

## **Privacy Policy**

**Please read this Privacy Policy carefully before using this Website.**

### **Privacy Policy Consent**

The website and its content is owned by Non-Diet Wellness, LLC and Annette Adams, RDN, LD/N (“Company”, “I”, “we”, or “us”). The term “you” refers to the user or viewer of this website.

Please read this Privacy Policy carefully. I reserve the right to change this Privacy Policy on the website at any time without notice. Use of any information or contribution that you provide, or which is collected through this website or its content is governed by this Privacy Policy. By using this website or its content, you consent to this Privacy Policy, whether or not you have read it. If you do not agree with this Privacy Policy, please do not use this website or its content.

### **Submission, Storage and Sharing of Personal Data**

I may collect personally identifiable information, such as your name and email address. If you purchase products, courses or services, I collect billing and credit card information. This information is used to complete the purchase transaction. I may gather additional personal or non-personal information in the future.

Information about your computer hardware and software may be automatically collected by the Company. This information can include: your IP address, browser type, domain names, access times and referring website addresses. This information is used for the operation of the Company, to maintain quality services, and to provide general statistics regarding use of this website.

Please keep in mind that if you directly disclose personally identifiable information or personally sensitive data through public comment boards contained on this website, this information may be collected and used by others.

I encourage you to review the privacy statements of websites you choose to link to from this website so that you can understand how those websites collect, use and share your information. I am not responsible for the privacy statements or other content on websites outside of this website.

## **Confidentiality**

I aim to keep the Confidential Information that you share confidential. Please note that I may disclose such Confidential Information if required to do so by law. For further information about one-on-one individual coaching/counseling Privacy Practices, please see our Notice of Privacy Practices.

## **Passwords**

To use certain features of the website or its content, you may need a username and password. You are responsible for maintaining the confidentiality of the username and password, and you are responsible for all activities. Please do not share your account information with anyone else. For online courses, please do not share your password and username. If another person in your friend/family circle would like to participate in the course, they will need to purchase a separate account. Respect the hard work that has gone in to these online programs and purchase one account per person who uses and accesses the course.

## **Unsubscribe**

You may unsubscribe to newsletters or email updates at any time through the unsubscribe link at the footer of all email communications. I manage email lists through a list management system.

I have a no spam policy and provide you with the ability to opt-out of communications by selecting the unsubscribe link at the footer of all e-mails. I have taken the necessary steps to ensure that we are compliant with the CAN-SPAM Act of 2003 by never sending out misleading information. We will not sell, rent or share your email address.

## **Children's Online Privacy Protection Act Compliance**

I do not collect any information from anyone under 13 years of age in compliance with COPPA (Children's Online Privacy Protection Act), and this website and its content is directed to individuals who are at least 13 years old or older.

## **Use of "Cookies"**

This website may use "cookies" to help you personalize your online experience. A cookie is a text file that is placed on your hard disk by a web page server. Cookies cannot be used to run programs or deliver viruses to your computer. Cookies are uniquely assigned to you, and can only be read by a web server in the domain that issued that cookie to you. This simplifies the process of recording your personal information, such as billing addresses, shipping addresses, and so on. When you return to this website, the information you previously provided can be retrieved, so you can easily use the features you customized. You have the ability to accept or decline cookies. Most Web browsers automatically accept cookies, but you can usually modify



your browser setting to decline cookies if you prefer. If you choose to decline cookies, you may not be able to fully experience the interactive features of this website.

### **Notification of Changes**

Please review this Privacy Policy periodically. Continued use of any of information obtained through or on the website or its content following the posting of changes and/or modifications constitutes acceptance of the revised Privacy Policy.

If you have any questions about this Privacy Policy, please contact me at [Annette@AnnetteAdamsRDN.com](mailto:Annette@AnnetteAdamsRDN.com).