Effective Date: June 21, 2024

Zorest Privacy Policy

1. Introduction

Zorest AI ("we," "our," "us") is an App that creates personalized nutrition plans based on user-provided details. We are committed to protecting your privacy and ensuring that your personal information is handled in a safe and responsible manner. This Privacy Policy outlines how we collect, use, and protect your information when you use our bot.

2. Information We Collect

2.1. Information Provided During Initial Interaction When you first interact with Zorest AI, we collect the following information:

- Name
- Age
- Gender
- Weight
- Height
- Dietary preferences
- Health goals

2.2. Information Provided During Ongoing Use As you continue to use our services, we may collect additional information that you provide voluntarily:

- Updates to your personal information (e.g., changes in weight, height, dietary preferences)
- Feedback on nutrition plans
- Interaction data (e.g., messages sent to the bot)

2.3. Automatically Collected Information We also collect information automatically when you use the bot, including:

- Device information (such as device type and operating system)
- Usage data (such as interactions with the bot)

3. How We Use Your Information

We use the information we collect to:

- Create personalized nutrition plans based on your health data and goals.
- Improve our services and develop new features.
- Communicate with you regarding your account and provide customer support.
- Ensure the safety and security of our users.

4. Data Security

We implement a variety of security measures to maintain the safety of your personal information. These measures include:

- Encryption of data during transmission.
- Secure storage of data using industry-standard protocols.
- Regular audits of our security practices and protocols.

5. Sharing Your Information

We do not sell, trade, or otherwise transfer your personally identifiable information to outside parties except as described below:

- **Service Providers:** We may share your information with trusted third-party service providers who assist us in operating our app, conducting our business, or servicing you, so long as those parties agree to keep this information confidential.
- **Legal Requirements:** We may release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others' rights, property, or safety.

6. User Privacy

6.1. Data Retention We retain your personal information for as long as your account is active or as needed to provide you services. If you wish to delete your account or request that we no longer use your information, please contact us at support@zorest.com.

7. Your Choices

You have choices regarding the information you provide to us:

- **Account Information:** You can update or correct your account information by accessing your account settings.
- **Communications:** You can opt-out of receiving promotional emails from us by following the unsubscribe instructions in those emails.
- **Data Deletion:** You can request the deletion of your account and personal information by contacting us at support@zorest.com.

8. Changes to Our Privacy Policy

We may update this Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page and updating the "Effective Date" above. We encourage you to review this Privacy Policy periodically for any changes.

9. Contact Us

If you have any questions about this Privacy Policy, please contact us at support@zorest.com.