

Privacy Policy The Unofficial BIOPTRON® Light Routine Guide

Effective Date: 1 August 2025

Last Updated: 27 August 2025

Your Trust Matters:

We built this app to support your wellness journey, not to collect or monetise your data. Your therapy sessions, notes, and progress are private to you, always.

Introduction

Your privacy is important to us. This Privacy Policy explains how The Unofficial BIOPTRON® Light Routine Guide ("we," "our," or "us") collects, uses, and protects your information when you use our web application.

Information We Collect

Personal Information You Provide:

- **Account Information:** When you create an account, we collect your name and email address through secure third-party authentication providers (Google, Facebook, Microsoft, or direct email signup).
- **Session Data:** Information about your light therapy sessions including routine names, duration, intensity levels, personal notes, and ratings you choose to log.
- **Favourites:** Records of which routines you mark as favourites for quick access.

Automatically Collected Information:

- **Usage Data:** How you interact with the app, which features you use, and when you access the service.
- **Device Information:** Basic information about your device and browser for compatibility and security purposes.

How We Use Your Information

We use your information solely to:

- Provide and maintain your personal therapy tracking experience
- Save your session history and favourite routines
- Ensure the security and proper functioning of your account
- Provide customer support when requested

We do NOT:

- Sell, rent, or share your personal information with third parties
- Use your data for advertising or marketing purposes
- Share your health or session information with anyone
- Track you across other websites or apps

Data Security

Your data is protected through:

- **Secure Authentication:** All logins are handled through established, secure authentication providers
- **Encrypted Storage:** Your session data and personal information are stored securely on Base44's encrypted servers
- **Private Access:** Only you can see your session history, notes, and favourites
- **No Data Mining:** We do not analyse or aggregate your personal therapy data

Your Data Rights

You have the right to:

- **Access:** View all data we have stored about you
- **Update:** Modify your session logs, notes, and account information at any time
- **Delete:** Remove individual sessions or request complete account deletion
- **Export:** Request a copy of your data in a portable format

Data Retention

Your session data and favourites are kept as long as your account is active

If you delete your account, all personal data is permanently removed

We do not retain backup copies of deleted personal information

Third-Party Services

Our app is hosted on Base44, a secure web application platform. Base44 provides:

- Secure user authentication
- Encrypted data storage
- Infrastructure security and maintenance

Base44 adheres to industry-standard security practices and does not access your personal session data. (See base44.com for more information)

International Users

This app is designed for global use. Your data may be stored on servers in different countries, but it remains protected by the same privacy standards regardless of location.

Medical Disclaimer

This app is for wellness tracking purposes only. We do not store medical records or diagnostic information. Your session logs are personal wellness data, not medical data. Always consult healthcare professionals for medical advice.

Children's Privacy

This app is not intended for users under 13 years of age. We do not knowingly collect personal information from children under 13.

Changes to This Policy

We may update this Privacy Policy occasionally. Any changes will be posted in the app with an updated "Last Updated" date. Continued use of the app after changes indicates your acceptance of the updated policy.

Contact Us

If you have questions about this Privacy Policy or your data, please contact us at:

Email: aucklandc60lighttherapy@gmail.com

Website: www.aucklandc60lighttherapy.nz