

Privacy Policy

HealthyVitaPath

May 04, 2025

Introduction

Establishing trust with users by detailing how HealthyVitaPath handles personal data. This privacy policy, effective May 04, 2025, outlines data practices for our website, focusing on sleep, mental health, and fitness content. Not intended as legal advice; consult a professional if needed.

Data Collection

Collecting information to enhance user experience while respecting privacy. We gather:

- **Usage Data:** IP addresses, browser types, and visit times via analytics tools.
- **Cookies:** Small files to track preferences and improve site functionality.
- **Optional Input:** Contact form data (e.g., name, email) if users choose to engage.

No sensitive health data is collected beyond general usage patterns.

Data Use

Utilizing collected data to optimize and maintain our platform. Purposes include:

- Improving website performance and content relevance.
- Enabling AdSense for targeted, non-intrusive advertising.
- Responding to user inquiries via contact forms.

Data is not sold to third parties.

Data Protection

Safeguarding user information with robust measures. We implement:

- Secure servers with encryption for data storage.
- Regular security audits to prevent breaches.
- Compliance with applicable data protection laws.

While no system is fully immune, we strive to minimize risks.

User Rights

Empowering users with control over their data. You can:

- Request access to or deletion of your data by contacting us.
- Opt out of cookies via browser settings.
- Withdraw consent for non-essential data use at any time.

Exercise these rights by emailing HealthyVitaPath.

Co okies

Managing cookies to balance functionality and privacy. We use:

- Essential cookies for site operation.
- Analytics cookies (e.g., Google Analytics) to monitor traffic.
- Advertising cookies for AdSense (users can disable via settings).

Review cookie preferences in your browser.

Third-Party Links

Disclosing external content risks. Our site includes links to NIH, Mayo Clinic, and CDC for reference. We are not responsible for their privacy practicesreview their policies separately.

Changes to Policy

Updating this policy to reflect evolving needs. Any revisions will be posted here with an updated date. Check regularly for changes, effective upon posting.

Contact Information

Reaching out for questions or concerns. Contact HealthyVitaPath at:

- Email: healthyvitapath@gmail.com

We aim to respond within 10 business days.