

PRIVACY POLICY

Mindful Me - Your Calm Companion

Last Updated: February 2026

1. INFORMATION WE COLLECT

Personal Information:

- Email address (for account creation)
- Name (optional, for personalization)
- Mood and wellness data you choose to log
- Journal entries and notes
- Custom habits and activities

Device Information:

- Device type and operating system
- App usage patterns (anonymized)
- Crash reports (opt-in only)

2. HOW WE USE YOUR INFORMATION

Your data is used to:

- Provide personalized wellness insights
- Track your progress and streaks
- Improve app functionality
- Respond to support requests

We DO NOT:

- Sell your personal data
- Share your health information with third parties
- Use your data for advertising
- Access your data without your consent

3. DATA STORAGE & SECURITY

- All sensitive data is encrypted at rest
- Journal entries are stored locally by default
- Cloud sync is opt-in only
- You can export or delete your data at any time
- We use industry-standard security practices

4. YOUR RIGHTS

You have the right to:

- Access your personal data
- Request data deletion
- Export your data
- Opt-out of analytics
- Modify your consent preferences

5. AI FEATURES

Our AI companion:

- Processes conversations to provide support
- Does not retain conversation history for training
- Can be disabled in settings
- Is not a replacement for professional care

6. CONTACT US

For privacy concerns: privacy@mindfulme.app

For data deletion requests: delete@mindfulme.app