

## **Who we are**

Our website address is <https://www.southerntierspinedisc.com> . By using our website you consent to the data practices described in this statement. We may update this Privacy Policy as needed to reflect changing conditions and to satisfy legal requirements.

## **Comments**

When visitors leave comments on the site we collect the data shown in the comments form and related fields, and also the visitor's IP address and browser user agent string to help spam detection.

## **Cookies**

If you leave a comment on our site you may opt-in to saving your name, email address and website in cookies. These are for your convenience so that you do not have to fill in your details again when you leave another comment. These cookies will last for one year.

## **Embedded content from other websites**

Pages and Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracking your interaction with the embedded content if you have an account and are logged in to that website.

Our site contains some links to non-affiliated sites; these sites do not operate under Southern Tier Spine and Disc's privacy policy.

## **What personal data we collect and why we collect it**

### **Subscription forms**

If you submit a subscription form on our site you will be opting in for us to save your name, email address and other relevant information. We do not knowingly collect personally identifiable information from children under the age of thirteen. If you are under the age of thirteen, you must ask your parent or guardian for permission to use this site.

These subscriptions are used to notify you about content related to our community.

You can opt out or unsubscribe at any time in the future by clicking link in the bottom of any email sent, or reply to an individual email to ask to be removed from any lists.

## **Cookies**

We use anonymous cookies to prevent users from seeing the same popup repetitively in an attempt to make our users experience more pleasant while still delivering time sensitive messaging.

## **Analytics**

Southern Tier Spine and Disc utilizes analytics tools, such as Google Analytics, to collect non-personally identifiable information. Certain types of information, like geolocation, device type, onsite website usage and demographic data is collected for our analysis and marketing (such as retargeting). You can learn more about the use of cookies here:

<https://policies.google.com/technologies/cookies?hl=en-US>

## **How long we retain your data**

Subscriber information is retained in the local database indefinitely for analytic tracking purposes and for future export.

Data will be exported or removed upon users request via the existing Exporter or Eraser.

If syncing data to a 3rd party service (for example Constant Contact), data is retained there until unsubscribed or deleted.

## **Who we share your data with**

We do not share, trade, or rent your personal information to others.

## **How long we retain your data**

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

For users that register on our website (if any), we also store the personal information they provide in their user profile. All users can see, edit, or delete their personal information at any time (except they cannot change their username). Website administrators can also see and edit that information.

## **What rights you have over your data**

If you have an account on this site, or have left comments, you can request to receive an exported file of the personal data we hold about you, including any data you have provided to us. You can

also request that we erase any personal data we hold about you. This does not include any data we are obliged to keep for administrative, legal, or security purposes.

If you have any complaints about our compliance with this privacy policy you should contact us first. We will respond promptly and make every effort to resolve complaints in a timely manner.

Please direct inquiries to: [info@southerntierspinedisc.com](mailto:info@southerntierspinedisc.com)

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