

Welcome to Upstream Wellness Coaching LLC

Our Privacy Policy -- Your privacy is critically important to us!

It is Upstream Wellness Coaching LLC's policy to respect your privacy regarding any information we may collect while you view our site. This Privacy Policy applies to upstreamwellnesscoaching.com (hereinafter, "us", "we", or "Website"). We respect your privacy and are committed to protecting personally identifiable information you may provide us through the Website. We have adopted this privacy policy ("Privacy Policy") to explain what information may be collected on our Website, how we use this information, and under what circumstances we may disclose the information to third parties. This Privacy Policy applies only to information we collect through the Website and does not apply to our collection of information from other sources.

This Privacy Policy, together with the Terms and Conditions posted on our Website, set forth the general rules and policies governing your use of our Website. Depending on your activities when visiting our Website, you may be required to agree to additional terms and conditions. Your use of the Website implies agreement with the Terms and Conditions and Privacy Policy contained herein.

Website Visitors

Like most website operators, Upstream Wellness Coaching LLC collects non-personally-identifying information of the sort that web browsers and servers typically make available, such as the browser type, language preference, referring site, and the date and time of each visitor request. Upstream Wellness Coaching LLC's purpose in collecting non-personally identifying information is to better understand how Upstream Wellness Coaching LLC's visitors use its website. From time to time, Upstream Wellness Coaching LLC may release non-personally-identifying information in the aggregate, e.g., by publishing a report on trends in the usage of its website.

Upstream Wellness Coaching LLC also collects potentially personally-identifying information like Internet Protocol (IP) addresses for logged in users and for users leaving comments on Website blog posts. Upstream Wellness Coaching LLC only discloses logged in user and commenter IP addresses under the same circumstances that it uses and discloses personally-identifying information as described below.

Gathering of Personally-Identifying Information

Certain visitors to Upstream Wellness Coaching LLC's websites choose to interact with Upstream Wellness Coaching LLC in ways that require us to gather personally-identifying information. The amount and type of information that Upstream Wellness Coaching LLC gathers depends on the nature of the interaction. For example, we ask visitors who sign up for a blog or newsletter at our Website to provide a username and email address.

Protection of Certain Personally-Identifying Information

Upstream Wellness Coaching LLC discloses potentially personally-identifying and personally-identifying information only to those of its employees, contractors and affiliated organizations that (i) need to know that information in order to process it on Upstream Wellness Coaching LLC's behalf or to provide services available at Upstream Wellness Coaching LLC's website, and (ii) that have agreed not to disclose it to others. Some of those employees, contractors and affiliated organizations may be located

outside of your home country; by using Upstream Wellness Coaching LLC's website, you consent to the transfer of such information to them.

Upstream Wellness Coaching LLC will not rent or sell potentially personally-identifying and personally-identifying information to anyone. Other than to its employees, contractors and affiliated organizations, as described above, Upstream Wellness Coaching LLC discloses potentially personally-identifying and personally-identifying information only in response to a subpoena, court order or other governmental request, or when Upstream Wellness Coaching LLC believes in good faith that disclosure is reasonably necessary to protect the property or rights of Upstream Wellness Coaching LLC, third parties or the public at large.

If you are a registered user of Upstream Wellness Coaching LLC's services and have supplied your email address, Upstream Wellness Coaching LLC may occasionally send you an email to tell you about new features, solicit your feedback, or just keep you up to date with what's going on with Upstream Wellness Coaching LLC and our services. We primarily use our newsletter to communicate this type of information, so we expect to keep this type of email to a minimum. If you send us a request (for example via a support email or via one of our feedback mechanisms), we reserve the right to publish it in order to help us clarify or respond to your request or to help us support other users.

Upstream Wellness Coaching LLC takes all measures reasonably necessary to protect against the unauthorized access, use, alteration or destruction of potentially personally-identifying and personally-identifying information.

Cookies

To enrich and perfect your online experience, Upstream Wellness Coaching LLC uses "Cookies", similar technologies and services provided by others to display personalized content, appropriate advertising and store your preferences on your computer.

A cookie is a string of information that a website stores on a visitor's computer, and that the visitor's browser provides to the website each time the visitor returns. Upstream Wellness Coaching LLC uses cookies to help Upstream Wellness Coaching LLC identify and track visitors, their usage of our Website, and their website access preferences. Upstream Wellness Coaching LLC visitors who do not wish to have cookies placed on their computers should set their browsers to refuse cookies before using Upstream Wellness Coaching LLC's websites, with the drawback that certain features of Upstream Wellness Coaching LLC's website may not function properly without the aid of cookies.

By continuing to navigate our website without changing your cookie settings, you hereby acknowledge and agree to Upstream Wellness Coaching LLC's use of cookies.

Security

The security of your Personal Information is important to us; however, keep in mind that no method of transmission over the Internet, or method of electronic storage is 100% secure. While we strive to use commercially acceptable means to protect your Personal Information, we cannot guarantee its absolute security. The submission of Personal Information on our Website is performed at your own risk.

Other Websites and Links to External Sites

This Privacy Policy covers the use of cookies by Upstream Wellness Coaching LLC and does not cover the use of cookies by any other website. Our Website may contain links to external sites that are not operated by us. If you click on a third party link, you will be directed to that third party's site. We strongly advise you to review the Privacy Policy and terms and conditions of every site you visit. We have no control over, and assume no responsibility for the content, privacy policies or practices of any third party sites, products or services.

Sharing Information with Trusted Third Parties

We may share your information with trusted third parties such as a newsletter provider to contact you via email, our merchant accounts to process payments, and Google / social media accounts to run advertisements and with any affiliates.

Viewing by Others

Note that whenever you voluntarily make your Personal Data available for viewing by others online through this Website or its content, it may be seen, collected and used by others, and therefore, we cannot be responsible for any unauthorized or improper use of the information that you voluntarily share (i.e., sharing a comment on a blog post, posting in a Facebook group that we manage, sharing details on a group coaching call, etc.).

Submission, Storage, Sharing and Transferring of Personal Data

Personal Data that you provide to us is stored internally or through a data management system. Your Personal Data will only be accessed by those who help to obtain, manage or store that information, or who have a legitimate need to know such Personal Data (i.e., our hosting provider, newsletter provider, payment processors or team members).

E-commerce

Those who engage in transactions with Upstream Wellness Coaching LLC by purchasing Upstream Wellness Coaching LLC's services or products, are asked to provide additional information, including as necessary the personal and financial information required to process those transactions. In each case, Upstream Wellness Coaching LLC collects such information only insofar as is necessary or appropriate to fulfill the purpose of the visitor's interaction with Upstream Wellness Coaching LLC. Upstream Wellness Coaching LLC does not disclose personally-identifying information other than as described below. And visitors can always refuse to supply personally-identifying information, with the caveat that it may prevent them from engaging in certain website-related activities.

Confidentiality

We aim to keep the Personal Data that you share with us confidential. Please note that we may disclose such information if required to do so by law or in the good-faith belief that: (1) such action is necessary to protect and defend our rights or property or those of our users or licensees, (2) to act as immediately necessary in order to protect the personal safety or rights of our users or the public, or (3) to investigate or respond to any real or perceived violation of this Privacy Policy or of our Disclaimer, Terms and Conditions, or any other terms of use or agreement with us.

Passwords

To use certain features of the Website or its content, you may need a username and password. You are responsible for maintaining the confidentiality of the username and password, and you are responsible for all activities, whether by you or by others, that occur under your username or password and within your account. We cannot and will not be liable for any loss or damage arising from your failure to protect your username, password or account information. If you share your username or password with others, they may be able to obtain access to your Personal Data at your own risk.

Anti-Spam Policy

We have a no spam policy and provide you with the ability to opt-out of our communications by selecting the unsubscribe link at the footer of all newsletter emails. We will not sell, rent or share your email address.

Aggregated Statistics

Upstream Wellness Coaching LLC may collect statistics about the behavior of visitors to its website. We may display this information publicly or provide it to others. However, Upstream Wellness Coaching LLC does not disclose your personally-identifying information.

Affiliate Disclosure

Upstream Wellness Coaching LLC holds to the highest standards of transparency in conducting business. This site may use affiliate links and if so, does earn a commission from certain links. Full disclosure of affiliation will be made on the page containing an affiliate link. This does not in any way negatively affect your purchases or the price you may pay for the service or product at the affiliate site.

Business Transfers

In the event of an assignment, sale, joint venture, or other transfer of some or all our assets, you agree we can assign, sell, license or transfer any information that you have provided to us. Please note, however, that any purchasing party is prohibited from using the personal data and information submitted to us in a manner that is materially inconsistent with this Privacy Policy without your prior consent.

Privacy Policy Changes

Although most changes are likely to be minor, Upstream Wellness Coaching LLC may change its Privacy Policy from time to time at our sole discretion. Upstream Wellness Coaching LLC encourages visitors to frequently check this page for any changes to its Privacy Policy. Your continued use of this site after any change in this Privacy Policy will constitute your acceptance of any such change(s).