

H&D Data Solutions - Garmin Connect API User Consent Form

Effective Date: July 31, 2025

Last Updated: July 31, 2025

1. Purpose of Data Collection

By connecting your Garmin device to H&D Data Solutions, you consent to the collection of your personal wellness data from Garmin Connect. This includes but is not limited to:

- Activity Data (steps, distance, workouts)
- Sleep Data
- Heart Rate Data
- Stress and Body Battery Scores
- Other biometric data shared through the Garmin Connect API

The purpose of this data collection is solely to provide personalized health and wellness reporting and insights to you as an individual user.

We do not sell, rent, or disclose your data to any third parties for advertising or commercial resale purposes.

2. Use of Data

Your data will be used to:

- Generate personal health reports
- Provide health insights and trend analysis
- Enhance the functionality of your user dashboard on our platform

We will not use your data to profile, target, or contact you for any purpose beyond the agreed reporting and health feedback services.

3. Disclosure and Data Sharing

H&D Data Solutions will only share your data:

- With your explicit written or digital consent

H&D Data Solutions - Garmin Connect API User Consent Form

- As required by law or legal obligation (e.g., court order)

4. Data Retention and Security

We retain your data only for as long as your account remains active or as needed to provide services to you. We implement industry-standard security protocols to protect your data, including encryption and access controls.

5. Your Rights

You have the right to:

- Request a copy of your data
- Withdraw consent at any time
- Request deletion of your data from our systems

To request deletion or make inquiries, please contact:

andrewdemeris@hddatasolutions.com

6. Privacy Statement

To learn more about how we protect your data and your rights under applicable privacy laws, please review our full privacy policy here:

<https://www.hddatasolutions.com/privacy-policy>

7. User Consent

By authorizing H&D Data Solutions to access your Garmin Connect account, you acknowledge that:

- You have read and understood this consent form
- You agree to the terms outlined above
- You are at least 18 years old or have the consent of a legal guardian

I consent to H&D Data Solutions accessing and processing my Garmin Connect data for the purposes stated above.

H&D Data Solutions - Garmin Connect API User Consent Form

[Authorize via Garmin]