

Privacy Policy for Holistic Wellness and Coaching

1. Introduction

Holistic Wellness and Coaching, LLC provides holistic coaching services focused on general health, lifestyle, and personal development. These services are not medical care and do not replace professional healthcare services. This Privacy Policy outlines how we collect, use, and protect personal information, including medical information, in accordance with California laws such as the California Confidentiality of Medical Information Act (CMIA) and the California Consumer Privacy Act (CCPA).

2. Disclaimer – No Medical Advice or Patient Relationship

- Our holistic coaching services are not a substitute for medical diagnosis, treatment, or advice from a licensed healthcare provider.
- Engaging in our services does not establish a patient-provider relationship under Federal or California law.
- If you have medical concerns, please consult a qualified healthcare professional.

3. Information We Collect

We may collect the following information when you engage with our services:

- **Personal Information:** Name, email, phone number.
- **Holistic health Information:** Self-reported lifestyle habits, goals, preferences, and health history.
- **Medical Information:** Information regarding existing medical conditions, symptoms, medications, or treatments as reported by you.
- **Payment Information:** For service transactions (processed securely).

We do not collect or store sensitive medical records or Protected Health Information (PHI) as defined under HIPAA but may collect health-related data for holistic coaching purposes.

4. How We Use Your Information

Your information is used solely for:

- ✓ Scheduling and providing wellness coaching services.
- ✓ Personalizing recommendations, lifestyle guidance, and wellness resources.
- ✓ Responding to inquiries and managing client relationships.
- ✓ Complying with applicable business regulations.

5. Data Protection & Confidentiality

- We take reasonable security measures to protect your personal and medical information from unauthorized access, loss, or disclosure.

- We do not sell, share, or distribute your personal or medical information to third parties without your consent, except as required by law.
- Your medical information is protected under California’s Confidentiality of Medical Information Act (CMIA), and we ensure it is maintained confidentially in accordance with this law.

6. California Consumer Privacy Act (CCPA) Rights

If you are a **California resident**, you have the following rights under the **CCPA**:

- ✓ **Right to Access:** You can request information on the **personal data** we collect about you.
- ✓ **Right to Deletion:** You can request that we **delete** your personal information (with certain exceptions).
- ✓ **Right to Opt-Out:** You can request that we **stop sharing** your personal information for marketing or other purposes.

To exercise these rights, please contact us at [Your Contact Email].

7. Sharing of Information

We may share your information with trusted service providers or contractors who assist in delivering services (e.g., payment processors, software platforms). These third parties are contractually obligated to safeguard your information and comply with relevant privacy laws.


We may also share your information as required by law (e.g., to comply with subpoenas or other legal obligations).

8. Changes to This Policy

We may update this privacy policy from time to time. Any changes will be posted on this page with the updated "Effective Date". We encourage you to periodically review this policy for updates.

9. Contact Us

For any questions about this privacy policy or to exercise your rights under CMIA or CCPA, please contact:

 [Your Email]

 [Your Phone Number]

 [Your Business Address, if applicable]