

# My Health Tracker – Terms of Service

**Effective Date:** September 27, 2025

Welcome to My Health Tracker, a service provided by **Mesa Forest Consulting** (“we,” “us,” or “our”). Please read these Terms of Service (“Terms”) carefully, as they govern your access to and use of our website, mobile applications, and other services (collectively, the “Services”). By using our Services, you agree to these Terms. You further acknowledge that this is an “alpha” product and still underdevelopment and you use this at your own risk.

---

## 1. Who We Are

My Health Tracker is provided by:

### **Mesa Forest Consulting**

We are committed to providing secure, reliable tools to help you track and manage your health information.

---

## 2. Age Requirements

- You must be at least 18 years old (or meet the minimum age requirement in your jurisdiction) to create an account.
  - If you are under 18, you must have the permission of a parent or legal guardian. They are responsible for your use of the Services.
- 

## 3. Using Our Services

### 3.1 Access and Account

- You are responsible for maintaining the confidentiality of your account credentials.

- You agree to provide accurate, complete, and current information when registering or using the Services.
- You may not share your account with others, sell it, or allow others to access the Services under your account.

### 3.2 Acceptable Use

You agree not to:

- Violate applicable laws, regulations, or third-party rights.
- Upload, store, or share content that is unlawful, harmful, abusive, or infringes on intellectual property rights.
- Interfere with the Services, servers, or networks, or bypass security measures.
- Attempt to access other users' accounts or data without permission.

### 3.3 Permissions and License

- You retain ownership of your health data and other content you provide to the Services.
  - By using the Services, you grant us a **non-exclusive, worldwide, royalty-free license** to store, display, and transmit your content solely to provide the Services.
- 

## 4. Privacy

- Your use of the Services is also governed by our **Privacy Policy**, which explains how we collect, use, and protect your information.
  - You must review and agree to our Privacy Policy before using the Services.
- 

## 5. Updates and Improvements

- We may update, improve, or modify the Services at any time, including adding or removing features.
  - We may provide automatic updates to the mobile app to improve functionality or security.
  - Significant changes that materially affect your experience will be communicated to you via email or in-app notifications, where possible.
- 

## 6. Service Disclaimers

- The Services are provided “as is” and “as available.”
  - We do not guarantee that the Services will be error-free, uninterrupted, or free from viruses or other harmful components.
  - The Services are **not a substitute for professional medical, legal, or financial advice**. Always consult qualified professionals for such advice.
- 

## 7. Limitation of Liability

To the maximum extent permitted by law:

- Mesa Forest Consulting is **not liable** for indirect, incidental, or consequential damages arising from your use of the Services.
  - Our total liability is limited to \$0.01.
- 

## 8. Termination

- We may suspend or terminate your account if you violate these Terms or applicable laws.

- You may terminate your account at any time by contacting support and removing your data, subject to applicable legal requirements.
- 

## 9. Governing Law and Dispute Resolution

- These Terms are governed by the laws of Texas, without regard to conflict-of-law rules.
  - Any disputes arising from these Terms or the Services shall be resolved in the courts of Texas, and you consent to personal jurisdiction in these courts.
- 

## 10. Updates to Terms

- We may revise these Terms from time to time.
  - Material changes will be communicated in-app, via email, or posted on the Services.
  - Continued use of the Services after changes constitutes acceptance of the revised Terms.
- 

## 11. Contact Information

For questions, concerns, or requests regarding these Terms:

**Mesa Forest Consulting**

Email: [mesaforestconsulting@gmail.com](mailto:mesaforestconsulting@gmail.com)