



WHERE LIFESTYLE MEETS MEDICAL SCIENCE

ARXINY PRIVACY POLICY

Effective Date: 15/07/2025

Last Updated: 15/07/2025

1. Who We Are

Arxiny is a health and lifestyle platform providing evidence-based insights and personalized lifestyle guidance.

We are committed to protecting your personal data and respecting your privacy in accordance with the General Data Protection Regulation (GDPR) (EU 2016/679).

Data Controller:

Carolien De Graeve

evidencemeetseveryday@gmail.com

2. What Data We Collect

We may collect the following types of personal data:

Personal Identification Information

- Name
- Age
- Gender
- Email address

Health Information (Special Category Data)

- Medical history and diagnoses
- Current medication and symptoms

- Lifestyle information (sleep, activity, stress, etc.)
- Food intake logs or dietary preferences
- Lab test results (only if provided by the user)

Technical & Usage Data

- Device type, browser, IP address
 - Pages visited, time on site
 - Cookies (see Section 8)
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3. How and Why We Use Your Data

We process your data to:

- Provide personalized lifestyle advice and medical insights
- Analyze patterns and improve our services
- Communicate with you (e.g., onboarding, newsletters, reminders)
- Maintain platform security and prevent misuse
- Comply with legal obligations

We only process your sensitive health data with your **explicit consent**, as required by Article 9 of the GDPR.

4. Lawful Basis for Processing

We process your data based on:

- **Consent** (Art. 6.1.a / 9.2.a): You provide clear consent for us to process your health and lifestyle data.
 - **Legitimate interest** (Art. 6.1.f): For service improvement and analytics, where it does not override your rights.
 - **Legal obligation** (Art. 6.1.c): Where required by law (e.g. bookkeeping, complaints).
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5. Data Retention

We retain your data only as long as necessary to fulfill the purposes outlined in this policy.

You may request deletion of your data at any time by contacting us at evidencemeetseveryday@gmail.com.

Default retention period: **2 years** after last interaction, unless legally required to retain longer.

6. Your Rights Under GDPR

You have the right to:

- Access your data
- Rectify inaccurate data
- Request erasure (“right to be forgotten”)
- Restrict or object to processing
- Withdraw consent at any time
- Data portability

To exercise any of these rights, please contact us at evidencemeetseveryday@gmail.com.

7. Data Security

We take appropriate technical and organizational measures to protect your data from unauthorized access, alteration, or disclosure. This includes:

- Encrypted storage
 - Secure login procedures
 - Access limited to certified professionals only
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8. Cookies and Tracking

We use cookies to improve user experience and analyze traffic.

You will be prompted to accept or decline cookies upon visiting our site.

You can also manage your preferences in your browser settings.

9. Sharing of Your Data

We do **not** sell your data.

We may share your data with:

- Medical or lifestyle experts working under confidentiality
- Service providers (e.g., hosting, analytics) under data processing agreements
- Legal authorities if required by law

All third parties are GDPR-compliant.

10. International Transfers

If your data is processed outside the EU, we ensure adequate safeguards, such as:

- EU-approved Standard Contractual Clauses
 - Processing in countries with EU adequacy decisions
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11. Contact & Complaints

If you have questions about your data or this policy, contact us at:

evidencemeetseveryday@gmail.com

If you feel your rights have not been respected, you can file a complaint with your national Data Protection Authority.

12. Updates to This Policy

We may update this Privacy Policy to reflect legal or operational changes.

The latest version is always available on our website.

Significant changes will be communicated via email or in-app notice.

Arxiny

www.arxiny.com

info@arxiny.com