

# AI Assistant Privacy Policy

## AuDHD Burnout Recovery AI Assistant

**Effective Date:** January 11, 2026

**Last Updated:** January 11, 2026

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### Our Commitment to Your Privacy

Your privacy and safety are paramount. This policy explains exactly how the AuDHD Burnout Recovery AI Assistant handles information, what data is collected (and what isn't), and how you maintain control over your conversations.

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## 1. What This AI Assistant Is (And Isn't)

**This is:**

- An educational support tool built on OpenAI's ChatGPT platform
- Designed to provide 24/7 access to the AuDHD Burnout Recovery framework
- A conversational interface for information you could otherwise find in the Roadmap PDF

**This is NOT:**

- Medical advice or diagnosis
  - A substitute for professional mental health care
  - HIPAA-covered or considered a health record system
  - Connected to any healthcare, insurance, or disability systems
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## 2. Information You Share

**What Users May Choose to Share:**

- Personal experiences with burnout
- Neurodivergent traits and challenges
- Health-related reflections (POTS, MCAS, hEDS, PMDD, etc.)
- Work, relationship, or identity context
- Questions about recovery strategies

## What the Assistant Does NOT Collect:

- ❌ Your name, address, phone number, or email (unless you voluntarily provide it)
- ❌ Payment information
- ❌ Location data
- ❌ Device information beyond what ChatGPT collects
- ❌ Browsing history
- ❌ External account credentials

**Important:** The AI Assistant does not prompt for or require identifying information to function. Everything you share is voluntary.

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## 3. How Your Information Is Used

### During Your Session:

Your input is used ONLY to:

- Generate real-time, contextual responses
- Provide educational explanations of the burnout framework
- Maintain conversational coherence within that specific session

### The Assistant Does NOT:

- ❌ Store conversations long-term
- ❌ Remember you between sessions
- ❌ Build user profiles
- ❌ Tag or categorize users
- ❌ Use your data for marketing
- ❌ Make decisions about you

**Once you end your session, the AI Assistant cannot recall or reference that conversation.**

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## 4. Creator Access (What Nicole Can and Cannot See)

### Nicole Spartels (creator) CANNOT:

- ❌ See your conversations
- ❌ Access chat logs
- ❌ Identify individual users
- ❌ Track your usage
- ❌ Download or export your data
- ❌ Know who is using the Assistant

**The creator has no visibility into individual conversations or user activity.**

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## 5. OpenAI Platform Data Handling

### What OpenAI May Store:

The ChatGPT platform (owned and operated by OpenAI) may temporarily retain conversations for:

- System performance optimization
- Abuse prevention
- Safety monitoring
- Service improvement

### Important Details:

- This storage is managed entirely by OpenAI, not by Nicole Spartels
- Data retention follows OpenAI's Privacy Policy (available at [openai.com/policies/privacy-policy](https://openai.com/policies/privacy-policy))
- OpenAI does NOT sell user data to third parties

### Training Data & Opting Out:

**By default, OpenAI may use conversations to improve AI models.**

**However, you can opt out of having your conversations used for training purposes:**

#### How to Opt Out:

1. Log into your ChatGPT account at [chat.openai.com](https://chat.openai.com)
2. Click your profile icon (bottom left)
3. Go to **Settings** → **Data Controls**
4. Toggle OFF: "**Improve the model for everyone**"

#### Once disabled:

- Your conversations will NOT be used for AI training
- You'll still have full access to the AI Assistant
- Your privacy is further protected

We strongly recommend adjusting these settings if you have privacy concerns.

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## 6. Third-Party Data Sharing

**There is NO third-party data sharing initiated by this AI Assistant.**

The Assistant does NOT connect to:

- ❌ Email marketing platforms
- ❌ Analytics tools
- ❌ Payment processors
- ❌ CRM systems
- ❌ External APIs
- ❌ Social media platforms

Everything happens within the secure ChatGPT environment.

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## 7. Health & Sensitive Information

While users may discuss sensitive topics including:

- Burnout experiences
- Neurodivergence (autism, ADHD)
- Mental health challenges
- Co-occurring conditions (PMDD, POTS, MCAS, hEDS)

**Please understand:**

- This Assistant does NOT diagnose medical conditions
- It does NOT store health records
- It is NOT HIPAA-covered
- It does NOT transmit data to healthcare systems
- It provides educational information only

**If you're in crisis:**

- Contact a mental health professional immediately
- Call a crisis hotline in your country
- Go to your nearest emergency department

This tool is NOT a replacement for professional care.

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## 8. Security Measures

### OpenAI Platform Security:

- Industry-standard encryption for data in transit and at rest
- Regular security audits and updates
- Compliance with international data protection standards

### Your Responsibility:

- Keep your ChatGPT account credentials secure
  - Log out when using shared devices
  - Review OpenAI's security practices at [openai.com/security](https://openai.com/security)
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## 9. Data Retention & Deletion

### The AI Assistant Itself:

- ❌ Has NO long-term memory
- ❌ Cannot retain information between sessions
- ❌ Does not store conversation history

### OpenAI Platform:

- May retain data according to their Privacy Policy
- You can request deletion of your ChatGPT data by contacting OpenAI support
- See OpenAI's data deletion process: [help.openai.com](https://help.openai.com)

**Nicole Spartels cannot delete your data from OpenAI's systems because she does not have access to it.**

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## 10. Children's Privacy

This AI Assistant is designed for adults (18+) experiencing burnout.

If you are under 18:

- Please use this tool with parental supervision
  - Do not share personal information
  - Seek guidance from trusted adults for health concerns
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## 11. International Users

This AI Assistant is accessible globally. However:

- Data handling is governed by OpenAI's policies
  - OpenAI operates primarily under U.S. data protection laws
  - European users: Review OpenAI's GDPR compliance information
  - By using this tool, you consent to data processing as described in OpenAI's Privacy Policy
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## 12. Changes to This Policy

We may update this Privacy Policy to:

- Reflect changes in OpenAI's platform
- Improve clarity based on user feedback
- Comply with legal requirements

### When we update:

- The "Last Updated" date at the top will change
  - Significant changes will be communicated via email to purchasers
  - You can always access the latest version in your course area
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## 13. Your Rights & Control

### You have the right to:

- Choose what information to share (or share nothing personal at all)
- End conversations at any time
- Opt out of AI training via OpenAI settings
- Request deletion of your OpenAI data (contact OpenAI directly)
- Stop using the Assistant without penalty

**You maintain full control over your privacy.**

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## 14. Questions or Concerns?

### For questions about:

- **This AI Assistant:** Email [nicole@hello.audhdburnoutrecovery.com](mailto:nicole@hello.audhdburnoutrecovery.com)
- **OpenAI's platform:** Visit [help.openai.com](https://help.openai.com) or [privacy@openai.com](mailto:privacy@openai.com)
- **Your ChatGPT account:** Contact OpenAI support directly

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## Summary (TL;DR)

- ✓ The creator (Nicole) **cannot see your conversations**
- ✓ The AI Assistant **does not remember you between sessions**
- ✓ You **control what information you share**
- ✓ OpenAI may store data temporarily—**you can opt out of training**
- ✓ No data is shared with third parties by this Assistant
- ✓ All data handling follows **OpenAI's Privacy Policy**

**Your privacy is protected. You maintain control.**

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**Thank you for trusting this work. If you have questions or feedback about this policy, please reach out.**

With care,  
Nicole Spartels  
nicole@hello.audhdburnoutrecovery.com  
[audhdburnoutrecovery.com](https://audhdburnoutrecovery.com)

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*This policy is specific to the AuDHD Burnout Recovery AI Assistant. For OpenAI's full platform privacy policy, visit: [openai.com/policies/privacy-policy](https://openai.com/policies/privacy-policy)*