



## Privacy Policy

**Last Updated: May 19, 2026** (update the date)

Wellness Strategies operates <https://www.wellness-strat.com/> (and associated booking pages, calendars, etc.) to provide general educational information about wellness strategies, functional medicine approaches, health coaching, and to facilitate scheduling of consultations. We are committed to protecting your privacy.

### Information We Collect:

- **Automatically collected:** IP address, browser type, device information, pages visited, and basic usage data. This helps us analyze site traffic and improve user experience.
- **Voluntarily provided:** Name, email address, phone number, and message content when you use contact forms, booking forms, or reach out directly.
- We **do not** collect health-related information (Protected Health Information or PHI) through the public website.

**We do not sell personal information.**

### Affiliate Links and Shop Affiliations:

Our website includes affiliate links to third-party retailers. We may earn a commission at no extra cost to you if you make a purchase through these links. These are independent companies, and we are not responsible for their products, services, or privacy practices. Please review their policies before purchasing.

### How We Use Your Information:

We use the information you provide to respond to inquiries, schedule appointments, send administrative communications, and improve our services.

**No mobile information** (including SMS/text opt-in data) will be shared with third parties/affiliates for marketing or promotional purposes. Information sharing with service providers (e.g., email/SMS platforms, scheduling tools) is limited to operational support under confidentiality agreements.

### HIPAA and Protected Health Information (PHI):

This public website does **not** collect, store, or transmit Protected Health Information (PHI). Any health-related discussions, records, or telemedicine services occur only through secure, HIPAA-compliant platforms (such as our patient portal or encrypted messaging with a signed Business Associate Agreement). **Do not send health details via the general contact form or standard email.**

### Cookies and Tracking:

We use essential cookies for site functionality and basic analytics. We do not use third-party advertising trackers that collect identifiable personal data without consent.

### **Sharing Information:**

We do not share your personal information except:

- As required by law,
- With trusted service providers (e.g., GoHighLevel, email providers, scheduling tools) who are bound by confidentiality and data protection agreements,
- In the event of a business transfer (merger, acquisition, etc.).

### **Your Rights** (Washington Residents & Others):

You may request access to, correction of, or deletion of your personal information by contacting us. We will respond within a reasonable timeframe. Washington residents may have additional rights under state privacy laws.

### **Children's Privacy:**

This site is not intended for children under 18. We do not knowingly collect data from children.

### **Changes to This Policy:**

We may update this Privacy Policy. Continued use of the site after changes constitutes acceptance of the updated policy. The "Last Updated" date will reflect revisions.

### **Contact Us:**

Questions about this Privacy Policy?

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