

Privacy Policy

Last updated: September 10, 2025

PCOS Polly (“we,” “our,” or “us”) respects your privacy. This Privacy Policy explains how we collect, use, disclose, and protect your information when you use our mobile application, website, and related services (the “Services”).

By using the Services, you agree to the terms of this Privacy Policy. If you do not agree, please do not use the Services.

1. Information We Collect

We may collect the following types of information:

a. Information you provide directly

- Account details (such as email address, name, or login credentials).
- Health, lifestyle, and other personal data you choose to log in the app (e.g., meals, habits, symptoms, or cycle details).

b. Information collected automatically

- Device information (model, operating system, unique device identifiers).
- Usage data (features you use, pages viewed, in-app interactions).
- Cookies and similar technologies (to improve functionality and remember preferences).

c. Information from third parties (if applicable)

- If you connect the app with third-party services (such as Google Fit, Apple Health, or wearable devices), we may collect data from those integrations with your permission.
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2. How We Use Your Information

We use your information to:

- Provide and improve the Services.
 - Personalize your experience (e.g., tailored recommendations, reminders).
 - Communicate with you (updates, customer support).
 - Ensure security and prevent fraud.
 - Comply with legal obligations.
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3. How We Share Your Information

We do **not** sell your personal data. We may share your information only in these limited cases:

- **Service providers:** With trusted vendors who help us operate the Services (e.g., hosting, analytics, customer support).
 - **Legal reasons:** If required by law, regulation, or legal process.
 - **Business transfers:** In connection with a merger, acquisition, or sale of assets.
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4. Your Choices & Rights

Depending on where you live, you may have rights under applicable laws (such as GDPR or CCPA), including:

- Accessing or downloading your data.
- Correcting or deleting your information.
- Withdrawing consent for certain processing.

- Opting out of marketing communications.

You can manage your data by contacting us at hello@pcospolly.com.

5. Data Retention

We keep your information only as long as necessary to provide the Services or as required by law. You may request deletion of your data at any time.

6. Security

We use reasonable technical and organizational measures to protect your data. However, no system is completely secure, and we cannot guarantee absolute security.

7. Children's Privacy

Our Services are not directed at children under 13 (or the minimum age of digital consent in your country). We do not knowingly collect data from children. If you believe we have collected such data, please contact us and we will delete it.

8. International Users

If you are accessing the Services from outside the United States, your information may be transferred and stored in a country that may not provide the same level of data protection as your home country.

9. Changes to This Policy

We may update this Privacy Policy from time to time. If we make material changes, we will notify you (for example, by email or in-app notice). Continued use of the Services after changes take effect constitutes acceptance of the new Policy.

10. Contact Us

If you have questions about this Privacy Policy, contact us at:

Akshaya Dinesh

hello@pcospolly.com

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