

Privacy Policy

This privacy policy ("policy") will help you understand how Strength for the Journey LLC ("us", "we", "our") uses and protects the data you provide to us when you visit and use our website.

We reserve the right to change this policy at any given time. If you want to make sure that you are up to date with the latest changes, we advise you to frequently visit this page.

What User Data We Collect

When you visit our website, we may collect the following data:

- Your IP address.
- Your contact information, phone number, email, and/or any other information you provide if you send us a message or fill out our secure contact form.
- Data profile regarding your online behavior on our site.

Why We Collect Your Data

We are collecting your data for several reasons:

- To better understand your needs.
- To improve our services and products.
- To contact you to follow up with your questions or requests for services.
- To customize our site according to your online behavior and personal preferences.
- To create aggregated statistical data and other aggregated and/or inferred non-personal Information, which we or our business partners may use to provide and improve our respective services.
- To comply with any applicable laws and regulations.

How We Collect Information

When you conduct a transaction on our website (ex. sending a message through a

secure contact form, subscribing to a newsletter or to receive exclusive updates, etc.) as part of the process, we collect personal information you give us such as your name and email address. Your personal information will be used for the specific reasons stated above only.

Safeguarding and Securing the Data

We are committed to securing your data and keeping it confidential. We have done all in our power to prevent data theft, unauthorized access, and disclosure by implementing the latest technologies and software, which help us safeguard all the information we collect online.

Our company is hosted on the Wix.com platform. Wix.com provides us with the online platform that allows us to offer and/or promote our products and services to you. We use Paubox to keep any information you submit safe and secure to comply with HIPAA standards. Your data may be stored through Paubox's data storage, databases and general applications. They store your data on secure servers behind a firewall.

How We Communicate with Site Visitors

We may send you emails or call you to respond to your securely sent messages; to poll your opinions through surveys or questionnaires to improve our offerings; and to keep you informed of upcoming events or services. If you do not wish us to contact you, please let us know at contact@strengthforthejourney.net.

Our Cookie Policy

Once you agree to allow our site to use cookies that may be present, you also agree to allow us to use the general data it collects regarding your online behavior (analyze web traffic, web pages you visit and spend the most time on).

The data we may collect by using cookies is used to customize our site to your needs. After we use the data for statistical analysis, the data is completely removed from our

systems.

Please note that cookies don't allow us to gain control of your computer in any way. They are strictly used to monitor which pages you find useful and which you do not so that we can provide a better experience for you.

Note that third-party services, such as Google Analytics or other applications may place cookies or utilize other tracking technologies and may have their own policies regarding how they collect and store information. We maintain a BAA with Google Workspace to comply with HIPAA standards.

The following links explain how to access cookie settings in various browsers:

- [Cookie settings in Firefox](#)
- [Cookie settings in Internet Explorer](#)
- [Cookie settings in Google Chrome](#)
- [Cookie settings in Safari \(OS X\)](#)
- [Cookie settings in Safari \(iOS\)](#)
- [Cookie settings in Android](#)

To opt out of being tracked by Google Analytics across all websites, visit this link: <http://tools.google.com/dlpage/gaoptout>.

If you want to disable cookies, you can do it by accessing the settings of your internet browser. You can visit <https://www.internetcookies.com>, which contains comprehensive information on how to do this on a wide variety of browsers and devices. Another useful link is <https://allaboutcookies.org>.

Links to Other Websites

Our site may contain links that lead to other websites. If you click on these links we are not held responsible for your data and privacy protection. Visiting those websites is not

governed by this privacy policy agreement. Make sure to read the privacy policy documentation of the website you go to from our website.

Restricting the Collection of your Personal Data

At some point, you might wish to restrict the use and collection of your personal data or delete or change the collected information. You can achieve this by doing the following:

When you are filling out forms on our site or sent via email, make sure to check if there is a box which you can leave unchecked, if you don't want to disclose your personal information.

If you have already agreed to share your information with us, feel free to contact us via email and we will be more than happy to change this for you.

We will not lease, sell or distribute your personal information to any third parties, unless we have your permission. We might do so if the law forces us. Your personal information will be used when we need to send you promotional materials if you agree to this privacy policy.

Text Messaging

Strength for the Journey, LLC is now offering secure text messaging through TextRequest.com for appointment information, updates, and other important communications. This HIPAA compliant service ensures the privacy and confidentiality of your health information. Users can opt-in or opt-out at any time to receive text messages.

Privacy Policy Updates

We reserve the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If we make material changes to this policy, we will notify you here that it has been updated, so that you are aware of what information we collect, how we use it, and under what circumstances, if any, we use and/or disclose it.

If you would like to: access, correct, amend or delete any personal information we have

about you, you are invited to contact us at contact@strengthfothejourney.net.