



PRIVACY POLICY

Alive & Well(ish), LLC

Last Updated: 02.20.2026

1. Introduction

Alive & Well(ish), LLC (“Company,” “we,” “us,” or “our”) respects your privacy and is committed to protecting your personal information.

This Privacy Policy explains how we collect, use, store, and protect information when you access:

- www.aliveandwellish.com (the “Website”)
- Paid and free programs
- Digital products and downloads
- Email communications
- Social media platforms operated by Alive & Well(ish)
- Any related services (collectively, the “Services”)

By using the Services, you consent to the practices described in this Policy.

2. Age Requirements

The Services are intended for individuals age 18 and older. We do not knowingly collect personal information from children under 18.

If we learn that we have collected personal information from a minor, we will delete it promptly.

3. Information We Collect

We may collect the following categories of information:

A. Information You Provide Voluntarily

- Name
- Email address
- Billing address
- Payment information (processed via third-party providers)
- Program responses or submitted materials
- Communications with us

B. Automatically Collected Information

When you visit the Website, we may collect:

- IP address
- Browser type
- Device type
- Pages visited
- Time spent on pages
- Referring websites
- Click behavior

This data is collected via cookies and analytics tools.

4. How We Use Your Information

We use your information to:

- Deliver purchased products and programs
- Send requested content and emails
- Provide customer support
- Process payments
- Improve Website performance
- Monitor usage and prevent misuse
- Communicate program updates
- Send marketing communications (you may unsubscribe at any time)

We do not sell your personal information.

5. Email Communications

If you subscribe to our email list, you may receive:

- Educational content
- Program updates
- Promotional announcements

You may unsubscribe at any time using the link at the bottom of any email. We use third-party email service providers to manage communications.

6. Payment Processing

We do not store full credit card numbers on our servers.

Payments are processed through secure third-party providers (such as Stripe, PayPal, or similar services). Those providers maintain their own privacy policies.

7. Cookies & Tracking Technologies

We use cookies and similar technologies to:

- Improve user experience
- Analyze Website traffic
- Track engagement
- Support marketing efforts

Cookies may collect:

- Browser type
- Device information
- Pages visited
- Usage data

You may disable cookies through your browser settings. Disabling cookies may limit certain functionality.

8. Third-Party Services

We may use third-party services for:

- Payment processing
- Email marketing
- Analytics (e.g., Google Analytics)

- Hosting
- Course platforms
- Social media integrations

These third parties may collect information in accordance with their own privacy policies. We are not responsible for third-party privacy practices.

9. Data Security

We take reasonable administrative and technical measures to protect your information. However, no method of transmission over the internet is 100% secure. We cannot guarantee absolute security.

10. Data Retention

We retain personal information only as long as necessary to:

- Provide Services
 - Fulfill legal obligations
 - Resolve disputes
 - Enforce agreements
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11. Your Rights

Depending on your jurisdiction, you may have the right to:

- Request access to your personal information
- Request correction of inaccurate information
- Request deletion of your information
- Opt out of marketing communications

To make a request, contact: connect@aliveandwellish.com

12. International Users

The Services are operated in the United States.

If you access the Website from outside the U.S., you consent to the transfer and processing of your data in the United States.

13. Links to Other Websites

The Website may contain links to third-party websites. We are not responsible for the privacy practices or content of those websites.

14. Changes to This Policy

We reserve the right to modify this Privacy Policy at any time. Changes will be posted on this page with an updated revision date. Continued use of the Services constitutes acceptance of the revised policy.

15. Contact

Alive & Well(ish), LLC

connect@aliveandwellish.com

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