

Cookies Policy

Document Management Organisation: Continuo Health Issue Date: Sep 16, 2026 Document Owner: Anthony Langham (CSO)			
Document Version Control			
Version	Date	Summary of changes	Author
1.0	Sep 16, 2026, 13:12	reviewed current posthog implemenation against the repo. minimal. review prn if marketing plan changes	Anthony Langham
0.1	Sep 16, 2026, 13:05	AL to review table then publish	Nicholas Halsey

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Cookies Policy

Our Cookies Policy was last updated Sep 16, 2026

This Cookies Policy explains how Continuo Health ("we," "us," and "our") uses cookies and similar technologies to recognise you when you visit our website at [www. continuo.health](http://www.continuo.health). It explains what these technologies are and why we use them, as well as your rights to control our use of them.

In some cases we may use cookies to collect personal information, or that becomes personal information if we combine it with other information.

What are cookies?

Cookies are small data files that are placed on your computer or mobile device when you visit a website. Cookies are widely used by website owners in order to make their websites work, or to work more efficiently, as well as to provide reporting information.

Cookies set by the website owner (in this case, Continuo Health) are called "**first-party** cookies." Cookies set by parties other than the website owner are called "**third-party** cookies." Third-party cookies enable third-party features or functionality to be provided on or through the website (e.g., advertising, interactive content, and analytics). The parties that set these third-party cookies can recognise your computer both when it visits the website in question and also when it visits certain other websites. Cookies can be "Persistent" or "Session" Cookies. Persistent Cookies remain on Your personal computer or mobile device when You go offline, while Session Cookies are deleted as soon as You close Your web browser.

What we use, and why

We use very little. Nothing is set until you make a choice in the cookie banner, except for the record of that choice itself.

Name	Set by	Type	Purpose	Lasts	Needs your consent?
continuo-analytics-consent	Continuo Health (first-party, browser local storage)	Strictly necessary	Remembers whether you accepted or declined analytics, so we do not ask you on every page.	Until you clear your browser data	No. It is needed to honour your choice.
ph_phc____posthog	PostHog (cookie and local storage)	Analytics	Gives your browser a random identifier so we can count visits and see which pages are used. Records pages visited, approximate location (from your IP address, which is not stored), and browser and device type.	12 months	Yes. Only set if you click Accept.

We do not use advertising cookies, social media cookies, tracking pixels or web beacons. PostHog is hosted in the European Union. Your data does not leave the EU or UK.

Patient video pages

Pages where a patient watches a video their clinician has sent them carry no cookies and no analytics of any kind. The cookie banner does not appear on them and nothing is stored in your browser.

How can I control cookies on my browser?

As the means by which you can refuse cookies through your web browser controls vary from browser to browser, you should visit your browser's help menu for more information. The following is information about how to manage cookies on the most popular browsers:

- [Chrome](#)
- [Firefox](#)
- [Safari](#)
- [Edge](#)
- [Opera](#)

In addition, most advertising networks offer you a way to opt out of targeted advertising. If you would like to find out more information, please visit:

- [Digital Advertising Alliance](#)
- [Digital Advertising Alliance of Canada](#)
- [European Interactive Digital Advertising Alliance](#)

How often will you update this Cookies Policy?

We may update this Cookies Policy from time to time in order to reflect, for example, changes to the cookies we use or for other operational, legal, or regulatory reasons. Please therefore revisit this Cookies Policy regularly to stay informed about our use of cookies and related technologies.

The date at the top of this Cookies Policy indicates when it was last updated.

Contact Us

Further information about how we collect and handle your personal data can be found in our [Privacy Notice](#) If you have any questions about our use of cookies or other technologies, please contact us with the information below:

Email: contact@continuo.health

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