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# **eVOLV Strong Privacy Policy: Email & Text Communications**

**Effective Date:** 10/1/2012

**Last Updated:** 8/16/2025

At eVOLV Strong, your privacy is our priority. This Privacy Policy explains how we collect, use, and protect your email and mobile phone information when you subscribe to our services, programs, and promotional communications.

## **Information We Collect**

We collect the following personal information when you subscribe or opt-in to our communications:

- **Email address**
- **Mobile phone number**

This information is collected directly from you through sign-up forms, event registrations, program enrollments, or other interactions with eVOLV Strong.

## **How We Use Your Information**

We use your email and mobile number to:

- Send updates about your fitness programs, schedules, and progress
- Share promotional offers, wellness tips, and exclusive event invitations
- Provide customer support and respond to inquiries
- Deliver personalized content based on your preferences and engagement

We do **not** sell, rent, or share your information with third parties for their marketing purposes.

## **Consent & Opt-Out**

By providing your email and mobile number, you consent to receive communications from eVOLV Strong. You may opt out at any time by:

- Clicking the “unsubscribe” link in any email
- Replying “STOP” to any promotional text message
- Contacting us directly at [info@evolvstrong.com](mailto:info@evolvstrong.com)

Opting out will not affect your access to core services, but may limit promotional updates.

## **Data Protection & Security**

We implement industry-standard safeguards to protect your information, including:

- Secure data storage and encryption
- Access controls and authentication protocols
- Regular audits and compliance checks

Only authorized personnel have access to your data, and they are trained in confidentiality and data protection practices.

## **Your Rights**

You have the right to:

- Request access to your personal information
- Correct or update inaccurate data
- Request deletion of your information (subject to service obligations)

To exercise these rights, contact us at [info@evolvstrong.com](mailto:info@evolvstrong.com)

## **Third-Party Services**

We may use trusted third-party platforms to manage email and SMS communications. These providers are contractually obligated to protect your data and comply with applicable privacy laws.

## **Compliance**

This policy complies with applicable U.S. privacy laws, including the CAN-SPAM Act and the Telephone Consumer Protection Act (TCPA). We also strive to meet best practices for transparency and user control.