

# Privacy Policy

**Effective Date:** September 27,2005

## 1. Introduction

Welcome to MyHealthTracker offered by Mesa ("we," "our," "us"). We respect your privacy and are committed to protecting your personal health information. This Privacy Policy explains how we collect, use, disclose, and safeguard your health data when you use our web application ("Service"). By accessing or using our Service, you agree to the terms described in this policy.

## 2. Information We Collect

We collect information to provide better services to you, including:

- **Personal Identifiable Information (PII):** Name, date of birth, contact details, and account credentials.
- **Health Information:** Medical records, lab results, medications, appointments, immunizations, and other health-related data aggregated from multiple healthcare providers.
- **Usage Data:** How you interact with our Service, device information, IP addresses, and browser types.

## 3. How We Collect Information

We obtain your health data from:

- Direct input by you into our platform.
- Authorized access to your records from healthcare providers and third-party health data services, with your explicit consent.
- Automatic data collection through cookies and similar technologies.

## 4. Use of Information

We use your information to:

- Aggregate and organize your health data from multiple sources.
- Provide personalized health summaries and reminders.
- Improve and maintain the Service functionality and security.
- Communicate important updates and respond to your inquiries.
- Comply with legal and regulatory obligations.
- We may at some time look at trends or correlations between anonymized users

## 5. Sharing and Disclosure of Information

We do **not** sell your personal health information. We may share your information with:

- **Healthcare Providers:** To facilitate coordinated care and data aggregation, only with your explicit consent.
- **Service Providers:** Trusted third-party vendors who perform services on our behalf, under strict confidentiality agreements.
- **Legal Authorities:** When required by law or to protect our rights or users' safety.
- **Provide Marketing on Information:** We may provide you with information about services or products that might be relevant. Your information will never be shared and only you can choose to share your information with these providers.

## 6. Data Security

We implement industry-standard technical, administrative, and physical safeguards to protect your health information from unauthorized access, disclosure, alteration, or destruction. However, no method of transmission over the internet is 100% secure. We provide no warranty with respect to security.

## 7. Your Rights and Choices

- **Access & Correction:** You can access and update your personal health information through your account.
- **Consent Management:** You control when a health care provider shares information or you load information.
- **Data Portability:** You may request a copy of your data in a standard format.
- **Account Deletion:** You can request to delete your account and all associated data, subject to legal retention requirements. Historical back-ups will not be impacted.

## 8. Data Retention

We retain your health information only as long as necessary to provide our services, comply with legal obligations, or resolve disputes.

## 9. International Transfers

If applicable, your data may be stored or processed in countries outside your residence. We ensure appropriate safeguards for international data transfers.

## 10. Children's Privacy

Our Service is not intended for individuals under 18 years of age. We do not knowingly collect health data from children under 18 without parental consent.

## 11. Changes to This Privacy Policy

We may update this Privacy Policy periodically. We will notify you of significant changes by email or through our Service.

## 12. Contact Us

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

Mesa Forest Consulting, LLC  
Email: [mesaforestconsulting@gmail.com](mailto:mesaforestconsulting@gmail.com)