

# Your Privacy & Safety in Our Digital Partnership

## What is Digital Health Ethics?

In our work together, we use many digital tools like video calls, health-tracking apps, and smartwatches. Digital Health Ethics is my promise to you that your most personal information—your health history, your lab results, and your daily habits—is kept private, secure, and used only to help you reach your goals.

## Why This Matters For You

- **Your Story is Safe:** Because we look at your whole life (not just one lab result), the information we collect is very personal. Using secure systems ensures your private "life map" stays between us.
- **Human Care Over Computers:** While I may use software to help analyze data, a computer doesn't know your heart or your history. You get the benefit of modern technology combined with a real person who listens to you.
- **Peace of Mind:** Knowing we have a plan for emergencies and data privacy allows you to focus fully on your healing journey without worrying about your information being leaked or misused.

## What You Can Do Today

1. **Use the Secure Portal:** When sending me lab results or personal notes, please use our private messaging app instead of regular email. This acts like a digital "vault" for your health info.
2. **Share Your Location:** If we are meeting over video, please let me know where you are physically located that day. This is a safety rule so I can help you quickly if a health emergency ever happens during our session.
3. **Check Your "Data Stress":** If wearing a health tracker (like a Fitbit or Oura ring) makes you feel anxious or stressed, let's talk about it. Data should empower you, not overwhelm you.

## Questions to Discuss with Your Practitioner

- How do we make sure the apps and tools we use are keeping my information private?
- If I see a weird "score" or "alert" on my health wearable, what is the best way to share that with you without feeling stressed?

- How will you ask for my permission if you ever want to share a "win" from my story to inspire others?

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