

**Last Updated:** November 15, 2024

Welcome to iDigest! Your privacy is critically important to us. This Privacy Policy explains how we collect, use, store, and protect your information when you use the iDigest app. By using iDigest, you agree to the terms outlined in this policy.

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## 1. Information We Collect

### a. Meal and Symptom Data

- **Uploaded Meal Information:** You can upload meal details as text or pictures. This may include descriptions, ingredient lists, or images of food.
- **Symptom Tracking:** You can record symptoms you experience to help identify potential food sensitivities or intolerances.

### b. Automatically Collected Information

- We may collect anonymized app usage data (e.g., app performance metrics) to improve the app's functionality.
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## 2. How We Use Your Information

### a. To Provide and Improve the Service

- **Food Diary:** We use your meal and symptom data to maintain a personal food diary.
- **AI Analysis:** Our AI analyzes meals and symptoms to identify potential correlations between food and symptoms, aiming to help you better understand your food sensitivities. The AI is a custom trained LLM that focuses on providing insights about your eating habits.
  - Please note: the AI analysis feature **is not medical advice**. The AI analysis is AI generated and can be incorrect. Please seek medical consultation when trying to address a medical issue.
  - What LLM does iDigest Analysis use? iDigest uses <https://openai.com/> LLM with fine tuning to help you understand your meal and symptom data.

### b. No Data Sharing

- Your personal data will **never** be sold or shared with third parties.
  - Your data is private and is not visible to other users of the app.
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### 3. Data Security

We take data security seriously.

- All user data is stored in a **secure database** with industry-standard encryption protocols.
  - Access to your data is restricted to authorized personnel and strictly limited to the functionality required for app operation.
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### 4. Your Control Over Your Data

#### a. Data Access

- You can view your uploaded meal and symptom data directly in the app.

#### b. Data Deletion

- You have the right to delete your data at any time. When you request data deletion, we permanently remove your data from our database.

#### c. Data Portability

- Upon request, you can export your data in a structured format for your records or use in another service.
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### 5. Third-Party Services

#### AI Processing

- Our AI analysis is performed on secured servers. All data sent for AI processing is encrypted and remains private to your account.

#### No Ads or Tracking

- iDigest does not use advertising networks or tracking tools that profile your behavior.
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### 6. Children's Privacy

iDigest is not intended for children under the age of 13. We do not knowingly collect personal information from children. If we become aware that we have inadvertently collected data from a child under 13, we will take steps to delete the information immediately.

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## **7. Changes to This Privacy Policy**

We may update this Privacy Policy from time to time. When changes are made, we will notify you through the app or via email. Continued use of the app after updates indicates acceptance of the new terms.

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## **8. Contact Us**

If you have questions or concerns about this Privacy Policy or your data, please contact us at:

**Email:** [liz@atomism.co](mailto:liz@atomism.co)

We are committed to keeping your information safe and private. Thank you for trusting iDigest!