

# Privacy Policy for RealU

*Effective Date: March 3, 2025*

Welcome to RealU, a meditation and breathing app designed to help users achieve mindfulness and harmony through ancient Indian knowledge proven by years of practice. This Privacy Policy outlines how we collect, use, and protect your personal information when you use our application.

## 1. Information We Collect

- **Personal Information:** When you create an account, we may collect your name and email address.
- **Usage Data:** We gather information about your interactions with the app, including session durations, features accessed, and device information.
- **Health Data (if applicable):** If you choose to log breathing exercises or mindfulness progress, this data is securely stored and not shared with third parties.
- **Cookies and Similar Technologies:** We utilize cookies and similar technologies to collect information about your usage of the app to enhance our services.

## 2. How We Use Your Information

- To provide, personalize, and improve our services.
- To communicate with you, including sending updates and promotional offers (with your consent).
- To comply with legal obligations and enforce our terms.
- To analyze usage patterns to enhance user experience.

## 3. Data Sharing and Security

- We do not sell or rent your data to third parties.
- Your data is encrypted and securely stored.
- We may share data with service providers essential for app functionality (e.g., cloud storage providers).
- We implement measures to protect your personal information from unauthorized access, use, or disclosure.

## 4. Your Rights

- You may request access to, correction, or deletion of your data at any time.

- You can opt out of marketing communications.

## **5. Third-Party Links**

Our app may contain links to third-party websites or services. We are not responsible for the privacy practices of these external sites and encourage you to review their privacy policies.

## **6. Minor's Privacy**

Our services are not intended for persons under the age of majority. We do not knowingly collect personal information from people under the specified age.

## **7. Changes to This Privacy Policy**

We reserve the right to modify this Privacy Policy at any time without prior user consent. The updated Privacy Policy will take effect immediately upon posting on our website, unless stated otherwise. We encourage you to review this page periodically to stay informed about any changes.

## **8. Governing Law**

This Privacy Policy is governed by and construed in accordance with the laws of the United Arab Emirates (UAE).

## **9. Contact Information**

For any privacy-related concerns, please contact us at [info@meditolife.com](mailto:info@meditolife.com).