

Privacy Policy

Last Revised: March 8, 2023

For each visitor to our website, our Web server automatically recognizes only the consumer's domain name, but not the e-mail address (where possible). If you wish to subscribe to our mailing list, you can submit your email address directly by opting-in on our website pages, footer or communicating with us via email. Otherwise, we may only aggregate information on what pages our consumers access or visit.

While interacting with our website, you may voluntarily submit personal information, including protected health information, to Spinal Health and Wellness Center, LLC. By providing such information through our website, you agree that we may utilize that information to provide you with requested or relevant services. We will take reasonable efforts to maintain the security of information you provide to us through our websites, but by submitting information through our websites you acknowledge that you are ultimately responsible for the information you provide.

We have created this Privacy Policy, which applies to each and every Spinal Health and Wellness Center webpage, in order to disclose our information gathering and dissemination practices. We are committed to keeping any and all personal information collected of those individuals that visit our websites and make use of our online facilities and services accurate, confidential, secure and private. You agree to this Privacy Policy, in its entirety, when you: (1) access or use this website; (2) select, order, register, or subscribe to any of the services, information, products, materials, courses, and/or resources (collectively, "Services") offered on this website by clicking on the item presented and/or submitting personal information; and/or (3) give your express consent to the terms of this Privacy Policy. If you do not agree with the terms and conditions of our Privacy Policy, please do not use or access this website. In addition, your continued use of our website following the posting of any updates or changes to the terms of this Privacy Policy shall mean that you are in agreement and accept such changes.

Please read this Privacy Policy before using this site or submitting any personal information. By clicking the box below, you acknowledge that you have read and agree to the terms of this Privacy Policy. If you do not agree to this Privacy Policy, you should not use or access any of our sites.

1. Information We Collect

We may collect and may make use of personal information to assist in the operation of this Website and to ensure delivery of the Services you need and request. At times, we may find it necessary to use personally identifiable information as a means to keep you informed of other possible Services that may be available to you from us. We may also be in contact with you with regards to completing surveys and/or questionnaires related to your opinion of current or potential future Services that may be offered.

A. Personally Identifiable Information

Voluntary submissions of personally identifiable information can occur for various reasons, such as if you request to receive information about our Services, subscribe to one of our mailing lists, or purchase any Services.

We collect personally identifiable information, like names, addresses, phone numbers, email addresses IP addresses, and sometimes credit card information when such information is voluntarily submitted by you. You are responsible for ensuring the accuracy of the personal information that you submit to us.

We will only use your personal information for the following purposes: (1) to deliver the Services to you that you have requested; (2) to validate your compliance with the Terms and Conditions of use of this Website and the terms of this Privacy Policy; (3) to verify accounts and activity, and to monitor suspicious or fraudulent activity; (4) to reach you, when necessary, regarding your use of the Website or Services; (5) for content improvement and feedback purposes; (6) where required by law or where we believe it is necessary to protect our legal rights, interests, and the interests of others; and (7) as additionally described herein to better serve you.

In addition, we may use personal information about you for other purposes that are disclosed to you at the time we collect the information and/or with your consent.

B. Non-Personally Identifiable Information

For each visitor to our Website, our Web server automatically recognizes only the consumer's domain name, but not the e-mail address (where possible).

We also may collect various types of non-personally identifiable information to help us make your experience more enjoyable, measure site activity to identify future improvements that should be made, and compile aggregate data on what pages are accessed or visited, to help serve site visitors better. For example, we may use such data to tailor our advertisements, develop proper survey questions, and improve our Services. We may also use your IP address to gather broad demographic information, help prevent fraud and help diagnose problems with our server.

If you visit this Website with an open ID (such as Facebook), you may also be sharing and integrating data with third-party social media sites, and we may track aggregate data about the number of visits to this Website with an open ID, the number of items "liked" on this Website, or items on this Website that you choose to share with a third-party social media site.

Additionally, some of our Services are interactive and may request that you submit health-related information; however, we do not associate such health information with personally identifiable information you may have provided (such as for purposes of registering for courses or purchasing products).

C. Message Boards and Other Public Forums

Certain Spinal Health and Wellness Center, LLC webpages may feature message board areas and other public forums where users with similar interests can share information, pose questions or engage in online discussions.

Any information (including personal information) you share in any online message board or other forum is by design open to the public and is not private. You should think carefully before posting any personal information in any public forum. What you post can be seen, disclosed to or collected by third parties and may be used by others in ways we cannot control or predict, including to contact you for unauthorized purposes. As with any public forum on any site, the information you post may also show up in third-party search engines.

If you mistakenly post personal information in our message board areas and would like it removed, you can send us an email to request that we remove it. However, in some cases, such removal may not be

possible. Additionally, once you have publicly posted personal information, third parties may access or disclose that information further, which we cannot control.

2. Relationship with Third Parties

A. Links to Other Sites

This Website may contain links to our affiliate websites. It may also contain links to other websites. We do not control and are not liable for the actions of any third parties who we may promote and/or link to from this Website. We pride ourselves in recommending quality companies, but have no control over the actions of those third parties, the content they provide, the information they collect, or their privacy policies, practices and procedures. Therefore, we encourage all users and visitors to be aware when they leave our website and to read the privacy statements of each and every website that collects personally identifiable information. While we are not liable for any of the actions of those third parties, you should feel free to give us feedback from time to time on your experiences with any third parties to whom we work with so that we may enhance our future service to all customers.

B. Information Sharing / Advertisements

This Website uses the Google AdWords remarketing service to advertise on third party websites (including Google) to previous visitors to this or other of our websites. It could mean that we advertise to previous visitors who haven't completed a task on our site, for example using the contact form to make an inquiry. This could be in the form of an advertisement on the Google search results page, or a site in the Google Display Network. We may also develop relationships with other companies that we have specifically selected, to place ads on our websites.

Third-party vendors, including Google, use cookies to display ads based on someone's past visits to this or other of our websites. You can set preferences for how Google advertises to you using the [Google Ad Preferences page](#). By utilizing Spinal Health and Wellness Centers, LLC's website, you acknowledge and consent that Spinal Health and Wellness Centers, LLC may use cookies to collect information about your use of its website. You also have the option to configure most web browsers to NOT accept cookies. However, be aware that disabling cookies may keep you from having access to some functions or services on our website or the web-hosted software that runs on our website.

You can set preferences for how Google advertises to you using the [Google Ad Preferences page](#), and if you want to, you can [opt out of interest-based advertising entirely by cookie settings](#) or [permanently using a browser plugin](#). Otherwise, all e-mail will include the opportunity to opt-out of any and all correspondence from us automatically. Once you have opted-out, this will permanently remove your email from our servers, preventing us from sending you anything in the future unless a different email address is used. Persons who supply us with their telephone numbers via e-mail communications may receive telephone contact from us in response to the nature of their inquiry.

With respect to Ad Servers, we may develop relationships with other companies that we have specifically selected to place ads on our web pages. As a result of your visit to their website, ad server companies may collect information such as your domain type, your IP address and clickstream information. For further information, consult the privacy policies of the individual URLs you do business with from our site.

C. Authorized Disclosures

We reserve the right to disclose your information if required or authorized to do so by law, or in the good faith belief that such action is reasonably necessary to comply with legal process, respond to claims, or protect the rights, property or safety of Spinal Health and Wellness Center, LLC and its employees, visitors to our Websites, or the public.

3. Our Data Security Policy

All collected information is stored in a technically and physically secure environment. Furthermore, access to this information is strictly limited, and the information is not accessible to the public. Our employees are dedicated to ensuring the security and privacy of all visitor information. To prevent unauthorized access, maintain data accuracy and ensure the correct use of information, we use appropriate industry standard procedures to safeguard the confidentiality of your personal information, such as firewall, encryption, token authentication, application proxies, monitoring technology, and adaptive analysis of network traffic to track abuse of our network and its data.

In addition, we have appropriate security measures in place in our physical facilities as well to protect against the loss, misuse or alteration of information that we have collected from you on our website.

Please be advised that, although we take every reasonable technological precaution available to protect your data, no data transmission over the Internet can be guaranteed to be 100% secure. Please ensure that you take all necessary precautions to protect your personal information while online.

4. Subscribing, Updating, Or Removing Your Personal Information

By submitting your email address on this website or other of our websites, you agree to receive email from us. You can also subscribe to our mailing list by opting-in on our toolbox page or communicating with us via email.

By submitting your email address, you also agree to allow us to use your email address for custom audience targeting on sites like Facebook, where we display custom advertising to specific people who have opted-in to receive communications from us.

If you are a subscriber to one of our mailing lists, you can customize your information and the mailing lists you have subscribed to, or stop receiving future communications, at any time by simply clicking the link called “Unsubscribe” or “Manage Preferences” at the bottom of any email you receive from us. That will take you to a preferences center where you can update your information and communication preferences. Once you have opted-out, this will permanently remove your email from our servers, preventing us from ever sending you anything in the future unless a different email address is used. Persons who supply us with their telephone numbers via e-mail communications may receive telephone contact from us in response to the nature of their inquiry.

If you have registered or subscribed with us and you no longer want us to use your registration information to provide the Services to you, you may close your account.

If you have questions about the use, amendment, or deletion of personal information that you have provided to us, want to prevent your information from being used for purposes other than those for which it was originally collected or if you would like to opt out of future communications from us, you can contact us using the information below in the Contacting Us section.

To unsubscribe from a third-party service, you must contact that third party directly.

We reserve the right to retain any data that we are required to maintain under applicable laws. You may also have other rights under applicable federal, state, or local laws.

5. Children's Privacy

This website is not intended for children, nor is it targeted at children under the age of thirteen (13). Due to the age restrictions of this website, none of the information obtained by this Website falls within the Children's Online Privacy Protection Rule (COPPA) and we do not knowingly intend to collect personally identifiable information from children. If your minor child has provided us with personally identifiable information, you may contact us at the phone number or mailing address listed in the Contacting Us section if you want this information deleted from our records. We will then make reasonable efforts to remove your child's information from the database that stores the information.

6. Jurisdiction Specific Provisions

A. California Residents

FOR RESIDENTS OF CALIFORNIA ONLY. The California Online Privacy Protection Act (CalOPPA) requires select businesses to disclose policies relating to the sharing of certain categories of your personal information with third parties. If you reside in California and have provided your personal information to us, you may request information about our disclosures of certain categories of personal information to third parties for direct marketing purposes in the preceding calendar year. You can submit such request by sending an email us at the address in the Contact Us section below.

B. Visitors Outside of the United States

We are located in the United States. The personal information that you provide to us is stored on servers located in the United States. If you are located in another jurisdiction, you should be aware that in order to provide the Services to you, we must transfer your personal information to the United States where it will be stored and processed in accordance with this Privacy Policy. We may transfer your information outside the United States to service providers with operations in other countries. By using the Services, you consent to such collection, storage and processing in the United States and elsewhere, though the United States and other jurisdictions may not afford the same level of data protection as considered adequate in your own country. We

will take reasonable steps to protect your personal information. Note that your personal information may be available to the United States government or its agencies under legal process made in the United States.

C. Visitors from the European Economic Area (“EEA”)

If you are an individual in the EEA who is visiting this Website or using Services, know that we collect, store, use and otherwise process your personal information as described in this Privacy Policy, where we have legal bases under the applicable EU legislation (General Data Protection Regulation). The legal bases depend on the Services you use and how you use them and include where: (i) necessary for providing and improving the Services, offering you content and advertising and other personalized features that may be of interest to you, and providing customer support; (ii) necessary to perform our contractual obligations with you; (iii) you have consented to the processing; (iv) you have expressly made the information public on the Website, such as in a message board or other public forum; (v) necessary to protect our legitimate business interests and legal rights, and comply with legal obligations such as laws, regulations, or court orders; and (vi) necessary to protect your vital interests, or those of others.

If you are a visitor from the EEA, you have the following rights: (i) the right to be informed about what personal information is being processed, why, and to who else your information may be passed; (ii) the right to access personal information we have about you, (iii) the right to have your personal information corrected or amended, if what is held is incorrect in some way; (iv) the right to ask for your personal information to be deleted, in circumstances such as if the information is no longer required for the purposes it was collected, or you have withdrawn specific consent (however a withdrawal does not affect the lawfulness of processing of your personal data that occurred prior to the date of withdrawal); (v) the right to ask for a temporary halt to processing of personal information, such as in the case where a dispute or legal case has to be concluded; (vi) the right to receive the personal information you provided us, in a structured, commonly used and machine-readable format; (vii) the right to object to our processing of your personal information (and we will discontinue such processing unless we have compelling legitimate grounds to continue); (viii) the right to not be subject to a decision based solely on automated processing.

7. Contacting Us

If you need to contact us, you can email us at spinalhealthandwellness@hotmail.com or call us at 724-742-1777.

We strive to provide excellent Services. If you have any questions about this website, this Privacy Policy or our practices, please feel free to contact us using one of the methods listed above.

8. Terms and Conditions

Please read the Terms and Conditions (“Terms”) carefully to understand other terms and conditions that govern your use of this Website. The Terms are hereby incorporated by reference as part of this Privacy Policy.

9. Severability

If any part of this Privacy Policy is held invalid or unenforceable, that portion shall be construed in a manner consistent with applicable law to reflect, as nearly as possible, the original intentions of the parties, and the remaining portions shall remain in full force and effect.

10. Revisions to Privacy Policy

Any information that is collected on this or other of our websites is covered by the Privacy Policy in effect at the time such information is collected. We reserve the right to change or modify this Privacy Policy and any of our Services from time to time, and changes will be effective upon being posted unless we advise otherwise. If we make any material changes to this Privacy Policy, we will notify you of those changes by posting them on this Website or by sending you an email or other notification, and we will update the “Last Revised” date above to indicate when those changes were made.

11. Disclaimer:

By filling out forms on a Spinal Health and Wellness Center, LLC web site you are “Opting In” to receive communications from Spinal Health and Wellness Center, LLC. If you have provided us with your name, phone number, email address, or other personal data or information, you agree, acknowledge, and consent that we may utilize that personal data or information, including send you emails, newsletters, and/or may call you to discuss produce or service offerings. You have the right to opt-out of such communications at any time and can opt-out by sending Spinal Health and Wellness Center, LLC a request by email or in writing to opt-out. In the event of a data breach, Spinal Health and Wellness Center, LLC will make reasonable efforts to notify affected individuals of the data breach within 72 hours.

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