

Privacy Policy

Effective Date: 3/26/25

1. Introduction Health

Health Coaching by Heather is committed to protecting your privacy. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website and use our health coaching services.

2. Information We Collect We may collect personal information, including but not limited to:

- Name, email address, phone number, and mailing address.
- Health-related information is provided voluntarily for coaching purposes.
- Payment details (processed securely by third-party payment processors).
- Website usage data (collected through cookies and analytics tools).

3. How We Use Your Information We use your information to:

- Provide personalized health coaching services.
- Respond to inquiries and communicate with you.
- Process payments for services.
- Improve our website and offerings.
- Comply with legal and regulatory requirements.

4. Sharing Your Information We do not sell or share your personal information with third parties, except in the following situations:

- With your consent.
- When required by law or legal proceedings.
- With service providers who assist in delivering our services (e.g., payment processors, scheduling platforms) under strict confidentiality agreements.

5. Data Security We implement appropriate security measures to protect your personal information from unauthorized access, alteration, disclosure, or destruction. However, no data transmission over the Internet is 100% secure, and we cannot guarantee absolute security.

6. Your Rights and Choices You have the right to:

- Access, update, or delete your personal information.
- Opt-out of marketing communications.
- Withdraw consent for data processing (where applicable).

To exercise these rights, contact us at healthcoachingbyheather@gmail.com

7. Third-Party Links Our website may contain links to third-party websites. We are not responsible for the privacy practices of external sites and encourage you to review their privacy policies.

8. Updates to This Policy We may update this Privacy Policy occasionally. Any changes will be posted on this page with an updated effective date.

9. Contact Us If you have any questions about this Privacy Policy or how we handle your data, please contact us at:

Health Coaching by Heather, LLC
healthcoachingbyheather@gmail.com

602-688-2819