

# HerWellness

## Privacy Policy

Last updated: 17 April 2026

### **&#p Medical Disclaimer**

**HerWellness is not a medical device and does not provide medical advice.**

Content within this app is for informational and educational purposes only. Always seek the advice of your physician before starting any new health or fitness programme. This app is intended for users aged 16 and over.

### **Data Collection & Usage**

- We collect and process the following personal data:
- Account data: email address (used for login and account identification). Passwords are never stored or accessible by this app.
- Health data: menstrual cycle information, symptoms, workout logs
- Mood and symptom data: daily mood check-ins and reported symptoms
- Cycle data: date of previous period (where applicable and provided by the user)
- Profile information: height, weight, age, fitness goals
- Usage data: app interactions and preferences

#### **This data is used to:**

- Improve the functioning and performance of the app
- Enhance the educational features and content within the app
- Provide personalized health and fitness recommendations

**All personal information remains strictly confidential and is fully protected. Your data will never be sold, shared with third parties, or used for any purpose beyond what is stated in this policy.**

### **GDPR Compliance**

- Under GDPR, you have the right to:
- Access your personal data
- Rectify inaccurate data
- Request data deletion
- Data portability

- Object to data processing

## **Data Security**

- Your data is encrypted and stored securely. We implement industry-standard security measures to protect your information from unauthorized access.

## **Data Retention**

- We retain your data for as long as your account is active. You may request account deletion at any time, which will permanently remove all your personal data from our systems.

## **Contact Us**

For privacy concerns or data requests, please contact us at: [yasmin@herwellness.app](mailto:yasmin@herwellness.app)