

Website Privacy Policy

Last modified: August 26, 2022

1. Introduction

Mindful Nutrition for Life, LLC, a Colorado limited liability company (“**Mindful Nutrition for Life**”, the “**Company**”, “**we**”, “**us**”, or “**our**”) respects your privacy, and we are committed to protecting it through our compliance with this policy.

This privacy policy (“**Privacy Policy**”) describes the types of information we collect from you or that you may provide when you visit the website: <https://www.mindfulnutritionforlife.com> (the “**Website**”), and our practices for collecting, using, maintaining, protecting, and disclosing that information.

This Privacy Policy applies to information we collect:

- On this Website.
- In email, text, and other electronic messages between you and this Website.

It does not apply to information collected by:

- The Company offline or through any other means, including on any other website operated by the Company or any third party.
- Any third party, including through any application or content (including advertising) that may link to or be accessible from or on the Website.

Please review this Privacy Policy and our Terms of Use found at [\[mindfulnutritionforlife.com\]](https://www.mindfulnutritionforlife.com) - click on Privacy located at the bottom of the website] prior to further use of the Website. By using this Website, you agree to the terms of this Privacy Policy and our Terms of Use. If you do not agree with our policies and practices, please do not use our Website. If you still have any questions or concerns, please contact us at kvargo@mindfulnutritionforlife.com

This Privacy Policy is expressly incorporated into our Terms of Use.

This Privacy Policy may be updated or revised from time to time. We may do so, at any time and without notice (except to the extent required by law), by posting the revised version on this Website. We suggest that you review this Privacy Policy periodically for any such changes. Your continued use of this Website after we make changes is deemed to be acceptance of those changes, so please check the Privacy Policy periodically for updates.

2. Minors Under the Age of 18

Our Website is not directed to, nor is it intended for minors under eighteen (18) years of age. No one under age eighteen (18) may provide any information to the Website. We do not knowingly collect personal information from minors under the age of eighteen (18). If you are under eighteen (18) years old, do not use or provide any information to this Website. If we learn we have collected or received personal information from a minor under eighteen (18) years old, we will delete that information. If you believe we might have any information from or about a minor under eighteen (18) years old, please contact us at: kvargo@mindfulnutritionforlife.com

3. Information We Collect About You and How We Collect It

We minimize the collection of personally identifiable information to the least amount required to complete a particular transaction. We collect several types of information from and about users of our Website, including information:

- About an individual that could reasonably be used to identify or contact that individual such as: name, e-mail address, phone number, age, marital status ("**personal information**").
- That is about you but individually does not identify you, such as Internet Protocol (IP) address.
- That is non-personally identifiable including: data about your internet connection, the identity of your Internet Service Provider (ISP), the name and version of your operating system, the name and version of your web browser, the "referring" site from which you initially arrived at our Website, the date and time of your visit, and the pages you visit on our Website.

We collect this information:

- Directly from you when you provide it to us.
- Automatically as you navigate through the Website. Information collected automatically may include usage details, IP addresses, and information collected through cookies and other tracking technologies.
- From third parties, for example, our business partners or third-party sign-on partners (such as Google or Facebook).

A. *Information You Voluntarily Provide to Us*

The information we collect on or through our Website includes:

- Information that you provide by filling in forms on the Website. We may also ask you for information when you report a problem with the Website.
- Information that you provide when setting up an account or profile or when you schedule services/consultations with us.
- Payment information when you schedule a consultation or sign up for services.
- Records and copies of your correspondence (including email addresses) if you contact us.

B. *Information We Collect Through Automatic Data Collection Technologies*

As you navigate through and interact with the Website we use automatic data collection technologies to collect certain information about your equipment, browsing actions, and patterns, including:

- Details of your visits to the Website, including: traffic data, location data, logs, timestamps, content downloaded, and other communication data and the resources that you access and use on the Website.
- Information about your computer and internet connection, including your IP address, operating system, and browser type.

The information we collect automatically is statistical data and does not include personal information. It helps us to improve the Website and to deliver a better and more personalized service, including by enabling us to:

- Estimate our audience size and usage patterns.
- Store information about your preferences, allowing us to customize the Website according to your individual interests.
- Speed up your searches.
- Recognize you when you return to the Website.

C. *The technologies we use for this automatic data collection may include Cookies (or browser cookies)*

We use different types of cookies for different reasons. Our cookies policy is further explained below.

4. Cookies Policy

We use cookies and similar automatic tracking technologies (like web beacons and pixels) to access or store information. Specific information about how we use such technologies and how you can refuse certain cookies is set out in this section.

A. About cookies

A cookie is a small file placed on the hard drive of your device. Cookies are used to “remember” you, to provide you with content relevant to your interests, for security reasons, and to help us understand how our Website is being used.

B. Types of Cookies We Use

We use three types of cookies in providing the Services: required, analytics/performance, and marketing. Required cookies are essential to provide necessary security, enable you to browse around our Website and use the features. Performance cookies collect information about how you use our Website. Marketing cookies allow us to provide you with meaningful content related to your interests and browsing history.

C. Examples of Cookies that We Use

Our cookies may change as our Website and business needs change; however, the following is a list of some of the cookies we use and what they do:

Cookie	Type	Purpose
XSRF-TOKEN	Required	Security cookie that prevents cross-site request forgery
svSession	Performance	Identifies unique visitors and tracks a visitor’s sessions on a site
hs	Required	Security cookie
_wix_browser_sess	Required	Used for system monitoring and debugging
TS01e85bed	Required	Security cookie

D. Types of Information Automatically Collected by Cookies

We use cookies to collect log and usage data, which is service-related. Our cookies also collect diagnostic usage and performance information, which our servers automatically collect when you access or use our Services and which we record in log files. Depending on how you interact with us, this log data may include your IP address, device information, browser type and settings and information about your activity in the

Services such as the date/time stamps associated with your usage, pages and files viewed, searches and other actions you take such as which features you use, device event information such as system activity, error reports (sometimes called “crash dumps”) and hardware settings).

E. *Our Website may also contain cookies set by third parties*

Some content or applications, including advertisements, on the Website may be served by third-parties, including advertisers, ad networks and servers, content providers, and application providers. These third parties may use cookies alone or in conjunction with web beacons or other tracking technologies to collect information about you when you use the Website. The information they collect may be associated with your personal information or they may collect information, including personal information, about your online activities over time and across different websites and other online services. They may use this information to provide you with interest-based (behavioral) advertising or other targeted content. We are not responsible for any third-party tracking of your web browsing.

We use the following third-party cookies:

- We use Wix as our hosting platform. Wix also provides analytics and payment processing services for us. Their privacy policy is located here: <https://support.wix.com/en/about-wix/privacy>

We do not control these third parties' tracking technologies or how they may be used. If you have any questions about an advertisement or other targeted content, you should contact the responsible provider directly. For information about how you can opt out of receiving targeted advertising from many providers, see **Choices About How We Use and Disclose Your Information**.

We do not use tracking technologies to collect information about your online activities over time or across third-party websites or other online services (behavioral tracking). However, third-party sites that link to our Website (such as Google, Instagram, or Facebook) may engage in behavioral tracking.

F. *How You Can Control Cookies*

Most browsers allow you to control cookies, including whether or not to accept them and how to remove them. You may refuse to accept browser cookies by activating the appropriate setting on your device's browser. However, if you select this setting, you may be unable to access certain parts of the Website. Unless you have adjusted your browser setting so that it will refuse cookies, our system will issue cookies when you direct your browser to the Website. You can learn more about cookies and how to manage them here: <https://www.aboutcookies.org/how-to-manage-and-delete-cookies>.

To opt-out of interest-based advertising by advertisers on our Services (if applicable), visit <http://www.aboutads.info/choices/>.

5. Our “Do Not Track” Policy

Some web browsers offer a “Do Not Track” option, which sends a signal to a website regarding that user’s preference regarding tracking. Currently, there is no “Do Not Track” technology standard for how any company abides by a “Do Not Track” signal received from a user’s web browser.

Our Website does NOT respond to “Do Not Track” signals from your web browser.

6. How We Use Your Information

We do NOT sell user personal information.

We use information that we collect about you or that you provide to us, including any personal information:

- To present the Website and its contents to you.
- To provide you with information, products, or services that you request from us.
- To fulfill any other purpose for which you provide it.
- To carry out our obligations and enforce our rights arising from any contracts entered into between you and us, including for billing and collection.
- To notify you about changes to the Website, or any products or services we offer or provide through these.
- To allow you to access and participate in interactive features on the Website.
- In any other way we may describe when you provide the information.
- For any other purpose with your consent.

7. Retention Policy

The time periods for which we retain information we collect depend on the purposes for which we use it. The Company will keep your information for as long as you are a registered subscriber or user of our Website, or for as long as we have a business purpose to do so and, thereafter, for no longer than is required or permitted by law.

8. Disclosure of Your Information

We may disclose aggregated information about our users, and information that does not identify any individual, without restriction.

We may disclose personal information that we collect, or you provide as described in this Privacy Policy:

- To our subsidiaries and affiliates.
- To contractors, service providers, and other third parties we use to support our business.
- To a buyer or other successor in the event of a merger, divestiture, restructuring, reorganization, dissolution, or other sale or transfer of some or all of the Company's assets, whether as a going concern or as part of bankruptcy, liquidation, or similar proceeding, in which personal information held by the Company about our Website users is among the assets transferred.
- To fulfill the purpose for which you provide it.
- For any other purpose disclosed by us when you provide the information.
- With your consent.

We may also disclose your personal information:

- To comply with any court order, law, or legal process, including to respond to any government or regulatory request.
- To enforce or apply our Terms of Use and other agreements, including for billing and collection purposes.
- If we believe disclosure is necessary or appropriate to protect the rights, property, or safety of the Company, our customers, or others.

9. Choices About How We Use and Disclose Your Information

We strive to provide you with choices regarding the personal information you provide to us. We have created mechanisms to provide you with the following control over your information:

A. *Tracking Technologies and Advertising*

You can set your browser to refuse all or some browser cookies, or to alert you when cookies are being sent. If you disable or refuse cookies, please note that some parts of this Website may then be inaccessible or not function properly.

B. *Offers from the Company*

If you do not wish to have your email address used by the Company to promote our own or third parties' products or services, you can opt-out by unsubscribing using the link at the bottom of any such email from us, or by sending us an email stating your request to kvargo@mindfulnutritionforlife.com. If we have sent you a promotional email, you may send us a return email asking to be omitted from future email distributions. This opt-out does not apply to information provided to the Company as a result of a service experience, your email inquiries regarding this policy, or other transactions.

We do not control third parties' collection or use of your information to serve interest-based advertising. However, these third parties may provide you with ways to choose not to have your information collected or used in this way.

10. Accessing and Correcting Your Information

You may request updating, correction or deletion of your personal information you provided to the Company by contacting us directly. We may not accommodate a request to change information if we believe the change would violate any law or legal requirement or cause the information to be incorrect.

11. Data Security

We have implemented commercially reasonable measures designed to secure your personal information from accidental loss and from unauthorized access, use, alteration, and disclosure, including limiting access to key personnel only, HTTPS encryption, SSL and secure certificate technologies, data at rest is encrypted using AES-256, regular backups, and PCI and anti-fraud protection to safeguard payment information and protect transactions. All information you provide to us is stored encrypted on secure servers behind firewalls.

The safety and security of your information also depends on you. You can help protect your computer or mobile device by keeping it up to date/patched as well as running antivirus programs to protect your online browsing.

Unfortunately, the transmission of information via the internet is not completely secure. Although we do our best to protect your personal information, we cannot guarantee the security of your personal information transmitted to our Website. Any transmission of personal information is at your own risk. We are not responsible for circumvention of any privacy settings or security measures contained on the Website.

12. Notice to California Consumers

This Supplemental California Privacy Notice only applies to our processing of personal information that is subject to the California Consumer Privacy Act of 2018 ("**CCPA**"). The CCPA specifies that natural persons who are California residents have the right to know

what categories of personal information the Company has collected about them and whether we have disclosed or sold that personal information for a business purpose (e.g., to a service provider) in the preceding twelve (12) months.

We do not “sell” (as that term is defined in the CCPA) personal information.

We do NOT have actual knowledge of any “sale” of personal information of minors under sixteen (16) years of age.

Categories of personal information we may collect about you:

Category	Examples	Collecte d
A. Identifiers	Contact details, such as real name, alias, postal address, telephone or mobile contact number, unique personal identifier, online identifier, Internet Protocol address, email address, and account name	YES
B. Personal information categories listed in the California Customer Records statute	Social Security number, passport number, driver’s license or state identification card number, insurance policy number, employment, employment history, financial information, medical information, or health insurance information	NO
C. Protected classification characteristics under California or federal law	Gender and date of birth	YES
D. Commercial information	Transaction information, purchase history, financial details, and payment information	YES
E. Biometric information	Fingerprints and voiceprints	NO
F. Internet or other similar network activity	Browsing history, search history, online behavior, interest data, and interactions with our and other websites, applications, systems, and advertisements	YES
G. Geolocation data	Device location	NO
H. Audio, electronic, visual, thermal, olfactory, or similar information	Images and audio, video or call recordings created in connection with our business activities	NO

I. Professional or employment-related information	Business contact details in order to provide you our services at a business level or job title, work history, and professional qualifications if you apply for a job with us	NO
J. Education Information	Student records and directory information	NO
K. Inferences drawn from other personal information	Inferences drawn from any of the collected personal information listed above to create a profile or summary about, for example, an individual's preferences and characteristics	NO

We may also collect other personal information outside of these categories instances where you interact with us in person, online, or by phone or mail in the context of:

- Receiving help through our customer support channels;
- Participation in customer surveys or contests; and
- Facilitation in the delivery of our Services and to respond to your inquiries.

If you are a California resident, you may contact us at the email address provided below to receive a disclosure from us of the information we have collected, used, or shared about you. We will respond to your request within 45 days.

If you are a California resident, you may contact us at the email address provided below to request that we delete or correct your personal information. We will respond to your request within 45 days. We may refuse to delete your information, if for example, we need it to complete a transaction with you, for business security practices, or to comply with legal or insurance obligations.

All requests regarding personal information are subject to verification (see below).

You have the right not to receive discriminatory treatment from us for exercising the privacy rights granted by the CCPA.

13. Verifiable Consumer Requests

Only you, or someone legally authorized to act on your behalf, may make a verifiable consumer request related to your personal information. You may also make a verifiable consumer request on behalf of your minor child. In order to verify your request, we will ask you to provide your name, email address, and certain other pieces of identifying information. Once you have submitted this information and any necessary supporting documentation, we will confirm the information by reviewing it against our records. To designate an authorized agent, please contact us as set forth below.

14. User Generated Content

Our Website may provide messaging services and/or permit the hosting, sharing, posting, and publishing of content by you and other users (collectively, “**User Submissions**”). Your User Submissions may be posted to the Website, or otherwise be made publicly available. You understand that whether or not such User Submissions are published, we do not guarantee any confidentiality with respect to any User Submissions, including messages shared between you and another user. You shall be solely responsible for your User Submissions and the consequences of posting or publishing them. We have complete discretion whether to publish your User Submissions and we reserve the right without further notice to you, to monitor, censor, edit, remove, delete, and/or remove any and all User Submissions at any time and for any reason. We reserve the right to refer any illegal content to the appropriate law enforcement or similar agency.

15. Changes to Our Privacy Policy

It is our policy to post any changes we make to our Privacy Policy on this page with a notice that the Privacy Policy has been updated on the Website home page. If we make material changes to how we treat our users' personal information, we will notify you by email to the specified in your account and through a notice on the Website home page. The date the Privacy Policy was last revised is identified at the top of the page. You are responsible for ensuring we have an up-to-date active and deliverable email address for you, and for periodically visiting our Website and this Privacy Policy to check for any changes. By continuing to access or use the Site or the Services after those changes become effective, you agree to be bound by the revised policy.

16. Disclaimer

The Website may contain links to other websites. When you link to another website, you leave our Website, which means that this Privacy Policy will no longer apply. When you link to another website, you are subject to the privacy policy of that website.

17. Contact Information

To ask questions or comment about this Privacy Policy and our privacy practices, contact us at:

Email: kvargo@mindfulnutritionforlife.com

Notices may be sent to:

Mindful Nutrition for Life LLC
16261 Hollyridge Drive
Parker, Colorado 80134
USA

