

Privacy Policy

Last Updated: October 8th 2023

1. Introduction

Welcome to mythriveapp.com, provided by The Thrive Foundation. Your privacy is important to us. This Privacy Policy is designed to help you understand how we collect, use, disclose, and safeguard your personal information when you use our app.

By using our app, you consent to the practices described in this Privacy Policy. Please take a moment to read it carefully.

2. Information We Collect

a. Personal Information:

- Name
- Contact Information (e.g., email address, phone number)
- Date of Birth
- Gender
- Health Information (e.g., medical conditions, medications, allergies)
- Health and Fitness Data (e.g., steps taken, heart rate, sleep patterns)
- Location Information (only with your explicit consent)

b. Usage Information:

- App Usage Data (e.g., time spent in the app, features used)
- Device Information (e.g., device type, operating system)
- Log Data (e.g., IP address, timestamps)

c. User-Generated Content:

- Any information or content you voluntarily provide through the app, such as journal entries, notes, or comments.

3. How We Use Your Information

We use the collected information for the following purposes:

a. Providing Services: To deliver the core features and functionality of the app, including tracking health data, providing personalized recommendations, and managing user accounts.

b. Improving User Experience: To enhance the user experience by analyzing app usage patterns, fixing bugs, and optimizing features.

c. Communication: To send you important app-related updates, notifications, and responses to inquiries or requests.

d. Research and Analytics: To conduct research, analytics, and data insights to improve our services, but we do so in an anonymized and aggregated manner to protect your privacy.

e. Legal Compliance: To comply with applicable laws, regulations, and legal obligations.

4. Sharing Your Information

We may share your information under the following circumstances:

- a. **With Your Consent:** We will share your information if you explicitly consent to it, such as when you connect to third-party services.
- b. **Service Providers:** We may engage third-party service providers to assist us in providing and improving our services. These providers are bound by confidentiality agreements and are only permitted to use your information for specified purposes.
- c. **Legal Obligations:** We may share information when required to do so by law, to protect our rights, or to respond to legal requests.
- d. **Business Transfers:** In the event of a merger, acquisition, or sale of all or a portion of our assets, your information may be transferred as part of the transaction.

5. Data Security

We take data security seriously and implement measures to protect your personal information from unauthorized access, disclosure, alteration, or destruction.

6. Your Choices

You have the right to:

- a. **Access and Correct Your Information:** You can review and update your personal information within the app.
- b. **Delete Your Account:** You can request the deletion of your account and associated data.
- c. **Opt-Out:** You can opt-out of certain data collection and communications by adjusting your app settings.

7. Children's Privacy

Our app is not intended for children under the age of 6. We do not knowingly collect personal information from children under 6. If you believe we have collected such information, please contact us to have it removed.

8. Changes to this Privacy Policy

We may update this Privacy Policy from time to time. We will notify you of any significant changes through the app or via email. Your continued use of the app after such changes constitutes your acceptance of the updated Privacy Policy.

9. Contact Us

If you have any questions, concerns, or requests regarding this Privacy Policy, please contact us at karim@thethrivefoundation.ch.

Effective Date: October 8th 2023

Thank you for using mythriveapp.com. Your privacy and trust are important to us.