

Privacy Policy

Privacy policy

Stamina is an AI-based psychologist that helps people overcome their anxiety and stress. At Stamina, we are committed to protecting the privacy and security of our users' personal information. This Privacy Policy explains how we collect, use, and protect your personal information.

Information we collect

We may collect personal information when you use Stamina. This information may include:

- Your name, email address, and other contact information
- Information about your anxiety and stress levels
- Demographic information, such as your age and gender
- Information about your device, such as your IP address and browser type
- Your communication with the app, such as messages, feedback, or reviews.

How we use your information

We use your personal information to provide you with personalized services and to improve Stamina. Specifically, we may use your information to:

- Provide you with personalized feedback and guidance
- Improve Stamina's AI personal algorithms
- Respond to your inquiries or customer service requests
- Communicate with you about Stamina's features, updates, and other news
- Analyze your usage of Stamina to improve the service and your experience
- Conduct research and development to improve our products and services
- Tailor our advertising and marketing efforts to your interests and preferences.

Sharing your information

We do not sell, trade, or rent your personal information to third parties. We may share your personal information in the following circumstances:

- With your consent: We may share your information with third parties if you give us your explicit consent to do so.
- With our service providers: We may share your information with third-party service providers, who help us operate and improve Stamina. These providers may include hosting services, analytics providers, communication services, or payment processors. We only share the necessary information with these providers and require them to maintain the same level of security and confidentiality as we do.
- To comply with applicable laws, regulations, or legal processes: We may share your information to comply with a legal obligation or a court order, or to protect our rights, property, or safety, or that of our users, or any other person.

Security

We take appropriate measures to protect your personal information from unauthorized access, disclosure, or destruction. We use industry-standard security technologies and procedures to safeguard your personal information. Furthermore, we also regularly monitor our systems and infrastructure to detect and prevent security breaches.

Retention

We retain your personal information for as long as necessary to provide you with Stamina's services and to comply with our legal obligations. When we no longer need your personal information, we securely delete or destroy it.

Your rights

You have the right to:

- Correct or update your personal information: You may request that we correct or update any inaccurate or incomplete personal information we hold about you.
- Request that we delete your personal information: You may request that we delete your personal information if it is no longer necessary for the purposes for which we collected it, or if you withdraw your consent and there is no other legal basis for processing it.

- Object to the processing of your personal information: You may object to the processing of your personal information if we are relying on our legitimate interests to process it, and there are compelling reasons why we should stop processing it.
- Request that we restrict the processing of your personal information: You may request that we restrict the processing of your personal information if you contest the accuracy of the information, or if the processing is unlawful, or if we no longer need the information, but you require it for legal purposes.

Cookies and similar technologies

We use cookies and similar technologies to improve your experience with Stamina. Cookies are small text files that are stored on your device when you access our website or app. We use cookies to:

- Remember your preferences and settings
- Analyze your usage of Stamina
- Deliver targeted advertising
- Secure your account and prevent fraud
- Improve our products and services

You can control the use of cookies through your browser settings. However, disabling cookies may limit your ability to use some features of Stamina.

Analytics

We use analytics tools, such as Google Analytics, to collect information about your usage of Stamina. These tools may use cookies or other tracking technologies to collect information about your device, such as your IP address, browser type, and operating system, as well as your usage of Stamina, such as the pages you visit, the features you use, and the time you spend on the app. We use this information to analyze your usage of Stamina, to improve our products and services, and to deliver targeted advertising.

Third-party links

Stamina may contain links to third-party websites or services. These links are provided for your convenience and information only. We are not responsible for the privacy practices or content of these third-party sites. We encourage you to read the privacy policies of these sites before providing any personal information to them.

Children's Privacy

Stamina is not intended for children under the age of 13. We do not knowingly collect personal information from children under the age of 13. If you are a parent or guardian and believe that your child has provided us with personal information, please contact us at support@stamina.chat.

Changes to this privacy policy

We may update this Privacy Policy from time to time. If we make any material changes, we will notify you by email or by posting a notice on Stamina's website. We encourage you to review this Privacy Policy periodically to stay informed about our privacy practices.

Contact us

If you have any questions or concerns about this Privacy Policy or Stamina's privacy practices, please contact us at support@stamina.chat.