Cookie Declaration

TRP's software uses cookies.

Cookies are small text files that can be used by websites to make a user's experience more efficient.

The law states that companies can store cookies on your device if they are necessary for the operation of the software they provide, to satisfy the contract to supply the services we provide or if the company has legitimate interest.

All the cookies used in this software have lawful grounds for usage.

TRPs software uses different types of cookies. Some cookies are placed by third party services that appear on our pages.

TRP uses cookies to store data across pages, store data such as how many search results you wish to be shown per page, allow us to communicate new features to customers and track software usage so that we can improve the software for customers.

TRP does not use any of the information captured for marketing purpose or share this data with any third parties apart from those listed in the tables below.

This Cookie Policy applies to the following domains:

- theretentionpeople.com
- insightnps.co.uk
- insightnps.com
- nutritioncompleteonline.co.uk
- nutritioncompleteonline.com
- memberinsight.club
- connectjonas.com
- insightjonas.com

Detailed explanation of each cookie stored

Nutrition Complete

Name	Provider	Purpose
sessionid	TRP (local session based)	Used to store user details to ensure that the user is logged in.
csrftoken	TRP (local session based)	Needed to protect the product from CSRF (Cross-site Request Forgery).

EngageCEM

Name	Provider	Purpose
sessionID	TRP (local session based)	Used to store user details to ensure that the user is logged in.
intercom-id-xxx, intercom-lou-xxx, product_store_Identifier, gtm_id	Intercom	Intercom is used to help us improve the products for customers by tracking active users, tracking which features are used, messaging customers about feature releases that have taken place etc. We do not use Intercom for marketing purposes. These 4 cookies are necessary for Intercom to function and for the messages/conversations to persist across different pages.

Insight

Name	Provider	Purpose
laravel_session	Laravel	A laravel session cookie is needed for laravel to store data across different pages. The product cannot function without this cookie being stored.
intercom-id-xxx, intercom-lou-xxx, product_store_Identifier, gtm_id	Intercom	Intercom is used to help us improve the products for customers by tracking active users, tracking which features are used, messaging customers about feature releases that have taken place etc. We do not use Intercom for marketing purposes. These 4 cookies are necessary for Intercom to function and for the messages/conversations to persist across different pages.
NID	Google	The NID cookie contains a unique ID Google uses to remember your preferences and other information, such as your preferred language (e.g. English), how many search results you wish to have shown per page (e.g. 10 or 20), and whether or not you wish to have Google's SafeSearch filter turned on.
1P_JAR	Google	Contain digitally signed and encrypted records of a user's Google account ID and most recent sign-in time. The combination of these two cookies

		allows TRP to block many types of attack, such as attempts to steal the content of forms that you complete on web pages.
SID HSID	Google	Other Google properties, like YouTube, may also use these cookies to show you more relevant ads. However, TRP do not allow advertising in our products.
AID DSID	Google	Stores the preferences and information of users each time they visit web pages containing a Google service
APISID	Google	It stores the preferences and information of users each time they visit web pages containing a Google service
SAPSID	Google	Security cookie to protect user data from unauthorised access
SIDCC	Google	Stores the preferences and information of users each time they visit web pages containing a Google service
SSID	Google	Information to measure the number and behaviour of users. All the Google cookies listed above are necessary for the software to function. TRP do not use Google analytics in their software or track behaviour using Google. We only use the Google to create the charts within Insight.

Cookie Policy last updated on 17th September 2018.