

HELENA ZOFIA NUTRITION

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Helena Zofia Privacy Policy

I value your privacy and am committed to protecting your personal information. This policy explains how I collect, use, and store your data when you visit my website or work with me as a client.

1. Who I Am

Helena Zofia Nutrition is run by Helena Kaczmarska, Associate Registered Nutritionist.

Email: helenazofianutrition@gmail.com

2. What Information I Collect

I may collect and store the following:

- **Contact information:** name, email address, phone number.
- **Health information:** relevant medical history, symptoms, allergies, medications, dietary preferences.
- **Lifestyle information:** activity levels, goals, food diary records.
- **Payment details:** if applicable (processed securely via bank transfer or third-party payment provider — I do not store full card details).
- **Website usage data:** IP address, browser type, and cookies (see section 7).

3. How I Use Your Information

Your information is used to:

- Provide personalised nutrition advice and coaching.
- Maintain records for professional, legal, and insurance purposes.
- Process payments and manage bookings.
- Communicate with you about your service.
- Send relevant resources or updates (with your consent).

I will **never** sell your data to third parties.

4. Legal Basics for Processing

I collect and process your data on the following lawful bases under UK GDPR:

- **Contract** – to provide the service you have requested.
- **Consent** – for collecting sensitive health information.
- **Legal obligation** – to meet insurance and tax requirements.
- **Legitimate interests** – to improve my services and maintain business records.

5. How I Store Your Information

Electronic records are stored securely on password-protected devices and cloud systems.

Paper records (if any) are stored in a locked location.

I retain records for 7 years after your last session, in line with professional and legal requirements, then securely delete or destroy them.

6. Sharing Your Information

Your information may be shared with:

- Healthcare professionals, only with your consent.
- My professional regulator or insurers if required for compliance.
- Legal authorities if required by law.

7. Cookies & Website Data

This website uses cookies to improve your experience. Cookies are small text files placed on your device. You can adjust your browser settings to refuse cookies, but some parts of the site may not work as intended.

8. Your Rights

You have the right to:

- Access the personal data I hold about you.
- Request corrections or updates to your data.
- Request deletion of your data (subject to legal record-keeping requirements).
- Withdraw consent for processing your data.

To exercise these rights, email: helenazofianutrition@gmail.com

Complaints

If you are unhappy with how I handle your data, please contact me directly. You can also complain to the UK Information Commissioner's Office (ICO) at www.ico.org.uk.

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