



DocChristine Coaching Inc.
www.docchristine.com
info@docchristine.com
phone: 902-222-2742

Privacy Policy

This privacy applies also to all websites operated by DocChristine Coaching Inc.

You can be confident that DocChristine Coaching Inc. (DocChristine) will keep your information 100% private and confidential.

No information will ever be sold or shared without your consent. No spam emails!

Privacy Notice and Policy

DocChristine Coaching Inc(DocChristine), operating as DocChristine.com and others, recognizes the importance of an individual's right to privacy. This notice is intended to make it easy for you to understand the steps we take to keep data and documents safe, so that you can be confident in DocChristine's ability as a trusted partner in keeping your information confidential.

We promise

Commitment to the Personal Information Protection and Electronic Documents Act ("PIPEDA"), which directs Canadian privacy for businesses.

Commitment to the Canadian Anti-Spam Legislation (CASL). Your information will never be sold or shared without prior consent. No spam!

Commitment to the HIPAA regulations (US users) if applicable

Commitment to the GDPR (EU users)

Website Privacy and Cookie Policy

DocChristine may monitor traffic patterns, site usage and related website information to optimize your visit to our website/s. In addition, DocChristine may use cookies to collect information about your session and computer browser during visitation, or to provide third-party advertising. For example, our website servers automatically collect IP addresses, which are logged and reviewed from time to time in order to maintain website security. DocChristine does not link IP addresses with other personal information collected as part of using our service.

Privacy in Relation to DocChristine's Products and Services

Privacy Policy Content

1. Definitions: What are we talking about?

- 2. Collection and Consent of Personal Information: What we ask for and whom we ask.**
- 3. Use of Personal Information: What we do with the information you provide.**
- 4. Disclosure of Personal Information: Who can see it?**
- 5. Security of Personal Information: How we protect your records.**
- 6. User Access to Personal Information**
- 7. Accuracy of Personal Information: Keep it up to date!**
- 8. Questions or Requests: Whom do I contact?**
- 9. Changes to Privacy Policy**

Definitions

User: Person or individual using this website, purchasing products from this website or signed up for programs or service with DocChristine. If you intend to or are purchasing products or services, you are the 'user'.

Consent: Permission or agreement.

Personally Identifiable Information (PII): Information such as name, email, phone number that can be traced to a specific person. PII does not include business email, business phone, job title or office address.

Disclosure: When information is shared and who can see it.

Collection and Consent of Personal Information: What we ask for and whom we ask.

In order to provide educational, program, coaching and product sales services, DocChristine needs to collect certain personal information from customers and users. This information includes:

Name, email and mobile phone number for newsletter signups or event mailing lists.

Name, phone numbers, email address, physical address, all directly from users. This information is typically collected at the start of or during the user relationship and assumes implied consent to collection and use as part of using DocChristine's services.

In certain cases (Individual Coaching Only and with a separate contract): Medications, Supplements and other health-related information from users as the service warrants. This



DocChristine Coaching Inc.

www.docchristine.com

info@docchristine.com

phone: 902-222-2742

information is collected on an as-needed basis to assist the user in achieving their goals; express consent is always required and may be asked for in writing.

An authorized representative, such as a legal guardian or a person having power of attorney, can give consent.

An individual may withdraw consent at any time, subject to legal or contractual limitations.

This information is usually collected and stored in a secure, if required by law, HIPAA-compliant online (cloud storage) or physical place. You have always access to and control of your stored data and can request that we remove them.

Use of Personal Information: What we do with the information you provide.

DocChristine uses the personal information collected from users to provide the content delivery, informational, transactional, coaching and consulting services and/or products as purchased by the user, and when requested, to recommend programs, services, or other products that may be beneficial to their wellbeing or health, to set up automatic appointment reminders, or to contact you with new information about DocChristine's services, such as payment reminders, events or operational changes.

DocChristine will make reasonable efforts to inform users on the purpose of information collection, and what DocChristine uses it for. If DocChristine finds a future benefit for the user using their personal information, but it has not been previously discussed, DocChristine will inform users and ask for additional consent.

We use ActiveCampaign to manage our email marketing subscriber list and to send emails to our subscribers. ActiveCampaign is a third-party provider, which may process your data using industry standard technologies to help us monitor and improve our newsletter.

ActiveCampaign's privacy policy is available at <https://www.activecampaign.com/legal/privacy-policy> .

You can unsubscribe from our newsletter by clicking on the unsubscribe link provided at the end of each newsletter or replying to an email.



DocChristine Coaching Inc.

www.docchristine.com

info@docchristine.com

phone: 902-222-2742

We use Salesmsg for text message communication. <https://www.salesmessage.com/privacy-policy>. You can opt-out anytime.

Opting-in to additional communications: Users and non-users can also opt-in to sharing their contact information for the purpose of subscribing to newsletters, registering for events, downloading free content and registering for memberships, as ‘subscribers’. If subscribers choose at a later date to no longer receive such communications, they can opt-out and unsubscribe to remove their contact details at any time.

Disclosure of Personal Information: Who can see it?

DocChristine will only disclose your personal information for the legitimate purposes that have been identified to you, and for which consent has been obtained, or if required by law.

Purposes for disclosure include:

Employees and Associated Coaches of DocChristine who need to see user information to perform their responsibilities to users. Employees and Associated Coaches are provided user information only a need-to-know basis and after they agree to privacy controls.

Third-party service providers when given user instructions to do so, such as when required by liability insurers.

Third-party service providers that are performing actions on behalf of DocChristine to improve user experience. This includes administrative, accounting or collection services, or collecting fees owed to DocChristine. Under PIPEDA, DocChristine understands it holds responsibility for third-party information use, and protects information with contracts and safeguards before allowing access. Disclosure to validated legal authorities as requested and required under Canadian law.

Security of Personal Information: How we protect your records.

DocChristine uses appropriate safeguards and security measures to protect against unauthorized access, disclosure, loss, theft, or use or alteration of personal information. These measures include strategy (password and security policies), technology safeguards (security software and firewalls), and physical measures (premises security, restricted file access). Security measures



DocChristine Coaching Inc.

www.docchristine.com

info@docchristine.com

phone: 902-222-2742

may vary, and are dependent on the sensitivity, amount, format, nature and storage of the personal information. Users are reminded however, that no security system is perfect, and to take their own steps to protect their information when possible, such as avoiding insecure channels to send sensitive information, password sharing, and being weary of giving out personal information online.

Accuracy of Personal Information: Keep it up to date!

It is important that the information that DocChristine has on file be accurate and up-to-date. If, during the course of the user engagement, any of your information changes, please inform us so that DocChristine can make any necessary changes. DocChristine may also ask you from time to time whether your personal information is up to date.

User Access to Personal Information

DocChristine will respond promptly to any request for access to your personal information. There will be no cost for reasonable requests to such access, however we may take measures to verify identity, in order to better protect your information from fraudsters or unauthorized access.

Questions or Requests: Whom do I contact?

If you have any questions or concerns, wish to access your personal information, or wish to change your preferences regarding DocChristine's use of your information, please contact

DocChristine by email at support@docchristine.com.

Physical requests can also be made to:

DocChristine

Dr. Christine Sauer

29 Eleventh Street

Lucasville, NS, B4B 0S3, Canada

phone: +1-902-222-2742

Changes to Privacy Policy



DocChristine Coaching Inc.

www.docchristine.com

info@docchristine.com

phone: 902-222-2742

As part of our regular review of all of our policies and procedures, we may change DocChristine's privacy policy from time to time in order to keep up to date with legal requirements or protection from security threats. Any changes will be posted on DocChristine's website at and will be made available upon request; if the change is significant in how DocChristine collects, uses or discloses information, users will be notified. Please check from time to time to ensure you are aware of DocChristine's current policy.

This Privacy Policy is effective October 23, 2016. It was last modified Jan 1, 2022.

If any complaint or inquiry is not handled to your complete satisfaction, you may contact:

Privacy Commissioner of Canada

112 Kent Street

Ottawa, Ontario K1A 1H3

Toll free: 1.800.282.1376.