

# Proof of Consent

This document was generated to show efforts made to comply with privacy legislation. This document will contain the Cookie Policy and the cookie consent settings to proof consent for the time and region specified below. For more information about this document, please go to <https://complianz.io/consent>.

*This page was last changed on March 4, 2025, last checked on March 4, 2025 and applies to citizens and legal permanent residents of the United States.*

## 1. Introduction

Our website, <https://thehealthymelissa.com> (hereinafter: "the website") uses cookies and other related technologies (for convenience all technologies are referred to as "cookies"). Cookies are also placed by third parties we have engaged. In the document below we inform you about the use of cookies on our website.

## 2. Cookies

When you visit our website it can be necessary to store and/or read certain data from your device by using technologies such as cookies.

### 2.1 Technical or functional cookies

Some cookies ensure that certain parts of the website work properly and that your user preferences remain known. By placing functional cookies, we make it easier for you to visit our website. This way, you do not need to repeatedly enter the same information when visiting our website and, for example, the items remain in your shopping cart until you have paid. We may place these cookies without your consent.

### 2.2 Statistics cookies

We use statistics cookies to optimize the website experience for our users. With these statistics cookies we get insights in the usage of our website.

### 2.3 Marketing/Tracking cookies

Marketing/Tracking cookies are cookies or any other form of local storage, used to create user profiles to display advertising or to track the user on this website or across several websites for similar marketing purposes.

### 2.4 Social media

On our website, we have included content from Facebook and Instagram to promote web pages (e.g.

“like”, “pin”) or share (e.g. “tweet”) on social networks like Facebook and Instagram. This content is embedded with code derived from Facebook and Instagram and places cookies. This content might store and process certain information for personalized advertising.

Please read the privacy statement of these social networks (which can change regularly) to read what they do with your (personal) data which they process using these cookies. The data that is retrieved is anonymized as much as possible. Facebook and Instagram are located in the United States.

### 3. Placed cookies

Most of these technologies have a function, a purpose, and an expiration period.

1. A function is a particular task a technology has. So a function can be to "store certain data."
2. Purpose is "the Why" behind the function. Maybe the data is stored because it is needed for statistics.
3. The expiration period shows the length of the period the used technology can “store or read certain data.”

#### Wordfence

Functional

Consent to service wordfence

#### Usage

We use Wordfence for security and fraud prevention. [Read more](#)

#### Sharing data

For more information, please read the [Wordfence Privacy Statement](#).

#### Functional

#### Name

[wf-scan-issue-expanded-\\*](#)

#### Expiration

session

**Function**

Provide the identification of trusted web traffic

**Name**

[wfwaf-authcookie\\*](#)

**Expiration**

1 day

**Function**

Read to determine if the user is logged in

**WordPress**

Functional

Consent to service wordpress

**Usage**

We use WordPress for website development. [Read more](#)

**Sharing data**

This data is not shared with third parties.

**Functional****Name**

[wpEmojiSettingsSupports](#)

**Expiration**

session

**Function**

Store browser details

**Name**

[wp-settings\\*](#)

**Expiration**

persistent

**Function**

Store user preferences

**Name**

[wp-settings-time\\*](#)

**Expiration**

1 year

**Function**

Store user preferences

**Name**

[wordpress\\_logged\\_in\\_\\*](#)

**Expiration**

persistent

**Function**

Store logged in users

**Name**

[wordpress\\_test\\_cookie](#)

**Expiration**

session

**Function**

Read if cookies can be placed

**Name**

[WP\\_PREFERENCES\\_USER\\_\\*](#)

**Expiration**

persistent

**Function**

Store user preferences

**Automattic**

Statistics

Consent to service automattic

## Usage

We use Automattic for website development. [Read more](#)

## Sharing data

For more information, please read the [Automattic Privacy Statement](#).

## Statistics

### Name

[tk\\_qs](#)

### Expiration

30 minutes

### Function

Provide functions across pages

## Stripe

Functional

Consent to service stripe

### Usage

We use Stripe for payment processing. [Read more](#)

### Sharing data

For more information, please read the [Stripe Privacy Statement](#).

## Functional

### Name

[\\_\\_stripe\\_mid](#)

**Expiration**

1 year

**Function**

Provide fraud prevention

**Name**

[\\_\\_stripe\\_sid](#)

**Expiration**

30 minutes

**Function**

Provide fraud prevention

**Burst Statistics**

Statistics (anonymous)

Consent to service burst-statistics

**Usage**

We use Burst Statistics for website statistics. [Read more](#)

**Sharing data**

This data is not shared with third parties.

**Statistics (anonymous)**

**Name**

[burst\\_uid](#)

**Expiration**

1 month

**Function**

Store and track interaction

**Google Analytics**

Statistics

Consent to service google-analytics

**Usage**

We use Google Analytics for website statistics. [Read more](#)

**Sharing data**

For more information, please read the [Google Analytics Privacy Statement](#).

**Statistics**

**Name**

[\\_ga](#)

**Expiration**

2 years

**Function**

Store and count pageviews

**Name**

[\\_ga\\_\\*](#)

**Expiration**

1 year

**Function**

Store and count pageviews

**Go Daddy**

Statistics

Consent to service go-daddy

**Usage**

We use Go Daddy for website hosting. [Read more](#)

**Sharing data**

**Statistics**

**Name**

[\\_tccl\\_visitor](#)

**Expiration**

1 year

**Function**

Store anonymized statistics

**Jetpack**

Statistics

Consent to service jetpack

**Usage**

We use Jetpack for advertising. [Read more](#)

**Sharing data**

For more information, please read the [Jetpack Privacy Statement](#).

**Statistics****Name**

[tk\\_\\*r](#)

**Expiration**

1 year

**Function**

Store referrer ID's

**Name**

[tk\\_r3d](#)

**Expiration**

3 days

**Function**

**WooCommerce**

Functional

Consent to service woocommerce

**Usage**

We use WooCommerce for webshop management. [Read more](#)

**Sharing data**

This data is not shared with third parties.

**Functional**

**Name**

[woocommerce\\_items\\_in\\_cart](#)

**Expiration**

session

**Function**

Store items in shopping cart

**Name**

[woocommerce\\_cart\\_hash](#)

**Expiration**

1 day

**Function**

Store items in shopping cart

**Name**

[wp\\_woocommerce\\_session\\_\\*](#)

**Expiration**

session

**Function**

Store performed actions on the website

**Sourcebuster JS**

Statistics

Consent to service sourcebuster-js

**Usage**

We use Sourcebuster JS for visitor tracking. [Read more](#)

**Sharing data**

This data is not shared with third parties.

**Statistics****Name**

[sbjs\\_migrations](#)

**Expiration**

6 months

**Function**

**Name**

[sbjs\\_first\\_add](#)

**Expiration**

6 months

**Function**

**Name**

[sbjs\\_current](#)

**Expiration**

6 months

**Function**

Store browser details

**Name**

[sbjs\\_first](#)

**Expiration**

6 months

**Function**

**Name**

[sbjs\\_session](#)

**Expiration**

**Function**

**Google Fonts**

Purpose pending investigation

Consent to service google-fonts

**Usage**

We use Google Fonts for display of webfonts. [Read more](#)

**Sharing data**

For more information, please read the [Google Fonts Privacy Statement](#).

**Purpose pending investigation**

**Name**

Google Fonts API

**Expiration**

**Function**

**Google Maps**

Purpose pending investigation

Consent to service google-maps

**Usage**

We use Google Maps for maps display. [Read more](#)

**Sharing data**

For more information, please read the [Google Maps Privacy Statement](#).

**Purpose pending investigation**

**Name**

Google Maps API

**Expiration**

**Function**

**YouTube**

Purpose pending investigation

Consent to service youtube

**Usage**

We use YouTube for video display. [Read more](#)

**Sharing data**

For more information, please read the [YouTube Privacy Statement](#).

**Purpose pending investigation****Name**

GPS

**Expiration****Function****Name**

VISITOR\_INFO1\_LIVE

**Expiration****Function****Name**

YSC

**Expiration**

**Function**

**Name**

PREF

**Expiration**

**Function**

**Facebook**

Purpose pending investigation

Consent to service facebook

**Usage**

We use Facebook for display of recent social posts and/or social share buttons. [Read more](#)

**Sharing data**

For more information, please read the [Facebook Privacy Statement](#).

**Purpose pending investigation**

**Name**

\_js\_datr

**Expiration**

**Function**

**Name**

\_fbc

**Expiration**

**Function**

**Name**

fbm\*

**Expiration**

**Function**

**Name**

XS

**Expiration**

**Function**

**Name**

wd

**Expiration**

**Function**

**Name**

fr

**Expiration**

**Function**

**Name**

act

**Expiration**

**Function**

**Name**

\_fbp

**Expiration**

**Function**

**Name**

datr

**Expiration**

**Function**

**Name**

c\_user

**Expiration**

**Function**

**Name**

csm

**Expiration**

**Function**

**Name**

sb

**Expiration**

**Function**

**Name**

actpresence

**Expiration**

**Function**

**Name**

\*\_fbm\_

**Expiration**

**Function**

## Miscellaneous

Statistics

Consent to service miscellaneous

### Usage

### Sharing data

Sharing of data is pending investigation

### Purpose pending investigation

#### Name

hasDismissedOnboardingDashboardMessage

#### Expiration

#### Function

#### Name

hasDismissedPaidSubscriptionNoticeThemes

#### Expiration

#### Function

#### Name

hasAutoOpenedOnboardingWizard

**Expiration**

**Function**

**Name**

hasDismissedPaidSubscriptionNoticePlugins

**Expiration**

**Function**

**Name**

hasDismissedRestartOnboardingBannerMessage

**Expiration**

**Function**

**Name**

i18nextLng

**Expiration**

**Function**

**Name**

QSI\_History

**Expiration**

**Function**

**Name**

QSI\_HistorySession

**Expiration**

**Function**

**Name**

woocommerce\_geo\_hash

**Expiration**

**Function**

**Name**

loglevel

**Expiration**

**Function**

**Name**

cp\_challenge

**Expiration**

**Function**

**Name**

Q\_INTER

**Expiration**

**Function**

**Name**

QSI\_ActionSetHistory

**Expiration**

**Function**

**Name**

virtualTerminalBannerNotice

**Expiration**

**Function**

**Name**

WP\_DATA\_USER\_2

**Expiration**

**Function**

**Name**

QSI\_SI\_24EoHfHTtElajoi\_intercept

**Expiration**

**Function**

**Name**

customer-effort-score-exit-page

**Expiration**

**Function**

**Name**

hasClickedAddNewProductLink

**Expiration**

**Function**

**Name**

hasDismissedClaimFreeDomainMessage

**Expiration**

**Function**

**Name**

\_\_ssid

**Expiration**

**Function**

**Name**

\_\_paypal\_storage\_\_

**Expiration**

**Function**

**Name**

[\\_\\_belter\\_experiment\\_\\*](#)

**Expiration**

**Function**

**Name**

promptHistory

**Expiration**

**Function**

**Name**

[client\\_\\*](#)

**Expiration**

**Function**

**Name**

storeApiCartData

**Expiration**

**Function**

**Statistics**

**Name**

[sbjs\\_current\\_add](#)

**Expiration**

6 months

**Function****Name**

[sbjs\\_udata](#)

**Expiration**

6 months

**Function**

## 4. Browser and Device based Consent

When you visit our website for the first time, we will show you a pop-up with an explanation about cookies. You do have the right to opt-out and to object against the further use of non-functional cookies.

### 4.1 Manage your opt-out preferences

## 5. Enabling/disabling and deleting cookies

You can use your internet browser to automatically or manually delete cookies. You can also specify that certain cookies may not be placed. Another option is to change the settings of your internet browser so that you receive a message each time a cookie is placed. For more information about these options, please refer to the instructions in the Help section of your browser.

Please note that our website may not work properly if all cookies are disabled. If you do delete the cookies in your browser, they will be placed again after your consent when you visit our website again.

## 6. Your rights with respect to personal data

You have the following rights with respect to your personal data:

- you may submit a request for access to the data we process about you;
- you may object to the processing;
- you may request an overview, in a commonly used format, of the data we process about you;
- you may request correction or deletion of the data if it is incorrect or not or no longer relevant, or to ask to restrict the processing of the data.

To exercise these rights, please contact us. Please refer to the contact details at the bottom of this Cookie Policy. If you have a complaint about how we handle your data, we would like to hear from you.

For more information about your rights with respect to personal data, please refer to our [Privacy Statement](#)

## 7. Contact details

For questions and/or comments about our Cookie Policy and this statement, please contact us by using the following contact details:

United States

Website: <https://thehealthymelissa.com>

Email:

This Cookie Policy was synchronized with [cookiedatabase.org](https://cookiedatabase.org) on March 4, 2025.

## Cookie consent settings

- prefix => cmlz\_
- user\_banner\_id => 1
- block\_ajax\_content =>
- do\_not\_track\_enabled =>
- consenttype => optout
- region => us
- geoip =>
- dismiss\_timeout =>
- disable\_cookiebanner =>
- soft\_cookiewall =>
- dismiss\_on\_scroll =>

- cookie\_expiry => 365
- locale => lang=en&locale=en\_US
- categories => statistics, marketing
- tcf\_active =>
- forceEnableStats =>
- preview =>
- clean\_cookies =>
- aria\_label => Click to accept {category} cookies and enable this content
- id => 1
- title\_class => bottom-right-view-preferences
- header => Manage Cookie Consent,1
- accept\_optin => Accept
- accept\_optout => Accept,1
- manage\_consent => Manage consent
- manage\_options => View preferences
- save\_settings => Save preferences
- dismiss => Deny,1
- message\_optout => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behavior or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- message\_optin => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behavior or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- category\_functional => Functional
- category\_preferences => Preferences,1
- category\_statistics => Statistics,1
- functional\_text => The technical storage or access is strictly necessary for the legitimate purpose of enabling the use of a specific service explicitly requested by the subscriber or user, or for the sole purpose of carrying out the transmission of a communication over an electronic communications network.,1
- statistics\_text => The technical storage or access that is used exclusively for statistical purposes.,1
- statistics\_text\_anonymous => The technical storage or access that is used exclusively for anonymous statistical purposes. Without a subpoena, voluntary compliance on the part of your Internet Service Provider, or additional records from a third party, information stored or retrieved for this purpose alone cannot usually be used to identify you.,1
- preferences\_text => The technical storage or access is necessary for the legitimate purpose of storing preferences that are not requested by the subscriber or user.,1
- marketing\_text => The technical storage or access is required to create user profiles to send advertising, or to track the user on a website or across several websites for similar marketing purposes.,1
- category\_marketing => Marketing,1
- manage\_consent\_options => hover-hide-mobile

- use\_categories => view-preferences
- privacy\_link\_us => <https://thehealthymelissa.com/privacy-policy/>