



Privacy Policy

At Complete Media & Marketing Limited we are committed to protecting and respecting your privacy.

This Privacy Policy details the type of information that you provide and we process as a business, where this information is held, what we do to keep your information secure, your rights and how you can contact us with regards to the information that we hold. The only information that we hold will be what you have provided to us.

Introduction

Complete Media & Marketing Limited provide the following products and services:

- Complete Nutrition Magazines (CN and CN Focus)
- CN Emailers (CN emailers include: information emailed about CN products and services [CNPDP, CN Awards, CN Magazines, CN Surveys, www.nutrition2me.com]; CN e-shots which detail other company's products, services and events; and CN e-news)
- www.nutrition2me.com
- CN Awards
- CN Surveys

Topics include:

- What information do we collect from you?
- How we use the information that you have provided
- Marketing
- Access to your information and correction
- Website security
- Cookies
- Other websites
- Changes to our Privacy Policy
- How to contact us

What information do we collect from you?

We collect information about you when you:

- Subscribe to Complete Nutrition Magazines (CN and CN Focus)
- Register to CN Emailers (CN Emailers include: information emailed about CN products and services [CNPDP, CN Awards, CN Magazines, CN Surveys, www.nutrition2me.com]; CN e-shots which detail other company's products, services and events; and CN e-news)
- Contact us for information on Complete Media & Marketing Limited's products and services, including all CN products and www.nutrition2me.com
- Work with or provide a service to Complete Media & Marketing Limited
- Voluntarily complete surveys (CN Surveys), provide feedback and participate in competitions.
- Visit our website www.nutrition2me.com, which is collected via cookies



COMPLETE MEDIA & MARKETING LIMITED PRIVACY POLICY

How we use the information that you have provided

You provide information to Complete Media & Marketing Limited, in order for you to:

- Subscribe to Complete Nutrition Magazines (CN and CN Focus)
- Utilise or receive information about Complete Media & Marketing Limited's products and services
- Register to receive CN Emailers (as described above)
- Access your CNPD account
- Take part in the CN Awards
- Take part in CN Surveys
- Receive the information that you need in order to work with Complete Media & Marketing Limited – as a provider of products or services to Complete Media & Marketing Limited, or where Complete Media & Marketing Limited are contracted by yourselves to provide products or services

We work with a third party to manage our CN Magazines subscription lists only. Where you supply information to become a subscriber of CN Magazines, the third party that manages the processing of data for CN Magazines is only authorised by Complete Media & Marketing Limited to use this data for the updating of CN Magazines subscriptions mailing lists only.

Your details will never be sold or rented to any third party for marketing purposes.

You have a right at any time to stop us from contacting you at any point. If you no longer wish to be contacted by Complete Media & Marketing, please email: info@cm-2.co.uk

Access to your information and correction

You have the right to request a copy of the information that we hold about you. If you would like a copy of some or all of your personal information, please email: info@cm-2.co.uk, or write to us at the following address:

Complete Media & Marketing Limited, Studio 002, Mill Studio Business Centre, Crane Mead, Ware, Herts, SG12 9PY

We want to make sure that your personal information is accurate and up to date. You may ask us to correct or remove information that you think is inaccurate. Contact us via: info@cm-2.co.uk.

Website security

When you provide Complete Media & Marketing Limited with personal information, we take steps to ensure that it's treated securely. Data processed on our website – www.nutrition2me.com – is protected using SSL.

Non-sensitive details (your email address, etc.) are transmitted normally over the Internet, and this can never be guaranteed to be 100% secure. As a result, while we strive to protect your personal information, we cannot guarantee the security of any information you transmit to us, and you do so at your own risk. Once we receive your information, we make our best effort to ensure its security on our systems. Where we have given (or where you have chosen) a password which enables you to access certain parts of our websites, you are responsible for keeping this password confidential. We ask you not to share your password with anyone.



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Cookies

Cookies are text files placed on your computer to collect standard internet log information and visitor behaviour information. This information is used to track visitor use of the website and to compile statistical reports on website activity.

You can set your browser not to accept cookies. However, some of our website features may not function as a result.

Other websites

Our website - www.nutrition2me.com - CN Emailers, and CN Magazines that we send may contain links to other websites. This Privacy Policy only applies to products and services provided by Complete Media & Marketing Limited. When you link to other websites you should read their own privacy policies.

Changes to our Privacy Policy

Complete Media & Marketing Limited may update this Privacy Policy at any time, so please check this page regularly to ensure you are kept up-to-date.

How to contact us

Please contact us if you have any questions about our Privacy Policy, or the information we hold, via: info@cm-2.co.uk or by writing to:

Complete Media & Marketing Limited, Studio 002, Mill Studio Business Centre, Crane Mead, Ware, Herts, SG12 9PY

This Privacy Policy was last updated in April 2018.