persistent Cookies

Authentication

- User ID and miscellaneous log in information (e.g., number of logins per account, state of the "remember me" check box, etc.), Expiration in 2 years.

- Used to record whether the person chose to remain logged in. Expiration in 90 days.

- Session ID, creation time, authentication value, secure session state, caching group ID used in conjunction with the user cookie to authenticate your identity to Therapoid. Expires in 90 days.

- Used in conjunction with the xs cookie to authenticate your identity to Therapoid. Expires in 90 days.

- Email, User ID, authentication value, version, user agent capability, creation time, Therapoid version indicator used to authenticate your identity on Therapoid's mobile website. Expires in 90 days.

- Y/N Used to record that a device or browser logged in via Therapoid platform. Expires in 2 years.

- Login authentication values Used to enable device-based logins. Expires in 30 days.

- Account kit access token. Determines the login state of a person visiting Theapoid.net. Expires in 30 minutes.

- Request time value. Authenticates logins using Account Kit. Expires in 1 day.

- Encrypted user ID, contact point, time stamp, and other login information. Optimizes recovery flow after failed login attempts.

Security, Site and Product Integrity

- Encryption key. Stores an encryption key used to encrypt cookies. Expires in 2 years.

- 2 or 0. Indicates when HTTPS is needed to access Therapoid servers. Expires in 90 days.

- Digital signature and time stamp. Used to indicate the last time a person entered his or her password. Expires in 90 days.

- Browser identifier and time stamp Identifies browsers for purposes of security and site integrity, including for account recovery, and identification of potentially compromised accounts. Expires in 2 years.

- Browser identifier and time stamp Identifies browser for login authentication purposes. Expires in 2 years.

Advertising and Measurement

- User and browser ID; time stamp; miscellaneous other data Therapoid's primary advertising cookie, used to deliver, measure, and improve the relevancy of ads. Expires in 90 days.
- 1 or 0 Used to record advertising opt outs. Expires in 5 years.
- Object ID and App ID Used to open a specific location in an advertiser's app upon installation. Expires in 28 days.

Site Features and Services

- Locale Identifies the country and chosen language of the last logged in user of the browser or the international domain used to access Therapoid. Expires in 7 days.
- Browser identifier and time stamp Used to improve friend suggestions. Expires in 2 years.

Performance

- Count of days Records the age of Therapoid javascript files. Expires in 7 days.
- Numeric value between 1 and 20 Used to optimize site performance for advertisers. Expires in 7 days.

Analytics and Research

- Records Therapoid URL that an individual landed on after clicking on an ad promoting Therapoid. Expires in 30 days.

Session Cookies

Authentication

Checkpoint,

Security, Site and Product Integrity

Site Features and Services

Performance

Analytics and Research

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Google Analytics

We also set cookies from Therapoid.net's domain that work with the Google Analytics service to help us understand how we and others use Therapoid.

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