

PRIVACY POLICY

Last Updated: May 13, 2026

Welcome to Powerful Wellness. Your privacy is incredibly important to us. This Privacy Policy describes how Powerful Wellness ("we," "us," or "our") collects, uses, and shares your personal information when you visit www.powerful-wellness.com (the "Site"), purchase our ebooks, courses, or coaching services, or join our community through Membership.io.

By using our Site and services, you agree to the collection and use of information in accordance with this policy.

1. INFORMATION WE COLLECT

We collect information to provide better services to our community of women over 35 and 40. The types of information we collect include:

- **Personal Identification Information:** Name and email address. We collect this when you subscribe to our newsletter or sign up for membership access.
- **Membership Access Information:** Information needed to create and manage your membership access and deliver our content. We use **Membership.io** for hosting.
- **Payment Information:** Payments are processed via secure third-party providers. We do not store credit card details on our servers.
- **Device and Usage Information:** IP address, browser type, time zone, and how you interact with the Site via cookies and similar tracking technologies.

2. HOW WE USE YOUR INFORMATION

We use the information we collect for several purposes:

- **Service Delivery:** To provide our health and wellness ebooks, structured courses, and personalized coaching services.
- **Communication:** To send you our newsletter, updates about the "Midlife Reset" launch, and information regarding your purchases or scheduled calls. We use **Kit** for email delivery.
- **Membership Management:** We utilize **Membership.io** (Searchie Inc.) to host our community hubs and courses. Your information is used to grant access and manage your subscription within that platform.
- **Personalization:** To suggest resources and products that are specifically relevant to women over 35/40 seeking to prioritize their health.
- **Security:** To protect our Site and business from fraudulent activity.

3. SHARING YOUR INFORMATION

We do not sell your personal information. We share your data only with trusted third parties who help us run Powerful Wellness, including:

- **Service Providers:** Such as Membership.io for content hosting, Kit for email marketing, and our secure payment processors.
- **Legal Compliance:** We may share information if required to do so by law or in response to valid requests by public authorities.

4. DATA RETENTION AND SECURITY

We retain your personal information only for as long as necessary to fulfill the purposes for which it was collected. While we use industry-standard security measures to protect your data, please be aware that no method of transmission over the internet is 100% secure.

5. YOUR RIGHTS AND CHOICES

Depending on where you live, you may have the following rights regarding your data:

- **Access and Correction:** You can request a copy of the data we hold about you or ask us to update incorrect information.
- **Opt-Out:** You may unsubscribe from our marketing emails at any time by clicking the "unsubscribe" link at the bottom of any email.
- **Deletion:** You may request that we delete your personal information, subject to certain legal obligations.

6. COOKIES

Our website uses cookies to improve your experience and for analytics. You can choose to decline cookies through your browser settings, though this may affect the functionality of certain parts of the Site.

7. MEDICAL DISCLAIMER NOTICE

Powerful Wellness is owned and operated by a Nurse Practitioner. However, the collection of information via this Site—including discovery calls and wellness resources—does not establish a formal provider-patient relationship. The information collected is for educational and wellness empowerment purposes.

8. CHANGES TO THIS POLICY

We may update this Privacy Policy from time to time to reflect changes in our practices or for other operational, legal, or regulatory reasons. We will notify you of any significant changes by posting the new policy on this page.

9. CONTACT US

If you have questions or concerns about this Privacy Policy or how your data is handled, please contact us at:

Powerful Wellness Email: drmclockhart@powerful-wellness.com Phone: (832) 349-2795 Website: www.powerful-wellness.com