

## **Privacy Policy**

At ahealthyreview, accessible from ahealthyreview.fit, we prioritize the privacy of our visitors. This Privacy Policy outlines the types of information collected and recorded by ahealthyreview and how we use it.

If you have any questions or need further information about our Privacy Policy, please contact us.

## **Consent**

By using our website, you consent to our Privacy Policy and agree to its terms.

## **Information We Collect**

We will inform you about the personal information we ask you to provide and the reasons for requesting it at the point of collection.

When you contact us directly, we may collect additional information about you such as your name, email address, phone number, the contents of your message, and any attachments you may send.

When you register for an account, we may request contact information, including your name, company name, address, email address, and telephone number.

## **How We Use Your Information**

The information we collect is used in various ways, including:

- Operating and maintaining our website
- Improving and personalizing our website
- Understanding and analyzing how you use our website
- Developing new products, services, features, and functionality
- Communicating with you, either directly or through our partners, for customer service, website updates, and marketing purposes
- Sending you emails
- Preventing fraud

## **Cookies and Web Beacons**

Like most websites, ahealthyreview uses cookies to store information about visitors' preferences and the pages they visited on the site. This information is used to optimize the user experience by customizing our web page content based on visitors' browser types and other information.

## **Log Files**

ahealthyreview follows standard procedures for using log files, which log visitors when they visit websites. This is a common practice among hosting companies and is part of hosting services' analytics. The information collected by log files includes IP addresses, browser type, Internet Service Provider (ISP), date and time stamp, referring/exit pages, and possibly the number of clicks. This information is not linked to any personally identifiable information and is used for analyzing trends, administering the site, tracking users' movement on the website, and gathering demographic information.

### **Google DoubleClick DART Cookie**

Google, as a third-party vendor, uses DART cookies to serve ads to our site visitors based on their visit to our website and other sites on the internet. Visitors can choose to decline the use of DART cookies by visiting the Google ad and content network Privacy Policy at <https://policies.google.com/technologies/ads>.

### **Our Advertising Partners**

Some advertisers on our site may use cookies and web beacons. Each of our advertising partners has their own Privacy Policy regarding user data. For easier access, we hyperlinked to their Privacy Policies below:

- Google: <https://policies.google.com/technologies/ads>
- Meta: <https://www.facebook.com/privacy/policy/>

### **Advertising Partners Privacy Policies**

You can consult this list to find the Privacy Policy for each of our advertising partners. Third-party ad servers or ad networks use technologies such as cookies, JavaScript, or Web Beacons in their advertisements and links that appear on ahealthyreview. These technologies automatically receive your IP address and are used to measure the effectiveness of their advertising campaigns and/or personalize the advertising content you see on websites you visit.

ahealthyreview has no access to or control over these cookies used by third-party advertisers.

### **Third Party Privacy Policies**

ahealthyreview's Privacy Policy does not apply to other advertisers or websites. We advise you to consult the respective Privacy Policies of these third-party ad servers for more detailed information about their practices and how to opt-out of certain options.

You can disable cookies through your browser settings. More detailed information about cookie management with specific web browsers can be found on the browsers' respective websites.

### **GDPR Data Protection Rights**

We want to ensure you are fully aware of all your data protection rights. Every user is entitled to the following:

- The right to access – You can request copies of your personal data. We may charge a small fee for this service.
- The right to rectification – You can request that we correct any inaccurate information and complete any incomplete information.
- The right to erasure – You can request that we erase your personal data under certain conditions.
- The right to restrict processing – You can request that we restrict the processing of your personal data under certain conditions.
- The right to object to processing – You can object to our processing of your personal data under certain conditions.
- The right to data portability – You can request that we transfer your data to another organization or directly to you under certain conditions.

If you make a request, we have one month to respond. If you would like to exercise any of these rights, please contact us.

### **CCPA Privacy Rights (Do Not Sell My Personal Information)**

Under the CCPA, California consumers have the right to:

- Request that a business disclose the categories and specific pieces of personal data it has collected about consumers.
- Request that a business delete any personal data about the consumer that it has collected.
- Request that a business that sells a consumer's personal data not sell the consumer's personal data.

If you make a request, we have one month to respond. If you would like to exercise any of these rights, please contact us.

### **Children's Information**

Protecting children while they use the internet is a priority for us. We encourage parents and guardians to observe, participate in, and/or monitor and guide their online activity.

ahealthyreview does not knowingly collect any personally identifiable information from children under 13. If you believe your child has provided this kind of information on our website, please contact us immediately, and we will do our best to promptly remove such information from our records.