



Privacy Policy

Effective Date: August 31, 2026

1. Introduction

Welcome to MINDfulness HEALth APRN-CNP, PLLC ("we," "our," "us"). We are committed to protecting your privacy and ensuring that your personal information is handled in a safe and responsible manner. This Privacy Policy explains how we collect, use, disclose, and protect information when you visit our website, www.mindfulnesshealthaprn.com (the "Site").

2. Information We Collect

We may collect the following types of information:

- **Personal Information:** When you register on our Site, subscribe to communications, or contact us, we may collect personal information such as your name, email address, phone number, and other details you choose to provide.
- **Usage Data:** We may collect information about your interaction with our Site, including IP addresses, browser types, pages visited, time spent on pages, and other usage statistics.
- **Cookies and Tracking Technologies:** We may use cookies and similar technologies to enhance your browsing experience, analyze site traffic, and understand how visitors interact with our Site. You can manage cookie preferences through your browser settings.

3. How We Use Your Information

We use the information we collect for various purposes, including:

- To provide and maintain our Site.
- To improve and personalize your experience.
- To communicate with you, including sending updates or other communications when applicable; you may opt out of promotional communications.
- To analyze usage patterns and trends to improve our Site.
- To comply with legal obligations and protect our rights.

4. How We Share Your Information

We may share your information in the following situations:

- **With Service Providers:** We may share information with third-party service providers who assist us in operating our Site and conducting our business, such as website, payment, or communications service providers. These parties are expected to protect information and use it only for the purposes for which it was shared.
- **For Legal Reasons:** We may disclose information when required by law or when reasonably necessary to protect our rights, privacy, safety, or property, or that of others.

- **Business Transfers:** In the event of a merger, acquisition, or other business reorganization, information may be transferred as part of that transaction.

5. Privacy of Phone Numbers

Mobile information and phone numbers will not be shared, sold, or conveyed to third parties for marketing or promotional purposes.

6. Data Security

We implement appropriate security measures designed to protect information from unauthorized access, alteration, disclosure, or destruction. However, no method of transmission over the internet or electronic storage is completely secure, and we cannot guarantee absolute security.

7. Your Rights

Depending on your location and applicable law, you may have certain rights regarding your personal information, including:

- **Access:** You may request access to personal information we hold about you.
- **Correction:** You may request correction or updating of inaccurate or incomplete information.
- **Deletion:** You may request deletion of personal information under certain circumstances.
- **Opt-Out:** You may opt out of receiving promotional communications from us.

To exercise applicable privacy rights or ask a privacy-related question, please contact MINDfulness HEALth APRN-CNP, PLLC using the contact information below or through the contact options provided at www.mindfulnesshealthaprn.com.

8. Third-Party Links

Our Site may contain links to third-party websites that are not operated by us. We are not responsible for the privacy practices or content of those third-party sites. We encourage you to review the privacy policies of any third-party websites you visit.

9. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Changes will be posted on this page with an updated effective date. We encourage you to review this Privacy Policy periodically to stay informed about how we protect information.

10. Contact Us

If you have questions or concerns about this Privacy Policy or our website data practices, please contact us at:

MINDfulness HEALth APRN-CNP, PLLC

Oregon practice location: 11740 SW 68th Parkway, Suite 200

Portland, OR 97223

Phone: (425) 608-0224

Website: www.mindfulnesshealthaprn.com

This website Privacy Policy addresses website data practices and is not a substitute for any separate Notice of Privacy Practices applicable to protected health information.