



## Tactical Health & Wellness Online Privacy Policy

**Effective Date:** Jan 9, 2025

At Tactical Health & Wellness, we are committed to protecting the privacy of our website visitors and clients. This Online Privacy Policy outlines how we collect, use, and safeguard your personal information when you interact with our website.

### Information We Collect<sup>1</sup>

We may collect the following types of information:

- **Personal Information:** This includes information that can be used to identify you, such as your name, email address, phone number, and mailing address. We collect this information when you voluntarily provide it to us through forms on our website (e.g., contact forms, pre-registration forms) or when you communicate with us via email.
- **Non-Personal Information:** We may also collect non-personal information, such as your IP address, browser type, operating system, and website usage data. This information is collected through cookies and other tracking technologies and is used to analyze trends, administer the website, and improve user experience.



## **How We Use Your Information<sup>6</sup>**

We may use your information for the following purposes:

- To provide and improve our services.
- To respond to your inquiries and requests.
- To send you newsletters, updates, and promotional materials.
- To personalize your experience on our website.
- To analyze website traffic and usage patterns.
- To protect against fraud and unauthorized access.

## **Information Sharing**

We do not sell, trade, or rent your personal information to third parties. We may share your information with trusted service providers who assist us with website hosting, email marketing, and other essential functions. These providers are obligated to protect your information and are prohibited from using it for any other purpose.

We may also disclose your information if required by law or legal process.



## **Data Security**

We take reasonable measures to protect your information from unauthorized access, use, or disclosure. However, no method of transmission over the internet or method of electronic storage is completely secure. Therefore, we cannot guarantee absolute security.

## **Your Privacy Choices**

You can opt-out of receiving marketing emails from us by following the unsubscribe instructions in the emails. You can also manage your cookie preferences through your browser settings.

## **Children's Privacy**

Our website is not intended for children under the age of 13. We do not knowingly collect personal information from children.

## **Links to Other Websites**

Our website may contain links to other websites. We are not responsible for the privacy practices of these websites. We encourage you to read the privacy policies of any website you visit.



## **Updates to this Policy**

We may update this Online Privacy Policy from time to time. We will post any changes on our website.

## **Contact Information**

Tactical Health & Wellness welcomes your questions or comments regarding this Online Privacy Policy. If you believe that Tactical Health & Wellness has not adhered to this policy, please contact us at:

Tactical Health & Wellness Center

318 South Battlefield Boulevard A

Email Address: [info@eml.tacticalhealthwellnesscenter.com](mailto:info@eml.tacticalhealthwellnesscenter.com)

Telephone number: (757) 716-8132