

Privacy Policy -

Last updated: 18 July, 2023

Welcome to StressAway, a website focused on stress management ("StressAway", "we", or "our"). Your privacy is of utmost importance to us, and we are committed to protecting your personal information. This Privacy Policy outlines the practices we follow concerning the collection, use, disclosure, and retention of your data when you use the StressAway application.

By accessing or using StressAway, you agree to the terms of this Privacy Policy. If you do not agree with any part of this policy, please refrain from using the application.

1. Information We Collect

- a) **Personal Information:** When you sign up or use StressAway, we may collect certain personal information such as your name, email address, and any other information you voluntarily provide.
- b) **Usage Data:** We may collect information about your device and how you use StressAway, including your IP address, device type, browser information, operating system, and usage patterns.
- c) **Cookies and Similar Technologies:** StressAway may use cookies and similar technologies to enhance your experience and gather information about how you use the application. You can manage your cookie preferences through your device or browser settings.

2. How We Use Your Information

- a) **Providing Services:** We use your personal information to deliver the services offered by StressAway, such as personalized relaxation techniques, stress management tips, and other related features.

b) **Improvement and Analysis:** We may use aggregated and anonymized data for analytical purposes to enhance and improve StressAway's functionality and user experience.

c) **Communication:** We may use your email address to send you important updates, newsletters, or promotional content related to StressAway. You can opt-out of these communications at any time.

3. Data Sharing and Disclosure

a) **Service Providers:** We may engage third-party service providers to assist us in delivering our services and maintaining the application. These providers are bound by confidentiality obligations and are only allowed access to your information to the extent necessary to perform their tasks.

b) **Legal Requirements:** We may disclose your information if required by law or in good faith belief that such action is necessary to comply with legal obligations, protect our rights, or ensure the safety of others.

c) **Business Transactions:** In the event of a merger, acquisition, or sale of all or a portion of our assets, your information may be transferred as part of the transaction. We will notify you via email or a prominent notice on StressAway of any such change in ownership or control of your personal information.

4. Data Security

We take the security of your data seriously and implement reasonable measures to protect it from unauthorized access, disclosure, alteration, or destruction. However, please be aware that no method of transmission over the internet or electronic storage is entirely secure, and we cannot guarantee the absolute security of your data.

5. Children's Privacy

StressAway is not intended for use by individuals under the age of 13. If we become aware that we have collected personal information from children under 13 without parental consent, we will take steps to delete such information promptly.

6. How do we collect, protect and share information you provide during a consultation?

- a. Any information shared by you during personal consultation ("**Confidential Information**") shall be excluded from the definition of Personal Information and shall not be collected/used in the same manner as Personal Information.
- b. Your Confidential Information shall not be disclosed or shared by StressAway, its employees, its agents or any third party contractors, including Experts with any third party, either orally or in writing, except in the following circumstances:
 - i. If we believe that there's an imminent threat or risk to your life & safety or to the life or safety of any other person or the public.
 - ii. If we are required to cooperate with any authority by law, only then can we share any Confidential Information.

7. Your Choices

- a) **Access and Correction:** You can access and update your personal information by logging into your account settings within StressAway.
- b) **Opt-Out:** You can opt-out of receiving promotional emails by following the unsubscribe instructions included in each email or by contacting us directly. The email for the above is stressaway07@gmail.com