

Privacy Policy

Harmony – Everyday Help · Effective October 9, 2026

Harmony – Everyday Help is owned and operated by **Avantlights LLC, a Florida limited liability company** (“Avantlights,” “Harmony,” “we,” “us”). This Privacy Policy explains what we collect when you use the Harmony – Everyday Help app (the “App”), how we use and share it, how long we keep it, and the choices and rights you have. Avantlights LLC is the data controller for this information. Questions: **support@try-harmony.app**.

1. Summary

- We collect the account and body details you enter, your lesson activity, and, only if you connect it, health and fitness data from Apple Health or a service such as Fitbit or WHOOP.
- We use this to run the App, personalize your lessons, track your progress, process subscriptions and provide support.
- **We never use health, fitness or body data for advertising, and we never sell personal data.**
- Advertising measurement (Meta) receives only app-event and device data, and only with your permission under App Tracking Transparency.
- You can delete your account and data from inside the App at any time.

2. Who this applies to

The App is for adults 18 and over. We do not knowingly collect personal data from anyone under 18. If you believe a minor has provided data, contact us and we will delete it.

3. What we collect

Category	Examples	How we get it
Account identifiers	Name, email address, password (hashed), Apple or social-login identifier	You provide it at sign-up
Body and profile data	Age, height, weight	You provide it; weight may update from a connected health app
Health and fitness data (only if you connect a health app)	Steps, workouts, active energy / calories burned, heart rate, sleep, weight, and other types you authorize	Apple Health (HealthKit) or the third-party service you choose, e.g. Fitbit, WHOOP
Activity and progress	Lessons started and completed, streaks, workout logs, time in app, settings	Generated as you use the App
Purchase data	Subscription status, product purchased, renewal dates, transaction IDs (never full card numbers)	Apple and RevenueCat
Device and usage data	Device model, OS version, app version, language, IP address, crash logs, advertising identifier (IDFA, with permission)	Collected automatically
Marketing data	Email engagement (opens, clicks), referral codes used	Klaviyo (when email marketing is live) and the App
Support data	Messages you send us and your contact details	You provide it

We do not collect location, contacts, photos, microphone or camera data.

4. Health data: special rules

Connecting Apple Health or another fitness service is optional. If you connect, the App reads only the data types you approve in the permission screen, and you can revoke access at any time in iOS Settings → Health → Data Access & Devices, or in the third-party service. We use health and fitness data solely to personalize lessons, estimate calories and

effort, and show your progress. **We do not use health or fitness data for advertising, marketing, or data mining, do not share it with Meta or any advertising partner, and do not store Apple Health data in iCloud.** Data obtained from HealthKit is used only as permitted by Apple’s HealthKit terms. Weight and height you enter manually are treated with the same protections.

5. How we use personal data

Purpose	Data used	Legal basis (GDPR/UK)
Create and secure your account	Account identifiers	Contract
Deliver and personalize lessons, track streaks and progress	Body data, health and fitness data, activity	Contract; explicit consent for health data
Process subscriptions and purchases	Purchase data	Contract
Provide support and respond to requests	Support data, account identifiers	Contract, legitimate interest
Send service notices (receipts, security, policy changes)	Email	Contract, legal obligation
Send marketing emails and promotional notifications	Email, engagement data	Consent (opt out any time)
Measure and improve advertising	Device data, app events (install, trial start, purchase) — never health data	Consent via App Tracking Transparency; legitimate interest where tracking is off
Fix bugs and improve the App	Device and usage data	Legitimate interest
Run the referral program	Referral codes, account identifiers	Contract
Comply with law and prevent fraud	Any relevant data	Legal obligation, legitimate interest

We do not use personal data for automated decisions that have legal or similarly significant effects on you.

6. Who we share data with

We share personal data only with the service providers below, which are contractually required to protect it at least as strictly as this policy and Apple’s guidelines require, and to use it only to provide services to us.

Recipient	Role	Data shared	Location
Supabase	Database, authentication and hosting for all App data	All categories in Section 3	United States
Apple	App Store billing, Sign in with Apple, HealthKit	Purchase data; Apple ID token	United States / global
RevenueCat	Subscription management and receipt validation	Purchase data, app user ID, device data	United States
Meta Platforms (Facebook SDK and Conversions API)	Advertising measurement and attribution	App events (install, trial start, purchase, value), IDFA if permitted, hashed email, IP, device data — never health, body or activity data	United States / global
Klaviyo	Email marketing (once active)	Name, email, subscription status, engagement	United States
Fitbit (Google), WHOOP, or other health service you choose	Source of fitness data you connect	Data flows to us from them, under your authorization	Per service
AI content vendors	Generate lesson videos and images	No user personal data	Not applicable

We also disclose data when required by law, to protect rights and safety, or to a successor in a merger or acquisition (with notice to you). **We do not sell personal data and do not share it for cross-context behavioral advertising except as described for Meta, which you can refuse.** Where sharing with Meta counts as a “sale” or “share” under California law, the App Tracking Transparency prompt and the Settings → Privacy toggle are how you opt out.

7. Tracking and your choices

- **App Tracking Transparency.** When first asked, you can choose “Ask App Not to Track.” If you do, we do not share your IDFA with Meta and limit event data to non-identifying measurement.
- **Notifications.** Promotional push notifications are off until you opt in, and you can turn them off in Settings or iOS.
- **Marketing email.** Every marketing email has an unsubscribe link; service emails continue while you have an account.
- **Health connections.** Disconnect in the App or in iOS Health settings at any time.

8. Data retention

Data	Kept for
Account, profile, activity, health and fitness data	While your account is active; deleted within 30 days after you delete your account
Purchase records	7 years after the transaction, for tax and accounting law
Marketing data	Until you unsubscribe, then suppressed; deleted within 30 days of account deletion
Support messages	2 years after the ticket closes
Crash and usage logs	90 days, then aggregated
Backups	Rolling backups are overwritten within 30 days

9. Deleting your account and your rights

Delete in the App: Settings → Account → Delete Account. This permanently removes your account, profile, body data, health data and activity from our systems within 30 days, except records we must keep by law. Deleting the App alone does not delete your account, and deleting your account does not cancel an Apple subscription; cancel that in iOS Settings.

Depending on where you live (including the EU, UK, California, Virginia, Colorado, Connecticut and other US states) you may have the right to access, correct, delete or export your personal data, to withdraw consent, to object to or restrict processing, to opt out of targeted advertising or “sale,” and not to be discriminated against for exercising these rights. Email support@try-harmony.app with the subject “Privacy request.” We will verify your identity through your account email and respond within 30 days (45 days where the law allows). If we deny a request, you may appeal by replying to our response. EU and UK residents may also complain to their local data-protection authority.

10. International transfers

Avantlights LLC is based in Florida, United States, and our providers store data in the United States. If you use the App from the EU, UK or Switzerland, your data is transferred to the US under Standard Contractual Clauses or the EU-US Data Privacy Framework where our providers are certified. Contact us for a copy of the safeguards.

11. Security

Data is encrypted in transit (TLS) and at rest. Passwords are stored hashed. Access to production data is limited to personnel who need it. No system is perfectly secure; if a breach affects your data we will notify you and regulators as the law requires.

12. California notice

In the past 12 months we collected the categories in Section 3 for the purposes in Section 5 and disclosed them to the providers in Section 6. We do not sell personal data for money. Sharing with Meta for advertising measurement may be “sharing” under the CPRA; opt out via App Tracking Transparency or Settings → Privacy. We do not knowingly share

data of consumers under 16. You may designate an authorized agent to make requests on your behalf.

13. Changes to this policy

We will post changes here with a new effective date and, for material changes, notify you in the App or by email before they take effect.

14. Contact

Avantlights LLC

45 SW 9th Street, Apt 4903, Miami, FL 33131, United States

Email: **support@try-harmony.app**