

HABITS FOR HEALTH

Website Terms of Use & Privacy Policy

Effective Date: 13 October 2025

Welcome to Habits for Health. By using this website, you agree to these Terms of Use and our Privacy Policy. Please read them carefully.

1. Terms of Use

1.1 Purpose of This Site

This website is intended to provide information about HABITS FOR HEALTH. The content is for general information purposes only.

1.2 Use of Information

- While we aim to provide accurate information, HABITS FOR HEALTH is not responsible for any reliance you place on content from this website.
- We are not liable for third-party content or links that may be accessed via this site.

1.3 Website Availability and Security

- We strive to maintain the website but do not guarantee uninterrupted access or that it will be free of viruses, errors, or other harmful elements.
- Reasonable measures are taken to maintain security and reduce potential risks.

1.4 Legal Jurisdiction

The use of this website is governed by New Zealand law. You agree to submit to the non-exclusive jurisdiction of New Zealand courts for any disputes.

1.5 Acceptance

Continued use of the website indicates your acceptance of these terms.

2. Copyright

- All text, images, graphics, and website design are owned or free licensed for HABITS FOR HEALTH use.
- You may download or print materials from this website for personal, non-commercial use only. Any other use, including reproduction or distribution, requires prior written consent.

- Links to the website's pages are permitted only if these terms are accessible via the link. We may request removal of links at any time, and you agree to comply.
 - Some parts of the site may have additional terms that apply specifically to those areas.
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3. Privacy Policy

3.1 Collection of Information

We may collect personal information when you interact with our website, request information, engage our services, or purchase products. Typical information includes:

- Your name and email address.
- Details provided when contacting us or subscribing to communications.
- Data collected automatically, such as IP address, browser type, operating system, location, search terms, and pages visited via cookies and analytics tools.

3.2 Consent

By using the website and providing personal information, you consent to its collection, use, and disclosure in accordance with this Privacy Policy.

3.3 Cookies and Analytics

- Cookies and analytics tools help us understand how the website is used.
- You can adjust your browser settings to block cookies, but some features may not function properly.
- Third-party analytics services (e.g., Google Analytics) may collect anonymous information about your use of the site. Opt-out options are available (e.g., Google Analytics opt-out add-on).

3.4 Third-Party Services

- We may engage third-party service providers to assist with analytics, remarketing, or other website functions.
- These providers access personal information only as necessary to provide their services and must keep it confidential.
- You can opt out of targeted advertising through relevant third-party settings (e.g., Google Ads, Facebook).

3.5 Use and Disclosure of Information

- We only use personal information for the purpose it was collected or as permitted under New Zealand law.
- We may share information with service providers that support our website or services, including website hosts, IT providers, or other relevant partners.
- Personal information may be disclosed if required by law or in response to legal obligations.

3.6 Data Accuracy and Security

We take reasonable steps to ensure your information is accurate, complete, up-to-date, and stored securely, protected from unauthorised access or misuse.

3.7 Access and Correction

You may request access to or correction of your personal information at any time. Contact us using the details below.

3.8 Changes to This Privacy Policy

We may update this Privacy Policy as needed. Changes will be posted on this website and may apply to information collected previously.

3.9 Contact

For questions about your privacy or to request access/correction please contact us at: habitsforhealth@outlook.co.nz