Privacy Policy

Effective date: 28 August 2026
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Ovela is a personal health and wellness tracking application for people using or considering GLP-1 medications. This Privacy Policy explains what information Ovela processes, why it is processed, where it goes, how long it is kept, and the choices available to you.

Ovela is provided by the developer identified as the seller on Ovela's Apple App Store product page ("Ovela," "we," "us," or "our"). Questions or privacy requests can be sent to iapplab@gmail.com.

1. Important health information

Ovela is a consumer health and wellness tool. It is not a healthcare provider, medical device, pharmacy, or emergency service. Ovela does not provide medical advice, diagnosis, treatment, prescriptions, or dosing instructions. Information you enter into Ovela is not a medical record maintained by a healthcare provider, and it is generally not protected by the U.S. Health Insurance Portability and Accountability Act (HIPAA).

2. Information Ovela processes

The information processed depends on the features you choose to use.

Information you enter

Ovela may process:

- profile information, including your name, date of birth, sex, height, weight, weight goal, preferred units, and activity level;
- medication information, including medication name or type, form, dose, schedule, dose dates, injection device, injection site, and dose notes;
- health and wellness information, including symptoms and severity, side effects, cravings, allergies, diet preferences, goals, motivation, and free-text daily notes;
- nutrition and hydration information, including foods, brands, barcodes, serving sizes, calories, protein, carbohydrates, fat, fibre, and water;
- progress information, including weight history and progress photographs;
- app preferences, onboarding answers, target settings, notification choices, and dashboard configuration; and
- information you choose to include in a support email.

This information may constitute health data, sensitive personal information, or consumer health data under applicable law.

Apple Health information

If you choose to connect Apple Health and grant permission, Ovela may read the specific categories you authorize, including:

- date of birth, biological sex, height, and body weight;
- active and resting energy;
- dietary energy, water, protein, carbohydrates, fat, and fibre;
- steps, walking and running distance, exercise time, workouts, and sleep.

With your separate permission, Ovela may write body weight, dietary energy, water, protein, carbohydrates, fat, and fibre that you log in Ovela to Apple Health.

Apple Health permissions are granular and optional. You can grant or deny each category and change your choices at any time in the Health app or iOS Settings. Ovela does not use Apple Health information for advertising, marketing, data brokerage, or profiling unrelated to health and fitness features.

Photographs and camera data

Ovela accesses the camera only when you use a camera-based feature. It accesses only photographs you select through Apple's photo picker; it does not receive unrestricted access to your photo library.

Progress photographs are stored with the progress record you create. Meal photographs may be stored as reduced-size images with your food log. When available, Ovela may read a selected photograph's capture date so you can confirm when a progress photograph was taken. Ovela does not request location access.

Technical information

Ovela does not include advertising SDKs, cross-app tracking, product analytics, or third-party crash-reporting SDKs in the current version. Network providers used by optional online features may nevertheless receive standard request information such as your IP address, request time, device network information, and service-specific security logs.

3. How Ovela uses information

Ovela processes information only as reasonably necessary to:

- provide medication, symptom, weight, nutrition, hydration, progress, reminder, and dashboard features;
- calculate personal targets and display estimates and trends based on your entries;

- synchronize app records across your Apple devices through Apple's private iCloud/CloudKit infrastructure when available;
- read from or write to Apple Health when you authorize it;
- analyze a meal or nutrition-label photograph when you initiate an AI scan;
- look up a packaged food when you submit a barcode;
- respond to support requests;
- protect the app and its services against fraud, abuse, or security threats; and
- comply with applicable law and valid legal process.

We do not sell personal information or consumer health data. We do not use it for targeted advertising, and we do not share it with data brokers or advertising networks.

4. Where information is stored

On your device

Ovela stores app records using Apple's on-device persistence technologies. Device protections, including the passcode, encryption, and backups, are controlled by you and Apple.

iCloud and CloudKit

When you are signed in to iCloud and CloudKit is available, Ovela currently attempts to synchronize its app database through the private iCloud container associated with your Apple ID. This can include profile information, medication and dose records, symptoms, weight, nutrition, notes, food photographs, and progress photographs.

Apple processes this information as part of its iCloud service. Ovela does not operate a separate user-account database for the current iOS version. Your use of iCloud is also governed by Apple's terms and Privacy Policy.

Apple Health

Information read from Apple Health is generally read directly when a feature needs it. Ovela stores an onboarding snapshot of authorized profile and lifestyle values and may import authorized weight samples into its own app database. Information Ovela writes to Apple Health becomes part of your HealthKit store and remains subject to your Apple Health controls.

5. Optional online services

OpenAI meal and label analysis

When you choose to analyze a meal photograph or nutrition label, Ovela sends the prepared image, any description you type to correct an estimate, and task instructions to the OpenAI API, and receives the generated result. Ovela does not send your name, medication, doses, weight, symptoms, or Apple Health data to OpenAI.

Before any photograph is sent to OpenAI, Ovela shows a permission screen that explains what is sent, that it is sent to OpenAI, and why. Nothing is sent unless you tap "Allow". If you choose "Not Now", barcode scanning and manual entry remain available. You can withdraw permission at any time in Profile → Privacy → AI photo analysis; withdrawal stops future disclosures but does not affect photographs already processed.
Ovela sends these requests with the API option store: false. According to OpenAI's published API data controls, API content is not used to train OpenAI models by default unless the API account owner explicitly opts in. OpenAI may retain prompts, images, responses, and related metadata in abuse-monitoring logs for up to 30 days by default, and potentially longer when required by law or necessary to protect its services or third parties. Images may also be scanned for child sexual abuse material and retained for review if flagged. See OpenAI's data controls and Privacy Policy.

Ovela uses the returned result to create an editable food estimate or transcription. AI-generated nutrition values can be inaccurate. You should review and correct them before saving.

OpenAI processes this data as our service provider under its API terms, which require it to protect the data with safeguards at least equivalent to those described in this Privacy Policy and to use it only to provide the service.

Open Food Facts barcode lookup

When you scan or enter a barcode, Ovela sends the barcode to the Open Food Facts API to retrieve publicly contributed product and nutrition information. Open Food Facts may receive the barcode and standard network metadata, including your IP address. Ovela does not send your name, health history, medication history, or Ovela food log with the barcode request. Open Food Facts data may be incomplete or inaccurate. See the Open Food Facts privacy information.

Apple services

Apple provides the App Store, iCloud/CloudKit, HealthKit, notifications, camera permission, and photo picker used by Ovela. Apple processes information under its own agreements and privacy policy. Ovela receives only the access permitted by the relevant Apple framework and your settings.

6. Legal bases for users in the EEA and United Kingdom

Where the GDPR or UK GDPR applies, Ovela relies on:

- **contract**, where processing is necessary to provide the app features you request;
- **explicit consent**, where required for health data, Apple Health access, photo access, AI image analysis, or other optional processing;
- **legitimate interests**, where necessary to secure the app, prevent abuse, and respond to support requests, provided those interests are not overridden by your rights; and
- **legal obligation**, where processing is required by applicable law.

You may withdraw consent at any time. Withdrawal does not affect processing already lawfully completed, and disabling an optional permission may prevent the related feature from working.

7. Consumer health data notice for U.S. residents

Depending on where you live, information about medication use, symptoms, weight, nutrition, activity, sleep, photographs, and inferences produced from that information may be regulated as consumer health data.

- **Sources:** directly from you; from Apple Health when you authorize access; and from calculations or estimates generated from the information you provide.
- **Purposes:** to provide the health and wellness features you request, synchronize your records, maintain security, and comply with law.
- **Recipients:** Apple for iCloud/CloudKit and HealthKit features; OpenAI when you initiate AI photograph analysis; and authorities or other parties when disclosure is legally required.

Ovela does not sell consumer health data and does not share it for targeted advertising. Where applicable law requires consent for collection or sharing beyond what is necessary to provide a feature you request, Ovela will seek that consent. You may withdraw consent and exercise applicable access, correction, deletion, or appeal rights by contacting us at iapplab@gmail.com.

8. Retention and deletion

- **On-device records:** retained until you delete individual records or uninstall Ovela.
- **CloudKit records:** retained in the private iCloud database until deleted through Ovela or through your Apple/iCloud data-management controls. Turning off iCloud sync may stop future synchronization but may not automatically erase copies already stored in iCloud or on another device.
- **Apple Health records:** permissions can be revoked in Apple Health or iOS Settings. Records previously written by Ovela remain in Apple Health until you delete them there.
- **OpenAI requests:** handled under the retention practices described in Section 5, including default abuse-monitoring retention of up to 30 days.
- **Open Food Facts requests:** retained according to Open Food Facts' own practices.
- **Support communications:** retained only as long as reasonably necessary to respond, maintain business records, resolve disputes, or comply with law.

Because the current app has no Ovela account, we may not be able to identify or remotely delete records held only on your device or in your private iCloud database. We can still provide instructions and process any information we hold directly when you contact us.

9. Your choices and rights

Depending on applicable law, you may have rights to access, correct, delete, restrict, object to, or obtain a copy of personal information, withdraw consent, and lodge a complaint with a data-protection authority.

You can also:

- edit or delete individual entries inside Ovela;
- manage Apple Health access in the Health app or iOS Settings;
- manage camera, photo, and notification permissions in iOS Settings;
- manage Ovela's iCloud data through Apple/iCloud controls; and
- avoid optional AI or barcode features and enter food information manually.

To exercise a right or appeal a privacy decision, email iapplab@gmail.com. We may need to verify your request. We will not discriminate against you for exercising a privacy right.

10. Security

Ovela uses Apple platform protections and encrypted HTTPS connections for online requests. iCloud and Apple Health security are provided by Apple. No storage or transmission method is completely secure, and we cannot guarantee absolute security.

11. Children

Ovela is intended for adults and is not directed to children under 18. We do not knowingly operate the app as a service for children. If you believe a minor has provided information to us, contact iapplab@gmail.com. Data stored only on a minor's device or private iCloud account must be managed through that device or Apple account.

12. International processing

Apple, OpenAI, and Open Food Facts may process information in countries other than your own. Where required, we rely on applicable contractual, consent-based, or other lawful transfer mechanisms. Their processing is also subject to their respective privacy terms.

13. Changes to this policy

We may update this Privacy Policy when Ovela's features, providers, or legal obligations change. We will update the date at the top and provide additional notice when required. Material new uses of sensitive data will not be applied retroactively without any consent required by law.

14. Contact

For privacy questions, requests, or complaints:

Email: iapplab@gmail.com

Operator: The developer identified as the seller on Ovela's Apple App Store product page