

Essence Health & Wellness Internet Privacy Policy

This Privacy Policy discloses the privacy practices for Essence Health & Wellness (the "Company"), with respect to its website www.essencehealthywell.com ("Website"). This Privacy Policy applies solely to information collected by the Website and its affiliated properties. We created this privacy statement to demonstrate our firm and continuing commitment to the privacy of personal information provided by those visiting and interacting with this website. We hold the privacy of your personal information in the highest regard. The following discloses our information gathering and dissemination practices for this website.

We recognize the importance of protecting your privacy and our policy is designed to assist you in understanding how we collect, use, and safeguard the personal information you provide to us and to assist you in making informed decisions when using our site. This policy will be continuously assessed against new technologies, business practices, and customer needs.

What Information Do We Collect?

We do not collect any personal information about you unless you voluntarily provide it to us. When you visit this Website, you may provide us with two types of information: personal information you knowingly choose to disclose that is collected on an individual basis and website use information collected on an aggregate basis as you and others browse the Website.

1. Personal Information You Choose to Provide

2. Registration Information

When you register for any of our products, services, or communications you will provide us with details about yourself like your name and contact information (physical address, email address, phone number).

3. Email Information

If you choose to correspond with us through email, we may retain the content of your email messages together with your email address and our responses. We provide the same protections for these electronic communications that we employ in the maintenance of information received by mail and telephone. This also applies when you register for our website, sign up through any of our forms using your email address or make a purchase on this site.

4. Accuracy of Information

Essence Health & Wellness will rely on the personal information that you provide, so it is important that the details you give us are accurate and remain up to date. If your personal information changes, please notify us in writing by sending an email to coachsarah.essencehealthywell@gmail.com or update the information yourself in the "my account" section of the client portal.

5. Website Use Information

Similar to other websites, our Website utilizes a standard technology called cookies and web server log files to collect information about how our Website is used. Information gathered through cookies and web server logs may include the date and time of visits, the pages viewed, time spent at our Website, and the websites visited just before and just after our Website, as well as your anonymized IP address. The information collected automatically is used for statistical data and will not include personal information. This data is used to improve our website(s) and our service offerings.

How And Why We Collect Information

The Company collects your information in order to record and support your participation in the activities you select. If you register for resources, enroll in a program, and/or purchase a product from us, we collect your information. We use this information to track your preferences and to keep you informed about the products and services you have selected to receive and any related products and/or services. As a visitor to this Website, you can engage in most activities without providing any personal information. It is only when you seek resources and/or register for services that you are required to provide information.

How Do We Use the Information That You Provide to Us?

We use personal information for purposes of presenting our Website and its contents to you, providing you with information, providing you with offers for products and services, providing you with information about your services and products, carrying out any contract between you and the Company, administering our business activities, providing customer service, and making available other items and services to our customers and prospective customers.

From time-to-time, we may use the information you provide to us to make you offers to purchase products and services provided by third parties in exchange for a commission to be paid to us by such third parties. Should you opt to take part in such promotions, the third parties will receive your information.

Disclosure Of Your Information

As a general rule, we do not sell, rent, lease or otherwise transfer any information collected whether automatically or through your voluntary action.

We may disclose your personal information to a third party, including to a lawyer or collection agency, when necessary to enforce our terms of service or any other agreement between you and the Company.

We may disclose information when legally compelled to do so, in other words, when we, in good faith, believe that the law requires it or for the protection of our legal rights or when compelled by a court or other governmental entity to do so.

What Are Cookies?

A cookie is a very small text document, which often includes an anonymous unique identifier. When you visit a website, that site's computer asks your computer for permission to store this file in a part of your hard drive specifically designated for cookies. Each website can send its own cookie to your browser if your browser's preferences allow it, but (to protect your privacy) your browser only permits a Website to access the cookies it has already sent to you, not the cookies sent to you by other sites. Browsers are usually set to accept cookies. However, if you would prefer not to receive cookies, you may alter the configuration of your browser to refuse cookies. If you choose to have your browser refuse cookies, it is possible that some areas of our site will not function as effectively when viewed by the users. A cookie cannot retrieve any other data from your hard drive or pass on computer viruses.

How Do We Use Information We Collect from Cookies?

As you visit and browse our Website, the site uses cookies in an effort to provide you with an excellent user experience. In some cases, we also use cookies to prevent you from having to log in more than is necessary for security. Cookies, in conjunction with our web server's log files, allow us to calculate the aggregate number of people visiting our Website and which parts of the site are most popular. This helps us gather feedback to constantly improve our Website and better serve our clients. Other than as described in this Privacy Policy, cookies do not allow us to gather any personal information about you and we do not intentionally store any personal information that your browser provided to us in your cookies.

The Company reserves the right to use technological equivalents of cookies, including social media pixels. These pixels allow social media sites to track visitors to outside websites to tailor advertising messages users see while visiting that social media website. The Company reserves the right to use these pixels in compliance with the policies of the various social media sites.

IP Addresses

IP addresses are used by your computer every time you connect to the Internet. Your IP address is a number used by computers on the network to identify your computer. IP addresses are automatically collected by our web server as part of demographic and profile data known as traffic data so that data (such as the Web pages you request) can be sent to you.

Other Websites Linked to Our Website

We are not responsible for the practices employed by websites linked to or from our Website or the information or content contained therein. Often links to other websites are provided solely as pointers to information on topics that may be useful to the users of our website. Please remember that when you use a link to go from our Website to another website, our Privacy Policy is no longer in effect. Your browsing and interaction on any other website, including websites which have a link on our Website, is subject to that website's own rules and policies. Please read over those rules and policies before proceeding.

Your Consent

By using our Website, you consent to our collection and use of your personal information as described in this Privacy Policy. From time to time, we may update or modify this Privacy Policy. We reserve the right to amend this Privacy Policy at any time with or without notice. We will notify you about material changes by either sending an email to the email address you most recently provided to us or by displaying notice on the Site. We encourage you to check back periodically and review this Privacy Policy so that you always know what information we collect, how we use it, and with whom we share it.

Our Commitment To Data Security

Please note that your information will be stored and processed on our computers in the United States. To prevent unauthorized access, maintain data accuracy, and ensure the correct use of information, we have put in place appropriate physical, electronic, and managerial procedures to safeguard and secure the information we collect online.

Choice/Opt-In/Opt-Out

In compliance with the CAN-SPAM Act, all e-mails sent from our organization will clearly state who the e-mail is from and provide clear information on how to contact the sender.

A Special Note About Children

Children are not eligible to use our services unsupervised and we ask that children (under the age of 13) do not submit any personal information to us. If you are a minor, you can use this service only in conjunction with permission and guidance from your parents or guardians.

The safety and privacy of children online is important to us and we take great care to comply with the Children's Online Privacy Protection Act of 1998 (COPPA). Essence Health & Wellness does not allow this Website to be accessed by children under the age of 13 without the supervision of a parent or guardian. We will never knowingly contact or collect personal information from children under 13. Please contact us at coachsarah.essencehealthywell@gmail.com to notify us if you believe your minor child has provided us with personally identifiable information.

Policy Modifications

We may change this Privacy Policy from time to time. If/when changes are made to this Privacy Policy, we will post any changes here, so be sure to check back periodically. However, please be assured that if the Privacy Policy changes in the future, we will not use the personal information you have submitted to us under this Privacy Policy in a manner that is materially inconsistent with this Privacy Policy, without your prior consent.