

Terms of Use

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,” or “our”). These Terms of Use (“Terms”) are a legal agreement between you and Avantlights LLC governing your use of the Harmony – Everyday Help mobile application, its content, and related services (together, the “App”). By creating an account or using the App you agree to these Terms and to our Privacy Policy at <https://try-harmony.app/privacypolicy>. If you do not agree, do not use the App.

1. Eligibility

You must be at least 18 years old to use the App. By using the App you represent that you are 18 or older and able to enter a binding contract. We do not knowingly allow anyone under 18 to create an account. If we learn a user is under 18 we will close the account and delete its data.

2. Your account

An account is required to use the App. You may register with an email address and password, Sign in with Apple, or a supported social login. You agree to give accurate information (including name, email, age, height and weight), keep it current, keep your password confidential, and tell us promptly at support@try-harmony.app if you suspect unauthorized use. You are responsible for all activity under your account. You may delete your account at any time from Settings → Account → Delete Account in the App; see the Privacy Policy for what happens to your data.

3. Not medical advice

The App provides general exercise and wellness lessons, including walking, yoga, breathing and mobility routines. **The App is not a medical device and does not provide medical advice, diagnosis or treatment.** Any statements about health benefits describe the general purpose of the routines and are not guarantees of results for you. Always consult a physician before starting any exercise program, especially if you are pregnant, have a heart condition, a chronic illness, an injury, or any condition that could be affected by physical activity. Stop immediately and seek medical attention if you feel pain, dizziness, shortness of breath or discomfort. Calorie, step, heart-rate and similar figures shown in the App are estimates derived from your inputs and connected devices and may be inaccurate.

4. Assumption of risk

Exercise carries an inherent risk of injury. You acknowledge that you choose to use the App voluntarily and at your own risk, that you are responsible for your own health and safety, and that you will use good judgment about the space, equipment and intensity appropriate for you. To the fullest extent permitted by law, you assume all risk of injury or illness resulting from your use of the App.

5. Subscriptions and purchases

5.1 What we sell. The App offers auto-renewable subscriptions (“Harmony Premium”) billed weekly, monthly, every 12 weeks, or yearly, and optional one-time purchases (“Add-Ons”). The exact name, length and price of each option is shown in the App before you buy. Prices may vary by country and currency.

5.2 Billing through Apple. All purchases in the iOS App are made through your Apple Account and processed by Apple. Payment is charged to your Apple Account at confirmation of purchase. Apple’s terms, including the Licensed Application End User License Agreement at <https://www.apple.com/legal/internet-services/itunes/dev/stdeula/>, also apply.

5.3 Automatic renewal. Subscriptions renew automatically for the same period at the then-current price unless auto-renew is turned off **at least 24 hours before the end of the current period.** Your Apple Account is charged for renewal within 24 hours before the current period ends.

5.4 Free trials and introductory offers. If a trial or introductory price is offered, the trial length and the price charged afterward are shown before you accept. Unless you cancel at least 24 hours before the trial ends, your subscription begins and you will be charged. Any unused portion of a free trial is forfeited when you purchase a subscription.

5.5 Cancelling. You manage and cancel subscriptions in your device Settings → your name → Subscriptions, or at <https://apps.apple.com/account/subscriptions>. Deleting the App or your account does not cancel a subscription. After

cancelling you keep access until the end of the paid period.

5.6 Refunds. Because Apple processes payment, refund requests are made to Apple at <https://reportaproblem.apple.com> and are decided under Apple's policies. We cannot issue refunds for App Store purchases directly.

5.7 Price changes. We may change subscription prices. For an existing subscription, Apple will notify you before any increase takes effect and, where required, ask you to agree; if you do not agree, your subscription ends at the close of the current period.

5.8 Add-Ons. One-time purchases are non-refundable except as required by law or by Apple's policies and are tied to the account that bought them. Use Restore Purchases in the App to recover purchases on a new device.

5.9 Changes to the service. Content and features included in Premium may change over time. We will not remove the primary functionality you have paid for during a paid period.

6. License and intellectual property

We grant you a limited, personal, non-exclusive, non-transferable, revocable license to use the App for your own non-commercial fitness purposes. All lesson videos, images, animations, text, audio, software, logos, the Harmony - Everyday Help name and the Harmony brand are owned by Avantlights LLC or its licensors and protected by copyright, trademark and other laws. You may not copy, download (except through normal App caching), record, redistribute, sell, rent, publicly perform, modify, reverse-engineer, scrape or create derivative works from any part of the App, or remove any proprietary notice.

7. AI-generated content

Some videos, images and instructional content in the App are created with artificial-intelligence tools. Such content is reviewed before release but may contain visual inaccuracies. People shown in AI-generated media are not real individuals, and movements shown should be performed only within your own comfortable range of motion. Avantlights LLC owns or holds rights to all AI-generated content in the App.

8. Connected health apps and devices

You may choose to connect Apple Health or a third-party fitness service (for example Fitbit or WHOOP). Connection is optional and controlled by you. The App reads only the data types you authorize and uses them to personalize lessons and track progress. We do not use health data for advertising. You can disconnect at any time in the App or in the third-party service, and you are responsible for complying with that service's terms. See the Privacy Policy, Section 4, for details.

9. Acceptable use

You agree not to: use the App for any unlawful purpose; share your account or let anyone else use it; attempt to bypass any payment, access or security feature; interfere with the App's operation or servers; use bots, scrapers or automated means to access the App; upload malicious code; impersonate any person; or use the App's content to build a competing product.

10. Referral program

We may offer a referral program that rewards you for inviting others. Any such program is governed by the referral terms shown in the App at the time, which may limit rewards, exclude self-referrals and fraudulent or incentivized sign-ups, and be changed or withdrawn at any time. Rewards have no cash value unless stated otherwise.

11. Communications

We may send you service messages (receipts, security and account notices, policy updates) by email or push notification; these are part of the service. Marketing emails and promotional push notifications are sent only with your consent and you can opt out at any time via the unsubscribe link, in Settings, or in your device notification settings.

12. Third-party services

The App relies on third parties including Apple (billing), RevenueCat (subscription management), Supabase (hosting) and the health services you connect. We are not responsible for third-party services, their availability, or their terms.

13. Termination

You may stop using the App and delete your account at any time. We may suspend or terminate your access if you breach these Terms, if required by law, or if we discontinue the App, with notice where practicable. Termination does not entitle you to a refund except as Apple's policies or applicable law require. Sections 3, 4, 6, 14, 15, 16 and 17 survive termination.

14. Disclaimer of warranties

THE APP AND ALL CONTENT ARE PROVIDED "AS IS" AND "AS AVAILABLE" WITHOUT WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, NON-INFRINGEMENT, ACCURACY, OR THAT THE APP WILL BE UNINTERRUPTED, ERROR-FREE OR SECURE. WE DO NOT WARRANT ANY PARTICULAR HEALTH, FITNESS OR WEIGHT OUTCOME. SOME JURISDICTIONS DO NOT ALLOW THESE EXCLUSIONS, SO SOME MAY NOT APPLY TO YOU.

15. Limitation of liability

TO THE FULLEST EXTENT PERMITTED BY LAW, AVANTLIGHTS LLC, ITS MEMBERS, MANAGERS, OFFICERS, EMPLOYEES, CONTRACTORS AND LICENSORS WILL NOT BE LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL OR PUNITIVE DAMAGES, OR FOR ANY PERSONAL INJURY ARISING FROM YOUR USE OF THE APP, EVEN IF ADVISED OF THE POSSIBILITY. OUR TOTAL LIABILITY FOR ALL CLAIMS RELATING TO THE APP IS LIMITED TO THE GREATER OF (A) THE AMOUNT YOU PAID US IN THE 12 MONTHS BEFORE THE CLAIM OR (B) US \$50. THESE LIMITS DO NOT APPLY TO LIABILITY THAT CANNOT BE LIMITED BY LAW, INCLUDING CERTAIN CONSUMER RIGHTS IN THE EU, UK AND AUSTRALIA.

16. Indemnification

You will defend, indemnify and hold harmless Avantlights LLC and its affiliates from claims, damages and expenses (including reasonable attorneys' fees) arising from your breach of these Terms, your misuse of the App, or your violation of any law or third-party right.

17. Dispute resolution, arbitration and class-action waiver

17.1 Informal resolution first. Before filing a claim, contact us at **support@try-harmony.app** with a description of the dispute. We will try to resolve it within 60 days.

17.2 Binding arbitration. If not resolved, any dispute arising from these Terms or the App will be settled by binding individual arbitration administered by the American Arbitration Association under its Consumer Arbitration Rules, rather than in court, except that either party may bring an individual claim in small-claims court. The Federal Arbitration Act governs this section.

17.3 Class-action waiver. YOU AND AVANTLIGHTS LLC AGREE THAT CLAIMS MAY BE BROUGHT ONLY IN AN INDIVIDUAL CAPACITY AND NOT AS A PLAINTIFF OR CLASS MEMBER IN ANY CLASS, CONSOLIDATED OR REPRESENTATIVE PROCEEDING.

17.4 Opt-out. You may opt out of this arbitration agreement by emailing **support@try-harmony.app** within 30 days of first accepting these Terms, stating your name and account email and that you opt out of arbitration.

17.5 Consumers outside the United States. If you live in the EU, UK, or another jurisdiction where mandatory consumer law prohibits arbitration, this section does not apply to you, and you may bring claims in the courts of your home country.

18. Governing law

These Terms are governed by the laws of the State of Florida and the United States, without regard to conflict-of-law rules. Subject to Section 17, the state and federal courts located in **Miami-Dade** County, Florida have exclusive jurisdiction. Nothing in this section removes protections you have under the mandatory laws of your country of residence.

19. Apple-specific terms

These Terms are between you and Avantlights LLC only, not Apple. Apple is not responsible for the App or its content and has no obligation to provide maintenance or support. In the event the App fails to conform to any applicable warranty, you may notify Apple and Apple will refund the purchase price; to the maximum extent permitted by law, Apple has no other warranty obligation. Apple is not responsible for addressing any claims by you or any third party.

relating to the App, including product-liability claims, claims that the App fails to conform to legal or regulatory requirements, or consumer-protection claims. Apple is not responsible for investigating or defending any third-party intellectual-property claim. You represent that you are not located in a country subject to a US government embargo and are not on any US government list of prohibited parties. Apple and its subsidiaries are third-party beneficiaries of these Terms and may enforce them against you.

20. Changes to these Terms

We may update these Terms. For material changes we will notify you in the App or by email at least 14 days before they take effect. Continued use after the effective date means you accept the new Terms. If you do not agree, stop using the App and cancel any subscription before renewal.

21. General

If any provision is unenforceable, the rest remains in effect. Our failure to enforce a right is not a waiver. You may not assign these Terms; we may assign them to a successor. These Terms and the Privacy Policy are the entire agreement between you and us about the App. We are not liable for delays caused by events outside our reasonable control.

22. Contact

Avantlights LLC

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

Website: **<https://try-harmony.app>**