

Third Eye Timer - Privacy Policy

Effective Date: August 2, 2025

1. Introduction

Welcome to Third Eye Timer ("we," "our," or "us"). We respect your privacy and are committed to protecting your personal information. This Privacy Policy explains how we collect, use, and safeguard your information when you use our meditation timer application ("App"). By using the App, you consent to the practices described in this policy.

If you do not agree with this Privacy Policy, please do not use the App.

2. Information We Collect

We collect information to provide and improve our App's features. The types of information we collect are as follows:

2.1 Information You Provide

- **Meditation Data:** Details about your meditation sessions, such as durations, heart rate measurements (if enabled), and calculated relaxation scores.
- **Preferences:** Your app settings, theme choices, and customisation options.

2.2 Information Collected Automatically

- **Device Information:** Device model, operating system version, unique device identifiers (e.g., Android ID), and IP address.
- **Usage Data:** Interactions with the App, including features accessed, session timestamps, and aggregated statistics.
- **Heart Rate Data:** If you enable heart rate monitoring, we use your device's camera to collect PPG (photoplethysmography) data for heart rate estimation.
- **Performance Data:** Logs of app crashes, errors, and diagnostic metrics to help us improve the App.

2.3 Information from Third-Party Services

- **Google Play Services:** Data related to ads and analytics.
- **Firebase Analytics:** Anonymous usage statistics and crash reports.

We do not collect sensitive personal information beyond what is necessary for the App's core functions, and we minimize data collection where possible. Heart rate data is considered sensitive health information, and its collection requires your explicit consent via enabling the feature in the App.

3. How We Use Your Information

We use the collected information for the following purposes:

3.1 Core App Functionality

- **Meditation Timer:** To deliver accurate timing and session tracking.
- **Heart Rate Monitoring:** To estimate your heart rate using local device processing and display it in relation to your meditation sessions.
- **Progress Tracking:** To generate insights into your meditation history and relaxation trends.
- **Achievements:** To unlock and display milestones based on your usage.

3.2 App Improvement

- **Analytics:** To analyze user behaviour patterns and enhance features (e.g., via anonymized data).
- **Bug Fixes:** To diagnose and resolve issues using crash reports.
- **Performance Optimization:** To improve app speed and reliability.

3.3 Advertising

- **Personalized Ads:** To display relevant ads through Google AdMob, based on non-personal usage data.
- **Ad Performance Measurement:** To evaluate ad effectiveness without identifying individual users.

We do not use your data for purposes unrelated to the App without your explicit consent. All uses are limited to those reasonably expected by users for a meditation timer app.

4. Heart Rate Monitoring

4.1 How It Works

The App uses your device's camera and flash (if available) to measure heart rate via photoplethysmography (PPG). This non-invasive method analyzes light reflections from your fingertip to detect pulse variations. It is not a medical device, is not intended for medical

diagnosis or treatment, and should not be relied upon for health decisions. Results may vary based on device and environmental factors.

4.2 Data Processing

- **Local Processing Only:** All heart rate calculations occur on your device; no raw data is transmitted to our servers.
- **No Cloud Storage:** Heart rate readings are not uploaded or stored remotely.
- **Temporary Storage:** Data is saved locally on your device for session history and can be deleted at any time.

4.3 Privacy Protection

- **No Personal Health Profiling:** We do not use heart rate data to create health profiles or share it with third parties.
- **Aggregated Statistics:** Only anonymised, aggregated usage trends (e.g., average session lengths) may be used for app improvements.
- **User Control and Consent:** You must explicitly enable this feature in the App settings, which serves as your consent. You can disable it at any time, preventing further data collection. We provide in-app disclosures before enabling to ensure you understand the data collection.

5. Information Sharing

5.1 We Do Not Sell Your Data

We do not sell, trade, rent, or otherwise monetize your personal information, including sensitive health data.

5.2 Limited Sharing

We may share information only in the following limited cases:

- **Service Providers:** With trusted third parties (e.g., hosting providers) who assist in operating the App, under strict confidentiality agreements.
- **Legal Requirements:** If required by law, subpoena, or to protect our rights, safety, or property.
- **Business Transfers:** In the event of a merger, acquisition, or asset sale, where your data may be transferred as part of the business.

5.3 Third-Party Services

We integrate with:

- **Google AdMob:** For ad serving; their privacy policy applies (see <https://policies.google.com/privacy>).
- **Firebase:** For analytics and crash reporting; governed by Google's privacy policy (see <https://policies.google.com/privacy>).
- **Google Play Services:** For distribution and basic functionality.

These services may collect data independently; please review their policies. We ensure third-party sharing complies with applicable laws and is limited to necessary purposes.

6. Data Security

6.1 Protection Measures

- **Encryption:** Any data transmitted (e.g., analytics) uses HTTPS and industry-standard encryption.
- **Secure Storage:** Local data on your device is protected by your device's security features (e.g., app sandboxing).
- **Access Controls:** We limit internal access to data on a need-to-know basis and use secure practices.

Despite these measures, no system is completely secure. We cannot guarantee absolute security but strive to protect your information in accordance with best practices.

6.2 Data Retention

- **Local Data:** Retained on your device until you delete it or uninstall the App.
- **Analytics Data:** Anonymized data is kept for up to 26 months for trend analysis and then deleted.

We delete data when it is no longer needed for the purposes described. You can request deletion of any retained data by contacting us.

7. Your Rights and Choices

7.1 Access and Control

- **View Your Data:** Access your meditation history, settings, and stored data directly in the App.
- **Delete Data:** Clear all local data by uninstalling the App, or contact us for assistance with any server-side data (if any).
- **Opt-Out:** Disable analytics, personalized ads, or heart rate monitoring via App settings.

7.2 Heart Rate Monitoring

- **Enable/Disable:** Turn heart rate monitoring on or off in settings.
- **Data Deletion:** Clear heart rate data at any time through App options.
- **No Tracking:** Heart rate data is not used for tracking, profiling, or advertising.

7.3 Additional Rights

- **Request Access or Deletion:** Email us to request a copy of your data or its deletion.
- **Withdraw Consent:** You can withdraw consent for data processing at any time, though this may limit App functionality. For California (CCPA) or EU (GDPR) residents, see sections 12 and 13.

8. Children's Privacy

The App is not designed for children under 13 years old. We do not knowingly collect personal information from children under 13. If we discover such data has been collected, we will delete it promptly. Parents/guardians: Contact us if you believe your child has provided information.

9. International Users

Your data may be processed in countries outside your residence, including the United States, where privacy laws may differ. By using the App, you consent to this transfer and processing.

10. Changes to This Policy

We may update this Privacy Policy periodically. Changes will be posted in the App with an updated Effective Date. For significant changes, we may notify you via in-app notification. Continued use after changes constitutes acceptance.

11. Contact Us

For questions or requests regarding this Privacy Policy, including data access, deletion, or other rights:

Email: privacy@thirdeyetime.com

We are the developer of Third Eye Timer, and you can reach us at the above contact for privacy inquiries.

12. California Privacy Rights

California residents under the CCPA/CPRA have rights to know, delete, correct, and opt-out of data sales (which we do not engage in), as well as limit use of sensitive personal information.

Contact us to exercise these rights. We will verify and respond within the required timeframe (typically 45 days).

13. European Privacy Rights

EU/EEA residents under GDPR have rights to access, rectify, erase, restrict, or port data, and object to processing. Our legal basis for processing is consent (e.g., for heart rate) or legitimate interests (e.g., analytics). Contact us or your local data protection authority for more. We will respond within one month.

Third Eye Timer

Meditation Timer with Heart Rate Monitoring

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