

# Dr Frost

## Cookie Policy

Cookies are small data files that your browser places on your device to improve site performance, enable certain functions, and enhance your experience.

Last Updated: 22/09/2025

### ? What are cookies?

Cookies are small data files that your browser places on your device to improve site performance, enable certain functions, and enhance your experience.

You can view the most current version of this Cookie Policy online at <https://www.drfrust.org/cookies>

### 📁 What cookies we use and why

#### Google Load Balancing

Necessary

Distributes network traffic to ensure smooth access to our site.

#### Sentry

Necessary

Monitors errors and crashes to help us improve platform stability.

#### Cloudflare

Necessary

Enhances site security and performance.

#### YouTube (embedded videos)

Optional

Enables playback and video functionality. Utilises YouTube's "privacy-enhanced mode" (no ads cookies; suggestions disabled).

#### PostHog Analytics

Optional

Anonymously tracks site usage to help us improve the learning experience. No personal data is shared externally except in limited anonymised form for outcome evaluation.

### ⚙️ Managing your cookie preferences

#### Managing your cookie preferences

- You can **accept or reject optional cookies** at any time without losing access to essential site features.
- You will be specifically prompted to allow optional cookies for Video Playback and Usage Analytics.

### **Why optional cookies matter**

Allowing optional cookies helps us understand how users interact with the site and ensures embedded videos work smoothly—allowing us to continually improve your learning experience.

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### **No commercial data sharing**

We never use cookies to share personal information with third parties for marketing or commercial purposes.