

Feel Great App — Privacy Policy

Effective Date: February 12, 2026 **Last Updated:** February 12, 2026 **Data Controller:** Unicity International, Inc. **Contact:** fgf@unicity.com

1. Introduction

This Privacy Policy explains how the Feel Great application ("the App") collects, uses, stores, and shares your personal data, including health-related data. The App is operated by Unicity International, Inc. ("Unicity," "we," "us," or "our") as a division of Unicity's broader business.

The App provides tools for food logging, fasting tracking, health metric self-tracking, and guided habit-building as part of the Feel Great metabolic health program.

This policy covers data collected and processed through the Feel Great App specifically. For information about how Unicity handles data related to your customer account, purchases, payment processing, and shopping activities, please refer to the [Unicity Privacy Policy](#). Because the App integrates with Unicity's shopping experiences, you may interact with both services seamlessly. Both this policy and Unicity's Privacy Policy may apply to you depending on your activities.

The App is intended for users aged 18 and older. We do not knowingly collect data from anyone under 18. If we learn that we have collected personal data from a person under 18, we will delete that data promptly.

2. Data We Collect

2.1 Food Logging Data

When you use our food logging features, we collect:

- Text descriptions of meals you enter
- Photos of meals you upload
- Barcode scans of food products
- Timestamps of logged entries
- Estimated macronutrient and calorie data generated from your inputs (see Section 3.2 on AI processing)

2.2 Fasting Data

When you use our fasting tracking features, we collect:

- Your daily fasting goals
- Fast start and stop times
- Duration of completed fasts

2.3 Health Metrics

You may voluntarily submit the following health metrics:

- Weight
- Waist circumference
- HbA1c (glycated hemoglobin)
- Blood pressure
- Body scan information
- Daily step counts

If you grant permission, we may also receive weight, waist circumference, blood pressure, and step data from Apple Health or Google Health Connect. We only access the specific data types you explicitly authorize. We do not write data back to these platforms.

These metrics are provided as self-tracking features. We do not use them to provide clinical diagnoses, medical prescriptions, or diagnostic assessments.

2.4 Program and Behavioral Data

As part of the Feel Great program, we collect:

- Habit and goal completion records
- Streaks and check-in responses
- Program progression data

This data is used to guide your experience within the App, including suggesting when you may be ready to take on additional habits. You always have the final say over your program progression.

2.5 Product Usage Data

When you log Unicity products in the App, we collect which products you use and when you use them. This data helps track your adherence to the Feel Great protocol and may be used to personalize your program experience.

2.6 Technical and Analytics Data

We use a third-party analytics service to collect data about how you interact with the App, including clicks, goals, feature usage, and user parameters. Some of this data may relate to health-adjacent activities such as fasting goals or habit completion. This analytics data is stored in the European Union and is processed on our behalf under a data processing agreement.

2.7 Push Notifications

If you enable push notifications, we use push notification services built into our mobile framework to deliver reminders and updates. Notification delivery is based on your fasting and program activity.

3. How We Use Your Data

3.1 Primary Purposes

We use your data to:

- Provide and operate the App's food logging, fasting tracking, and health metric features
- Estimate nutritional content of your logged meals using AI processing (see Section 3.2)
- Track your progress in the Feel Great program and guide your experience
- Deliver push notifications you have opted into
- Display relevant product suggestions based on your in-app behavior (for example, showing electrolyte products when you are in an extended fast). These recommendations are generated entirely within the App using internal logic — no health data is shared with third parties for this purpose.

3.2 AI Processing of Food Data

When you log a meal using text descriptions or photos, we send that input to third-party artificial intelligence service providers to estimate macronutrient and calorie content. We send only the food-related input (text and/or images) — we do not send your name, account information, or other personal identifiers to these providers.

Important notice: Our current AI service providers may use the food-related inputs submitted through the App to improve and train their AI models. This means the text descriptions and photos of meals you submit may be retained and used by these providers beyond the immediate purpose of generating your nutritional estimates. No other information is shared with these providers other than meal photos and descriptions.

3.3 Coaching

With your explicit permission, you may connect with a coach through the App. If you do, the following data is shared with your coach:

- Your current goals
- Habit completion history
- General compliance trends
- Last login date

Coaches do **not** have access to your health metrics (weight, blood pressure, HbA1c, etc.), food logs, or fasting details. Coaches are independent third-party partners, not Unicity employees.

3.4 Analytics and Product Improvement

We use a third-party analytics provider to understand how users interact with the App in order to improve features and user experience. We do not use your individual health data for marketing purposes.

3.5 Research

From time to time, we may conduct scientific research for publication using aggregate or de-identified health data. Any such research is governed by a separate research consent process and is not covered by this Privacy Policy. You will always be asked to opt in separately before any of your data is used for published research purposes.

4. Data Sharing

We share your data with the following categories of recipients:

Recipient	Data Shared	Purpose
Third-party AI providers (multiple, subject to change)	Food-related text inputs and meal photos	Generating nutritional estimates. Providers may currently use this data for model training (see Section 3.2).
Third-party analytics provider	App interaction data, goals, user parameters (including some health-adjacent data)	Product analytics and improvement (data stored in the EU)
Push notification services	Device notification tokens, notification content	Delivering push notifications

Apple Health / Google Health Connect	Health metrics (with your explicit permission, read-only)	Displaying steps and health metrics you choose to sync
Coaches (with your permission)	Goals, habit completion, trends, last login	Supporting your program participation
Unicity	Last login date, account status, habit-level data (e.g., total fasts, date started)	Account management and parent company operations
Cloud hosting provider	All App data	Cloud hosting and infrastructure (servers located in the United States)

We do not sell your personal data. We do not currently use your health data for marketing, cross-selling, or commercial recommendations by Unicity. If this changes, we will update this policy and seek appropriate consent.

5. International Data Transfers

Your data is stored on servers located in the United States, operated by our cloud hosting provider. If you are located outside the United States, your personal data — including health data — is transferred to and processed in the United States.

If you have questions about how your data is handled internationally, please contact us at fgf@unicity.com.

6. Data Security

Your health data is stored in a dedicated database that is segregated from Unicity's general e-commerce and account data. Access to raw health data is restricted to a limited number of authorized personnel.

We maintain access controls and limit internal access to personal data to personnel who require it for the purposes described in this policy.

7. Data Retention and Deletion

We retain your personal data, including health data, for as long as your account is active or as needed to provide you with the App's services.

You may delete individual data entries (such as specific food logs, weight entries, or other health metrics) at any time within the App.

If you delete your account, all of your data within the App is deleted. This deletion extends to associated third-party services and parent company systems where your data has been shared. Please note that data already submitted to third-party AI providers for meal analysis may not be retrievable or deletable from those providers' systems.

8. Data Shared with Unicity

As a division of Unicity, certain limited data is shared with Unicity's broader systems, specifically: whether you have an account, your last login date, and habit-level data such as total fasts completed and your program start date. Unicity does not currently have access to your health metrics, food logs, or fasting details.

Unicity's handling of your account, purchasing, and payment data is governed by the [Unicity Privacy Policy](#).

9. Third-Party Integrations

Apple Health and Google Health Connect

If you choose to connect Apple Health or Google Health Connect, we request access only to the specific data types you authorize (which may include weight, waist circumference, blood pressure, and step count). You can revoke these permissions at any time through your device settings.

Third-Party AI Providers

We use multiple AI service providers to process food logging inputs. These providers receive only food-related text and images — no personal identifiers. Providers may change over time. As noted in Section 3.2, these providers may currently use submitted data for model training. We are working to restrict this.

10. Automated Decision-Making

The App uses your program progression data (habit completion, streaks, check-ins) to determine when to suggest new habits or focus areas within the Feel Great program. This is a form of automated decision-making that affects your experience within the App. However, you always retain full control over whether to accept these suggestions, and no automated decisions restrict your access to App features.

11. Changes to This Policy

We may update this Privacy Policy from time to time. When we make material changes, we will notify you through the App or by email. We encourage you to review this policy periodically. Your continued use of the App after changes are posted constitutes your acceptance of the updated policy.

12. Contact Us

If you have questions about this Privacy Policy or wish to exercise your data rights, please contact us at:

Feel Great App — Privacy Unicity International, Inc. Email: fgf@unicity.com

For matters related to your Unicity customer account, purchases, or payments, please refer to the [Unicity Privacy Policy](#) or contact Unicity directly.