



MY HEALTH DATA (MHD)
PRIVACY POLICY
Effective Date: 2/23/26

My Health Data (“MHD,” “Company,” “we,” “our,” or “us”) respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you use the MHD mobile application, web portal, and related services (the “Platform”).

By using the Platform, you agree to this Privacy Policy.

1. INFORMATION WE COLLECT

We may collect the following categories of information:

A. Personal Information

- Name
- Email address
- Phone number
- Date of birth
- Account credentials

B. Health and Medical Information

- Medical records
- Imaging reports
- Surgical documentation
- Rehabilitation notes
- Prescriptions
- Insurance information
- Performance and biometric data
- Wearable device data (if connected)

This information may constitute Protected Health Information (“PHI”).

C. Device and Usage Information

- IP address
- Browser type
- Device identifiers
- Operating system
- App usage analytics
- Log files

D. Third-Party Integration Data

If you connect third-party applications or wearable devices, we may receive data authorized by you from those platforms.

2. HOW WE COLLECT INFORMATION

We collect information:



- Directly from you when you create an account or upload information
- Automatically through cookies and analytics tools
- From third-party integrations you authorize
- From healthcare providers or institutions if you authorize transfer

3. HOW WE USE YOUR INFORMATION

We use information to:

- Provide and operate the Platform
- Store and organize your records
- Enable secure sharing of information
- Improve functionality and user experience
- Communicate with you
- Respond to customer service requests
- Comply with legal obligations
- Detect fraud, abuse, or security threats

We do not sell personal health information.

We may use de-identified and aggregated data for analytics, research, or product improvement.

4. SHARING OF INFORMATION

We may share information:

A. At Your Direction

When you use the “Share” function, export records, or generate links, information is shared at your direction. You control when and with whom information is shared.

B. Service Providers

We may share information with vendors who assist with hosting, data storage, analytics, security, customer support, or infrastructure. These providers are contractually obligated to safeguard data.

C. Healthcare Partners

If MHD operates under a Business Associate Agreement with a Covered Entity, information may be handled in compliance with HIPAA and the applicable agreement.

D. Legal Requirements

We may disclose information if required by law, subpoena, court order, or to protect rights, safety, or property.

5. HIPAA STATUS

MHD may operate in one of two ways:

A. Direct-to-Consumer Use

If you independently upload and manage your own health information, MHD may not be acting



as a Covered Entity under HIPAA. In such cases, your data is protected under applicable consumer privacy and data protection laws.

B. Business Associate Relationship

If MHD provides services on behalf of a healthcare provider or organization, we may operate as a Business Associate under HIPAA and comply with applicable HIPAA regulations and the terms of the Business Associate Agreement.

6. DATA SECURITY

We implement commercially reasonable administrative, technical, and physical safeguards designed to protect your information, including:

- Encryption of data in transit
- Secure server infrastructure
- Access controls
- Authentication procedures

However, no method of electronic transmission or storage is completely secure. You acknowledge that there are inherent risks associated with transmitting and storing data electronically.

7. DATA RETENTION

We retain your information as long as your account is active or as necessary to provide services.

Upon account deletion request:

- Active records will be deleted within a commercially reasonable timeframe
- Backup data may remain temporarily stored
- Certain information may be retained if required by law

8. YOUR RIGHTS AND CHOICES

Depending on your location, you may have rights to:

- Access your information
- Correct inaccurate data
- Request deletion
- Export your data
- Withdraw consent for certain processing

To exercise these rights, contact us at [Insert Contact Email].

9. MINORS

If users are under 18 years of age, a parent or legal guardian must create and manage the account. We do not knowingly collect information from minors without parental authorization.

10. COOKIES AND ANALYTICS

We may use cookies and analytics tools to improve performance, security, and user experience. You may adjust browser settings to manage cookies.

11. THIRD-PARTY LINKS

The Platform may contain links to third-party websites or services. We are not responsible for the privacy practices of those third parties.



12. DATA BREACH RESPONSE

In the event of a security incident involving your personal information, we will provide notice as required by applicable law and take reasonable steps to mitigate harm.

13. CHANGES TO THIS POLICY

We may update this Privacy Policy periodically. Continued use of the Platform after updates constitutes acceptance of the revised policy.

14. CONTACT INFORMATION

If you have questions about this Privacy Policy, contact:

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