

Privacy Policy for YOUB Health App

Effective Date: 15. July 2025

Data Controller: Felix Hermanutz Dr. Greilstraße 11 Top 3.09 4880 St. Georgen im Attergau AT - Austria felix@youb.app

At YOUB, we are committed to protecting your privacy and ensuring the security of your personal data. This Privacy Policy explains how we collect, use, and safeguard your information when you use our health app.

1. Identity and Contact Details of the Data Controller

The data controller for your personal data is Felix Hermanutz, operating as a sole proprietor. If you have any questions or concerns about this Privacy Policy or your personal data, please contact us at:

Felix Hermanutz felix@youb.app

2. Purpose of Data Processing

YOUB processes your personal health data to provide personalized health insights. This includes analyzing metrics such as heart rate, sleep patterns, activity levels, and recovery indicators obtained from third-party wearable platforms.

3. Legal Bases for Processing

We process your personal data based on the following legal grounds:

- **Article 6(1)(a) GDPR:** Your explicit consent to process personal data for the purpose of providing personalized health insights.
- **Article 9(2)(a) GDPR:** Your explicit consent to process special categories of personal data, including health data.

4. Source and Categories of Personal Data

We collect the following categories of personal data from third-party wearable platforms such as Garmin, Whoop, and Suunto:

- Heart rate
- Activity Data
- Sleep patterns
- Activity levels
- Recovery indicators
- Other health-related metrics

5. Use of External Processors

YOUB uses Mistral AI, an AI provider whose servers are located within the EU, to process your personal data and generate personalized insights. Mistral AI acts as a data processor under a GDPR-compliant Data Processing Agreement (DPA), ensuring that your data is processed securely and in compliance with GDPR.

6. Data Retention Periods

We retain your personal data only for as long as necessary to fulfill the purposes for which it was collected, including for the purposes of satisfying any legal, accounting, or reporting requirements. Typically, your data will be retained for as long as you use the app and for a reasonable period afterward in case you decide to use our services again.

7. Data Subject Rights

You have the following rights regarding your personal data:

- **Right of Access:** You can request access to your personal data.
- **Right to Erasure:** You can request the deletion of your personal data.
- **Right to Rectification:** You can request the correction of inaccurate or incomplete data.
- **Right to Object:** You can object to the processing of your personal data.
- **Right to Restrict Processing:** You can request the restriction of processing your personal data.
- **Right to Data Portability:** You can request the transfer of your personal data to another controller.

To exercise any of these rights, please contact us at [Insert Email Address].

8. International Data Transfers

All personal data is securely stored on GDPR-compliant servers located within the EU. We do not transfer your personal data outside the EU.

9. Security Measures and Safeguards

We implement appropriate technical and organizational measures to ensure a level of security appropriate to the risk, including encryption, access controls, and regular security assessments.

10. Right to Lodge a Complaint

If you believe that we have not complied with GDPR, you have the right to lodge a complaint with a supervisory authority, particularly in the Member State of your habitual residence, place of work, or place of the alleged infringement.

11. Contact for Privacy Inquiries

If you have any questions or concerns about this Privacy Policy or your personal data, please contact us at:

Felix Hermanutz felix@youb.app

By using the YOUB app, you consent to the processing of your personal data as described in this Privacy Policy.

This Privacy Policy is designed to be clear and accessible. If there are any terms you do not understand or if you have any further questions, please do not hesitate to contact us.