Privacy Policy

Effective Date: 8/15/2023 updated

1. Introduction

Welcome to Motivated Wellness Solutions, LLC ("we," "our," or "us"). We are committed to protecting your personal data and your right to privacy. This Privacy Policy aims to inform you about how we collect, use, disclose, and safeguard your personal data when you visit our website and use our services.

2. Information We Collect

We may collect various types of information, including but not limited to:

* Personal Information: This includes your name, email address, contact information, and any other data you provide to us voluntarily.
* Usage Data: This includes information about how you use and interact with our website, such as your IP address, browser type, device type, pages visited, and referral source.
* Cookies and Tracking Technologies: We use cookies and similar tracking technologies to collect and store information about your interactions with our website. You can manage your cookie preferences through your browser settings.

3. How We Use Your Information

We may use your information for various purposes, including but not limited to:

* Providing and Improving Services: We use your information to provide our services, enhance user experience, and improve the functionality of our website.
* Communication: We may use your contact information to respond to your inquiries, provide updates about our services, and send you relevant marketing communications.
* Legal Compliance: We process your data as required to comply with applicable laws and regulations, including GDPR.

4. Legal Basis for Processing Personal Data

Our legal basis for processing your personal data includes your consent, the necessity of processing for the performance of a contract, compliance with legal obligations, and our legitimate interests.

5. Data Sharing and Transfers

We may share your personal data with:

* Service Providers: We may engage third-party service providers to assist us in providing and managing our services.
* Legal Requirements: We may disclose your data to comply with legal obligations, respond to governmental requests, or protect our rights and interests.

6. Your Rights

Under the GDPR, you have various rights concerning your personal data, including the right to access, rectify, erase, restrict processing, and data portability. To exercise these rights, please contact us at asmitke@motivatedwellnesssolutionsllc.com.

7. Data Security

We implement appropriate technical and organizational measures to safeguard your personal data from unauthorized access, alteration, disclosure, or destruction.

8. Data Retention

We will retain your personal data for as long as necessary to fulfill the purposes outlined in this Privacy Policy, unless a longer retention period is required by law.

9. Changes to this Privacy Policy

We reserve the right to update or modify this Privacy Policy at any time. Please review this policy periodically for changes.

10. Contact Us

If you have any questions, concerns, or requests regarding this Privacy Policy, please contact us at asmitke@motivatedwellnesssolutionsllc.com.