

# Privacy Policy for YOUB Health App

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## Data Controller

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At YOUB, we are committed to protecting your privacy and ensuring the security of your personal data. This Privacy Policy explains how we collect, use, store, and safeguard your information when you use our health app.

## 1. Identity and Contact Details of the Data Controller

The data controller for your personal data is Felix Hermanutz, operating as a sole proprietor. If you have any questions or concerns about this Privacy Policy or your personal data, please contact us at [felix@youb.app](mailto:felix@youb.app).

## 2. Purpose of Data Processing

YOUB processes personal and health-related data to provide personalized training and health insights, including training planning and calendar-based scheduling.

## 3. Legal Bases for Processing

**Article 6(1)(a) GDPR:** Explicit consent for personalized training and planning features.

**Article 9(2)(a) GDPR:** Explicit consent for processing special categories of data, including health data.

## 4. Source and Categories of Personal Data

Data may be collected from connected wearable platforms (e.g., Garmin, Whoop, Suunto) and user inputs, including heart rate, activity data, sleep data, recovery indicators, and related health metrics.

## 5. Google User Data (Google Calendar Integration – Full Scope)

YOUB integrates with Google Calendar using full calendar access (Google Calendar full scope) to support training planning and schedule synchronization.

### 5.1 Data Accessed

When you explicitly connect your Google account, YOUB may access and manage Google Calendar data via the Google Calendar API full scope. This includes calendar metadata and calendar events, such as event titles, descriptions, start and end times, recurrence rules, and event updates, strictly limited to what is required to provide calendar synchronization.

## 5.2 Data Usage

Google Calendar data is used exclusively to create, update, and synchronize training sessions in your calendar and to read existing events in order to adapt training plans around your availability.

## 5.3 Data Storage, Retention, and Deletion

Google Calendar data is processed securely and stored only for as long as necessary to provide the integration. You may revoke access at any time via your Google Account settings or request deletion via [felix@youb.app](mailto:felix@youb.app).

## 6. AI and Machine Learning

YOUN uses artificial intelligence and machine learning to generate personalized training insights. Google user data obtained via Google APIs is not used to train, improve, or develop generalized AI or ML models.

## 7. Use of External Processors

YOUN uses Microsoft Azure, including Azure OpenAI Service, as a GDPR-compliant data processor.

## 8. Data Retention Periods

Personal data is retained only as long as necessary for service provision or legal obligations.

## 9. Data Subject Rights

You have rights of access, rectification, erasure, restriction, objection, and data portability under GDPR. Requests can be sent to [felix@youb.app](mailto:felix@youb.app).

## 10. International Data Transfers

Personal data is processed on GDPR-compliant infrastructure with appropriate safeguards.

## 11. Security Measures and Safeguards

We implement encryption, access controls, least-privilege access, and regular security assessments.

## 12. Right to Lodge a Complaint

You may lodge a complaint with a competent supervisory authority if you believe GDPR has been violated.

## 13. Contact for Privacy Inquiries

Felix Hermanutz – [felix@youb.app](mailto:felix@youb.app)