

Privacy Policy | Last Updated: June 2026

R.E.A.L Health (“R.E.A.L Health,” “we,” “our,” or “us”) respects your privacy and is committed to protecting the personal information you share through this website and related services.

This Privacy Policy explains how information may be collected, used, and protected when you visit this website, submit forms, schedule services, or communicate with R.E.A.L Health.

Information We May Collect

We may collect personal information that you voluntarily provide, including:

- Name
- Email address
- Phone number
- Health and wellness information shared through forms or communication
- Information submitted through scheduling or contact forms

We may also collect limited technical information automatically through website analytics and cookies, including:

- IP address
- Browser type
- Device information
- Pages visited on the website

How Your Information Is Used

Information collected may be used to:

- Respond to inquiries
- Communicate regarding coaching services or programs
- Provide educational resources or updates
- Improve website functionality and user experience
- Maintain internal records

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

Third-Party Services

This website may use trusted third-party platforms and tools including, but not limited to:

- Wix
- Scheduling platforms
- Email communication services

- Analytics tools

These third-party providers may collect or process information in accordance with their own privacy policies.

Cookies & Analytics

This website may use cookies and analytics tools to improve website performance and understand visitor behavior.

You may choose to disable cookies through your browser settings, although some website features may not function properly.

Data Protection

R.E.A.L Health makes reasonable efforts to protect personal information shared through this website and related communication platforms.

However, no method of electronic transmission or storage can be guaranteed to be completely secure.

Health Information Disclaimer

Any health-related information shared with R.E.A.L Health is used for educational and wellness coaching purposes only.

R.E.A.L Health is not a covered entity under HIPAA, and information shared through this website or coaching services is not protected under doctor-patient confidentiality laws.

External Links

This website may contain links to external websites or resources. R.E.A.L Health is not responsible for the privacy practices or content of third-party websites.

Changes to This Policy

R.E.A.L Health reserves the right to update or modify this Privacy Policy at any time. Changes will be reflected by the updated effective date listed above.

Contact

If you have questions regarding this Privacy Policy, please contact:

Email: realhealthcoach@outlook.com