

Lea Privacy Policy

Updated July 27, 2025

Lea Health values your privacy. This Privacy Policy outlines how we collect, use, disclose, and protect your personal data when you use our website, mobile app, and services. By using Lea, you agree to the practices described herein.

For any questions, email us at contact@withlea.com.

1. What is Personal Data?

Personal data includes any information that identifies or could identify you as an individual. This may include your name, email address, menstrual health data, fitness and nutritional information, and any other details you choose to share with us.

2. Information We Collect

- **Account Information:** Name, email, password (encrypted), and preferences.
- **Health and Lifestyle Data:** Menstrual cycle, mood, symptoms, nutrition, exercise, productivity, and other biological or behavioural metrics you provide.
- **Device and Usage Data:** IP address, device type, browser, interactions within the app, crash reports.
- **Location Data:** If enabled, we may collect approximate or precise location data to personalise features.
- **Communication Data:** Emails or messages sent to support or through in-app messaging.

3. How We Use Your Information

- To provide and personalise Lea services, including cycle predictions and wellness recommendations
- To communicate important updates, promotions, or beta opportunities
- To analyse and improve product functionality and user experience
- To ensure system integrity and prevent misuse or fraud
- To comply with legal obligations

4. Sharing and Disclosure

Lea does not sell your data. We may share information with trusted third-party service providers who support our services, such as cloud hosting, analytics, or communication tools. These parties are contractually bound to keep your data secure and confidential. Data may be disclosed to law enforcement or regulatory bodies if required by law.

5. Data Retention

We retain your personal data only as long as needed to fulfil the purposes outlined in this policy or to comply with legal obligations. You may request deletion of your data at any time.

6. Your Rights

- Access your personal data
- Correct or update inaccurate information
- Request deletion of your data
- Withdraw consent for communications or data processing
- Object to or restrict data processing under certain circumstances

To exercise your rights, email us at contact@withlea.com. We will verify your identity before acting on such requests.

7. Children's Privacy

Lea does not knowingly collect personal data from children under 13 (or the minimum legal age in your jurisdiction) without verifiable parental consent. If we become aware such data has been collected, we will delete it promptly.

8. Cookies and Tracking

We use cookies and similar technologies to analyse trends, administer the site, and gather demographic information. You can control cookies through your browser settings.

9. International Data Transfers

If you are accessing Lea from outside the country where our servers are located, your information may be transferred internationally. We ensure all such transfers comply with applicable data protection laws.

10. Data Security

We use administrative, technical, and physical security measures to protect your data. However, no method of transmission or storage is 100% secure. We are continuously improving our safeguards.

11. Changes to This Policy

We may revise this Privacy Policy from time to time. Significant changes will be posted on our website. The effective date will always be stated at the top.