

## **Privacy Policy**

Updated November 15, 2021.

This Privacy Policy outlines how [www.thegeriatricdietitian.com](http://www.thegeriatricdietitian.com) collects, retains, processes, shares, transfers, and protects your data when you visit our site or use our services. This Privacy Policy is referenced in our Terms of Service, and are subject to these Terms. Please read this Privacy Policy before you use the Website. By using the Website or clicking “Agree” to the Terms & Services when presented to you, you agree and are bound to these Terms and this Privacy Policy.

### **Who we are**

The Mental Wellness Dietitian is a blog managed by a Registered Dietitian Nutritionist. Our website address is: <http://www.angelalagonutrition.com>

### **What personal data we collect and why we collect it**

When visitors interact with our website and services we collect personal and non-personal information. Personal information is provided voluntarily and may include name and email for the purpose of opting-in for a free download and to participate in our email marketing. If you choose to send an email, the information you disclose is saved on our email server. We use personal information to send emails and for customer service. Non-personal information is anonymous and cannot be linked to anyone and is only used to analyze data in an aggregate manner. It may include IP address, type of device website was accessed on, city the website was accessed from, the type of browser used, the way you navigated our Website, & any pages or posts you viewed or interacted with. We use non-personal information to analyze traffic and may share with third-party advertisers who wish to advertise on our website. This information helps us better understand our market and better serve you. Again, non-personal information cannot be linked back to you.

### **Comments**

When visitors leave comments on the site we collect the data shown in the comments form, and also the visitor’s IP address and browser user agent string to help with spam detection.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://automattic.com/privacy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

## **Media**

If you upload images to the website, you should avoid uploading images with embedded location data (EXIF GPS) included. Visitors to the website can download and extract any location data from images on the website.

## **Contact forms**

The Mental Wellness Dietitian does not use contact forms.

## **Cookies**

If you leave a comment on our site you may opt-in to saving your name, email address and website in cookies. These are for your convenience so that you do not have to fill in your details again when you leave another comment. These cookies will last for one year.

If you visit our login page, we will set a temporary cookie to determine if your browser accepts cookies. This cookie contains no personal data and is discarded when you close your browser.

When you log in, we will also set up several cookies to save your login information and your screen display choices. Login cookies last for two days, and screen options cookies last for a year. If you select “Remember Me”, your login will persist for two weeks. If you log out of your account, the login cookies will be removed.

If you edit or publish an article, an additional cookie will be saved in your browser. This cookie includes no personal data and simply indicates the post ID of the article you just edited. It expires after 1 day.

## **Email**

Personal information (name, email address, IP address) provided when signing up for the email list or requesting a free download is stored by the email provider used by [www.thegeriatricdietitian.com](http://www.thegeriatricdietitian.com).

If you are outside of the European Union and have opted to receive any of our free or paid products, services, downloads, webinars, trainings, or live events, you will be automatically enrolled in our free email list. If you are within the European Union and have opted to receive any of our free or paid products, services, downloads, webinars, trainings, or live events, you will only be enrolled in our free email list if you have affirmatively requested to be added.

If you would like to un-enroll from emails you are subscribed to, all emails contain an unsubscribe link at the bottom, by which you can unsubscribe yourself. If you would like your

email address and personal information to be permanently deleted from the database, please send an email to [angela@angelalagonutrition.com](mailto:angela@angelalagonutrition.com) with your request.

### **Embedded content and links from other websites**

Articles on this site may include embedded content (e.g. videos, images, articles, etc.) and links from other websites. Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website. These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracking your interaction with the embedded content if you have an account and are logged in to that website. When accessing links, once you leave this website it is your responsibility to review the privacy policy of that site.

### **Analytics**

This website uses cookies through Google Analytics to determine what pages and posts are being viewed, where traffic comes from, bounce rate, time on site, etc. This data is anonymous and is used to improve the user experience.

### **Who we share your data with**

We do not use or share your personal information to send you spam or unrelated offers.

We may transfer your information due to any reorganization, restructuring, merger, sale, or other transfer of assets. We reserve the right to transfer our information, including your personal information, provided that the receiving party agrees to respect your personal information in a manner that is consistent with our Privacy Policy.

On certain occasions, we may need to share your personal information in accordance with legal obligations.

### **How long we retain your data**

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

For users that register on our website (if any), we also store the personal information they provide in their user profile. All users can see, edit, or delete their personal information at any time (except they cannot change their username). Website administrators can also see and edit that information.

## **What rights you have over your data**

If you have an account on this site, or have left comments, you can request to receive an exported file of the personal data we hold about you, including any data you have provided to us. You can also request that we erase any personal data we hold about you. This does not include any data we are obliged to keep for administrative, legal, or security purposes. If you notice that any information we have on file is incorrect, you have the right to ask for it to be corrected as soon as possible. You also have the right to lodge a complaint with a supervisory authority at any time.

## **How we protect your data**

We use reasonable technical and administrative measures to protect your personal information against theft, loss, and unauthorized access, including the use of an SSL (Secure Sockets Layer) security certificate and only working with reputable third-party companies. Although we always do our best, no system is 100% secure, and therefore, we cannot guarantee the security of your personal information and cannot assume liability for improper access to it.

## **What data breach procedures we have in place**

If a data breach ever occurs, we will notify you via email as soon as possible. You will be informed of what information may have been compromised, how we corrected the breach, and how to protect yourself moving forward.

## **What third parties we receive data from**

If you make a purchase through any of the programs we are affiliates for, we will receive an email notification of the sale, which may include personal information about you, such as your name or email address. We keep this information private and will not share it with anyone.

## **Children under the age of 13**

This Website is not designed for children under the age of 13. Anyone under the age of 13 may not create an account or provide any information on this Website. We do not intentionally collect any personal information from children under the age of 13. If you are reading this and are under the age of 13, you must not use or provide any information on this website, including signing up for information, making purchases, or leaving comments.

If we ever collect or receive information from children under the age of 13 without the consent of their parents, we will delete that information as soon as possible. If you believe that we have collected information from a child under the age of 13, please contact us at [thegeriatricdietitian.com](mailto:thegeriatricdietitian.com).

## **Contact information**

For any privacy-specific concerns, please email [angela@angelalagonutrition.com](mailto:angela@angelalagonutrition.com).

## **Disclaimer**

The contents (including text, images, links, resources, and blog posts) of The Mental Wellness Dietitian are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this site. Reliance on any information provided by this site is solely at your own risk.