

Kindness Matters LLC, DBA CoachJennifer4u

PRIVACY POLICY & TERMS

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Minimum Age: To purchase the goods or services of this website, you must be 18 years of age or older. By using this website and/or purchasing our monthly subscription, you agree that you are at least 18 years of age or older. In the event that you are under the age of 18, you must have the express permission of your parent or legal guardian prior to purchasing any goods or services.

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As a user of this website or a user/registrant of any of this website’s services, you agree:

Personal Use – Your account is solely for your own, personal use. You may not allow others to access or use your account. You may not transfer your account to any other person. You agree that we, as the owners of this website, are not responsible for third party access to your account that in any way results in theft or illegal usage, storage, or sale of your personal information.

Reporting of Violations – You will immediately contact us when you see (i) any possible violation of the Agreement by anyone, and (ii) any unauthorized access to your account, whether known or not.

Content Removal – Any information or content you submit to the Services or in the public area will be available to us for monitoring. We keep the right to remove any information that in any way violates any possible law of the Services or any third party.

No False Information – You agree that every content or information you provide will not be inaccurate, false or misleading. Neither to us nor to any user. If any information or content becomes as such, you will quickly contact us of the change that happened.

No Advertising or Commercial Solicitation – Our messaging systems automatically scan all incoming (email and other) messages and filter out messages that may appear to be spam. We may also report any incoming email as spam. This can result in IP addresses and domain names being blacklisted. Users may not use our messaging facility or any of our other services to store, copy, relay, send or distribute spam. You must not send any chain letters, spam or junk email to other users of the Services. Furthermore, you agree that the information that you get from the Services will not be used by you in means of selling, advertising and such until the approval of the other user. By agreeing with this you acknowledge the fact that any breach of the terms will cause significant damages to us, that such damage will be hard to assess, and that we may take any action we deem necessary as outlined within these Terms of Service in order to enforce this policy – and that you disclaim any loss as a result of such enforcement.

No Harassment of Employees or Agents – You agree that you will not harass, pressure or threaten any agents or employees that are responsible with providing the Services to you.

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Due to the digital nature of online courses, ebooks and information products, and the fact that digital content cannot be returned, our digital courses, ebooks and digital products are non-refundable unless outlined below. We feel confident that we've laid out everything you get in our products and

courses in the descriptions of the products. Please read the details and description of each product and course so you understand exactly what you are buying. Additionally, digital information products and courses are designed to be performed to completion; failure to complete a course will reduce or eliminate its effect upon the customer. We consider registering for our digital products similar to the idea of purchasing a concert ticket (but with a heavy dose of learning). If you purchase a concert ticket, but don't show up for the show (in this case, digital content), the venue or artist doesn't give you a ticket refund. Same rules apply here. We're completely invested in making sure you have the best experience possible, so please email us with any questions about what's included and what is not included and we will always give you an honest answer so you can make the best decision for you. We're happy to answer any questions about what is taught, and what is not taught, in our courses. CoachJennifer4u strongly believes in the value of the advice found within its information products, results are not guaranteed. CoachJennifer4u disclaims any express or implied warranties.

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Refund Policy – Refunds for online courses or materials will not be provided under any circumstances as the user gains full access to all content and downloads upon registration. (See general refund policy above.)

If you receive a refund of any purchase through a money-back guarantee, that shall immediately terminate any and all licenses granted you to use the material provided to you under this Agreement and the Company's Terms of Use. You shall immediately cease using the material and shall destroy all copies of the information provided to you, including without limitation: video recordings, audio recordings, forms, template documents, slide shows, membership areas, social media groups limited to paying members, and other resources.

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We reserve the right to withdraw or change website features at any time and by any means without prior notice. This may result or be resultant from a mistake, malware, technical issue, glitches, fraudulence, illegal involvement,

tampering, or any other reason that interferes with or prohibits the appropriate conduct of this website, company, or campaigns. However, Kindness Matters LLC, DBA CoachJennifer4u will not be held liable for these issues or any and all damages they may cause. We reserve the rights to change the pricing structure on any product we choose, at any time and without prior warning. You acknowledge that all the emails, phone number, credit card and other information you provide us belongs to you and you are not using any fake information.

User Conduct:

When creating a profile, purchasing our membership, contacting other members, posting anything on our social media accounts, or visiting any page, you will NOT:

Disclose any confidential information about other users without their permission

Engage in any kind of offensive behavior (pornography, racism, abusiveness, harassment etc.)

Forward chain letters using our website

Use picture that does not belong to you. You are not permitted to impersonate anyone.

Infringe any third party's rights

Upload any malicious software, virus etc that could disrupt the working of system tools, servers, networks

Try to sell other users' information to third parties

Try to access our services through automated robots, or conduct attacks such as Denial of Service

Promote products/services on our website.

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All the products or services made available on this website are intended solely for personal or small business use. Kindness Matters LLC, DBA CoachJennifer4u ; Jennifer Schmeisser does NOT attempt, advertise, or give the impression that we can diagnose, treat, or cure a disease. Our programs, products and services are **not for the purpose of providing medical nutrition therapy**. Providing nutrition advice via tele practice is not prohibited so long as you are aware we are **not** providing or giving the impression that we provide medical nutrition therapy, or in using certain protected titles (such as nutritionist or dietician), as we are NOT operating nor claim to be. You may not transfer, re-sell, assign, or dispose of any service without the prior written consent of the company. We reserve the right to cancel any membership if it appears that it is of fraudulent or inappropriate nature. Prices, promotions, and campaigns are subject to change without prior notice.

Services Offered

As of the most recent revision date, the services offered by Kindness Matters LLC, DBA CoachJennifer4u through this website, are as follows: webinars, classes, online or in person health and wellness coaching (1 on 1 and/or group coaching)

Online programs, ebooks, guided courses, and other information products the Company makes available for purchase a variety of information products related to wellness, mindset coaching, relationships, finances, and other issues. These products are self-directed on the part of the customer. Like any journey, that of self-discovery is not without risk, and travelers are urged to take safety measures. If in the course of engaging in introspection or other activities under the guidance of the product, the customer begins to experience raw or otherwise difficult or confusing emotions, that individual is encouraged to seek licensed therapy and/or a licensed medical professional, as soon as possible, particularly if such therapy has not already been in process.

Interpret lab results – per Ohio law, we can provide the client with general information and education about lab testing, but do not discuss anything which could be construed as diagnosing, treating, or curing a disease, or medical nutrition therapy. Our best practice here is to simply educate the client about laboratory testing, but insist that they speak to their doctor who can order those tests for them, or seek out those which they may order on their own absent a doctor's order.

Indemnification

You agree to defend, indemnify, and hold harmless the company and any associated companies and their associates from and against all liabilities,

damages, and costs resulting from the violation of these terms and conditions. This wrongful or negligent conduct, whether conducted by yourself or any other person accessing the website using your information, will be assumed to have been conducted by you and is in no way reflective upon or liable to the website or its company.

Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser is not a medical professional, therapist, nutritionist, or dietician. The purpose of our interaction and services are not to provide medical nutrition therapy, and we will not attempt to diagnose, treat, or cure any disease.

The resources made available by and through Kindness Matters LLC, DBA CoachJennifer4u are an informational resource for people seeking how to live a healthy lifestyle. The information contained herein and through other sources connected to via Kindness Matters LLC, DBA CoachJennifer4u is based on the personal experiences of Jennifer Schmeisser, shared in the hope that it will spark inspiration and positive change in the reader. Jennifer Schmeisser is not a medical doctor or nurse and does not hold a license as a nutritionist or dietician; nor is she a licensed social worker, psychologist, psychiatrist or therapist.

Jennifer Schmeisser is a Graduate of DUKE Health & Well-Being Coach Training. Lumia Personal ACC (Associate credentialed Coach) certified through the International Coaching Federation (ICF)

Other CERTIFICATIONS/EDUCATION: POSITIVE INTELLIGENCE POD LEADER, UNDER DIRECTION OF SHIRZAD CHAMINE, POSITIVE INTELLIGENCE & PQ OWNER.

SUCCESSFUL COMPLETION (95%) THE SCIENCE OF WELL-BEING GRADUATE, YALE, a non-credit course Authorized by Yale University offered through Coursera.

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The information in this website or otherwise provided by Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser its officers and agents,

should not be interpreted as medical advice; any recommendations cannot be applied to every individual, without first undergoing a thorough, in-person examination by qualified medical personnel to assess the risks of its application. Readers are urged to consult with a medical professional prior to instituting lifestyle changes. The information provided by Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser cannot substitute for professional medical care, whether diagnosis or treatment for any injury, deficiency, or disease.

Possible Affiliate Relationships

While this website recommends certain online resources for wellness and independent business building, neither its creators nor its owners can or will promise any results from the purchase of, or even the faithful following of, such third-party products and programs. While generally speaking, the adherence to reputable health and business advice will yield more positive results than those realized by less enthusiastic participation, each person's experience will vary and a lack of expected results will not create any liability on the part of Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser or of any successor in interest.

Recommendations of third party entities may be accompanied by an affiliate relationship between those entities and Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser. At all times when such relationships exist, Kindness Matters LLC (aka CoachJennifer4u.com) will endeavor to provide proper notice to any audience member exposed to a recommendation, whether written or oral, to a third party with whom Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser enjoys an affiliate relationship.

However, given that such communication may have occurred before or after your own witnessing of the recommendation, unless an affiliate relationship is specifically disclaimed by Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser, please assume that all such recommendations carry some form of incentive Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser though nonetheless they may be carefully curated and recommended in good faith with the best interests of the audience and customer base of Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser in mind.

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We do not guarantee any measure of accuracy of our content and information on our website or any associated social media platforms. We do not guarantee accuracy for any warranties, liability, or any other damages caused by violation of this agreement. The following is a list where we do not offer accuracy:

Any form of warranty posted on any terms or through any medium which might be implied by law

Any form of liability attached to any loss or damages from using our website. Said loss or damages have no limitations and result from the posts of other users, by using our website, or any hyperlinks or advertisements that are in any way associated with our website. They can include:

- Data loss
- Monetary loss
- Contract loss
- Company loss
- Information breach
- Income loss

Privacy Policy

Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser respects the privacy of its users. Your identity, information, and other personal data will be kept in the strictest confidence to the extent possible given the structure of your purchase of a course, program, membership, session, or other product or service. The terms and conditions of the Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser Privacy Policy (below), are incorporated herein by reference.

Disclosures to Third Parties Not Protected

Any protection afforded by law in your benefit and against Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser such as HIPAA compliance requirements for therapy patients, is not and cannot be extended to any third parties, including but not limited to group therapy participants, in person or in online forums such as Facebook® groups organized by the Company.

Therefore, your voluntary participation in forums, including those created by the Company, that indirectly result in the publication of your personal information, including your name, likeness, and psychological issues, are by virtue of your use of these forums, you demonstrate both an express

understanding of the inherent risks and permanently release the Company and Jennifer Schmeisser from any liability for such disclosure.

Payments

Payments for products and services from the Company are made through third party resources, including PayPal, Square, Stripe, and directly through merchants for online courses and programs. The Company cannot be held liable for any breach of security or protocol by these third-party entities, and in using them, you agree that if you are damaged in some way as a result of their behavior, that you will pursue only the party that is directly involved in a breach of your information, and will hold the Company and Jennifer Schmeisser harmless in such matters.

Testimonial page

If you voluntarily choose to share your personal story on the testimonial page, any identifying information that you do provide will be publicly posted and you would irrevocably absolve the Company and Jennifer Schmeisser from any liability for your own public disclosure on that forum. Should you decide after the fact that you were mistaken in posting your personal information publicly, you may contact info@coachjennifer4u.com with a request to remove the testimonial. The removal will be affected within a commercially reasonable period of time, but under no circumstances longer than 7 days.

Termination of Usage

We may suspend or terminate any user's access to all or any part of the Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser website including any account thereon, without notice, for any reason in our sole discretion.

Acknowledgment

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Privacy Policy

We care about you and your privacy so we have designed this privacy policy in order to inform our users the way we collect any kind of information from them and how we use that information. By using Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser (the “website”), you agree to the terms of this Privacy Policy.

We may collect information such as your name, email address, or your postal address when contacting us regarding your initial queries, or ordering our products. We advise you to please carefully go through the document in order to understand our privacy policy, and also to refer to our Terms of Service above. Moreover, we may change this document or make some adjustments from time to time, please make sure to visit this page regularly to stay up to date.

Your personal details will never be directly sold or shared by Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser with third party advertisers; if you voluntarily click on an affiliate link, a cookie with limited information regarding primarily the source of your traffic will attach to your web browser and will be able to be read by the receiving organization.

Information and its use:

When purchasing our products and services, or simply signing up for our e-mail newsletter, you are required to enter personal details which may include:

Your name

Email address

Postal address

Phone numbers

Debit or credit card details

We collect the information from you in order to:

Provide complete access to our website

Register as an authorized user on our website

Inform you about all the latest products, deals and other information relevant to you. All information will be delivered by e-mail.

Track your activity on our site. We may use this information in order to conduct our market research that will help us to deliver a customized service to our users. Our tracking activities do not have any impact on your surfing experience on our website and these activities are completely safe.

Stop users from posting content that is inappropriate, offensive or objectionable.

You can choose not to provide certain information, but in so choosing you may not be able to take advantage of many of our features. We use the information that you provide for such purposes as responding to your requests, customizing future experiences for you, improving our operations, and communicating with you.

You can visit our website, read materials, and browse the website's contents without giving us any personally identifiable information. In order to provide you with the most efficient and enhanced personalized service and attention, we collect certain information automatically.

How We Collect and Use Information

Log Files. When you visit our website, the information from your website is automatically gathered by our servers from your browser. The information includes your IP address, browser specifications, Internet service provider you use, pages you visit, type of platform and the number of clicks. By doing this we analyze trends and brands, prevent fraud, and gather demographic info and many more. We do not share the log files and they are safe.

Cookies. When you are visiting our site or using our Services we use "cookies" to track some information. Cookies are extremely small packets of information which are stored by your web browser. They allow us to keep track of the number of visitors and to recognize the repeat visitors from the new ones. Furthermore, cookies allow us to save user preferences and in the same time to keep the track of the current user trends. For us cookies are important and if your browser rejects all cookies you will not have a proper use of the website. Any User that rejects the use of cookies assumes all the responsibilities for any possible loss. The cookies are not linked to any Personally Identifiable Information ("PII").

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Web browser technologies allow you to manage the cookies in the cookie folder of your web browser. This means that you can either delete cookies from your cookie folder or you can set your preferences with regard to the use of cookies before you begin browsing a website. Please note, as stated above, that deleting or rejecting cookies may adversely affect your user experience of our website.

Web Beacons. “Web beacons” are often used together with cookies to personalize the website for our users. They are also used to collect a small amount of information about our visitors. Web beacons, that are also called “clear gifs” or “pixel tags” are actually small graphic images that are transparent. Also, the use of Web beacons is sometimes through email in order of understanding the behavior of our Users. Web beacons are not linked to any PII.

We use a Facebook pixel to show website users relevant content that they are more likely to be interested in. It uses non-identifiable information to analyze site activity to improve the website experience. You can opt-out of the collection of this type of information by unsubscribing from our email list and disabling cookies in your web browser. There is a link at the bottom of all emails to unsubscribe from our email list.

Mobile Analytics. For better understanding of the functions of our mobile software we use mobile analytics. Mobile Analytics might keep track of some information. These include how often you use the application, all the events that happen within the using of the application, the amount of usage, data about the performance of the application and where was it downloaded from. We don't link any info that we store through mobile analytics software to any PII.

Contact Terms

Telephone: We may contact you personally if we feel there's some issue regarding your membership or even answer your queries. We may even call you to get some feedback about the products we offer. We may also call you to get your permission to post your success story on our website.

Email: We reserve the rights to send emails to those who signed up on our website or posted any query. We will never spam you. If you are interested in not receiving any email from us, you can always unsubscribe us. All the emails are sent by our company and we don't share your personal details with third party sites, other than Blue Host, WordPress and Practice Better, and in their case specifically only for the purposes of administering our email. You may unsubscribe to any of our online e-mail updates by following the unsubscribe instructions in the body of any e-mail message. We will take

commercially reasonable steps to implement your opt-out requests promptly; but you may still receive promotional information from us for up to 21 days.

Changes to Our Privacy policy

We reserve the right to modify or make adjustments in this privacy policy without prior notice. Should any of these changes generate an error or discrepancy, you, as the user, agree that the website and its company shall not be held liable for any damages caused by said issue. We recommend that you check the Privacy Policy when you visit our Website to be sure that you are aware of and understand our current policy. If we make material changes to this policy, or in how we use or collect your personally identifiable information, we will prominently post such changes prior to implementing the change. We will not make any retroactive material changes in how we handle previously collected personal information unless you allow us to do so, or unless we are legally required to do so, and in such a case we will e-mail registered website visitors information on material changes to this Privacy Policy.

Conditions of Use, Notices, and Revisions

If you choose to visit our Website, your visit and any dispute over privacy is subject to this Privacy Policy and our Terms of Use above, including limitations on damages, resolution of disputes, and application of the law. If you have any concern about privacy at our Website, please contact us with a thorough description of that concern, and we will address it to the best of our ability. As our business changes, our Privacy Policy and Terms of Use may change also. We may e-mail periodic reminders of our notices and conditions, unless you have instructed us not to, but you should check our website frequently to see recent changes. Unless stated otherwise, our current Privacy Policy applies to all information that we have about you and your account.

Disclosure of Your Information

Disclosure By Law. With this you agree that we can reveal any information you provide if it is required by law, or the third party request. Also, if we believe that the revealing is in consideration to (1) according to law, any possible orders or requests from the law enforcement or any process that is legal; (2) the protection or defending of any third party's or Kindness Matters LLC (aka CoachJennifer4u.com)'s property or rights; or (3) in case of

protecting anyone's safety, when any kind of violence is used against anyone including you.

Disclosure to Protect Abuse Victims. We have the right, but hold no obligation, to disclose any information or content that you submitted to the Services if in our opinion, we have suspicions that such information in any case violates a third party in any form of abuse. Abuse includes the following: elder and child abuse, spousal abuse, any form of neglect or domestic violence. This information shall be revealed to authorities that are suitable with dealing with such problems. These authorities may include without limitation agencies for child protection, law enforcement agencies or even court officials. You agree and understand that we are allowed to make this kind of disclosure.

Disclosure to Law Enforcement. We may disclose information to a law enforcement official as required by law, in compliance with a subpoena (with your written consent), court order, administrative order or similar document, for the purpose of identifying a suspect, material witness or missing person, in connection with the victim of a crime, in connection with a deceased person, in connection with the reporting of a crime in an emergency, or in connection with a crime on the premises.

Disclosure to Trusted Third Parties By Us. If we share your non-personally identifying information with any third party, be sure that your identity will not be revealed. Sometimes we may share your non-PII with your PII with service providers that may work with us. This is done so they can perform functions instead of us. For example, a customer care agent may need access to your information but only to perform services for you. All of these service providers will treat your information as private and confidential. All companies working for and with us must comply with our privacy policies, and are not permitted to sell your information to third parties or to use it except as authorized by us and you, or as permitted or required by law.

Disclosure to Trusted Third Parties at Your Request. We may provide you with promotions, advertisements, sweepstakes and third party offers when you purchase a subscription or while you are visiting our site. You can choose to accept any such offer and then you have two options. You can choose to give the information regarding the offer you accepted directly to the third party or, we will provide your billing information to the third party user by pre-populating the registration forms of the offer. Keep in mind that your information will only be revealed if you accept the offer, once this is done you can't quit the offer. If you wish to know how your information is being used go to the third party provider's own privacy policy, it is on the offer pages. These offers may, if chosen, be presented on any Kindness Matters LLC (aka CoachJennifer4u.com) website pages. Your information will be directly submitted to the third party. With this, you understand and agree that we shall

not be held responsible or liable for any possible loss or violation of your information during your sharing information with the third party.

Information Transferred As a Result of Sale of Business. While developing our business there might come to the buying or selling of assets and, your PII may be found as the transferred assets. In any case, if we are required to provide your PII as one of the assets, it will be transferred to the company that required it. If this happens, you shall be timely notified to any material changes regarding your PII.

Disclosures With Your Authorization. Uses and disclosures not specifically permitted by applicable law will be made only with your written authorization, which may be revoked at any time, except to the extent that we have already made a use or disclosure based upon your authorization, such as signing up for our e-mail list, which is administered through a third party, ActiveCampaign, Mailchimp or convertkit.

Use by Children

We are committed to protecting the safety and privacy of children who visit our Website. We do not knowingly collect personal information online from children under 13 and have adopted techniques to ensure compliance with this Privacy Policy and the Children's Online Privacy Protection Act of 1998 ("COPPA"). COPPA and its accompanying regulations under United States federal law protect the privacy of children using the Internet. Our Website includes content that may be unsuitable or confusing for children under 13 who are not monitored in the receipt and processing of such content by an adult. We encourage all parents to talk to their children about online safety and to monitor their children's use of the Internet.

Visitors From Outside of the United States

Our website and the servers that make this website available worldwide are located in the United States. The Internet laws in the United States govern all matters relating to this website. Any information you provide in subscribing to our website or registering or ordering at our website will be transferred to the United States. By visiting our website and submitting information, you authorize this transfer, processing and use.

General Data Protection Regulation

If you are in the European Union (EU), you have specific rights under the General Data Protection Regulation (GDPR). If you choose to provide us with information, you may ask us at any time to delete the information, with which

we will comply in a reasonably timely manner if we have not independently chosen to delete the same information prior to your request. In either case, you will be advised accordingly. You may request a copy of any computer file compiling your information, to the extent we have collected it, and such file will be provided to you in a commercially reasonable period, if it has not been previously deleted, as noted above. You may ask us not to process your data, or to share it with any entities that would do so. Please note, however, that there is no known sharing of any data by our company with third parties, and outside of the unlikely possibility of subpoena, other court order, or legally compliant government investigation, no desire to do so. If you have consented to the processing of your personal data, you may withdraw that consent at any time—though please note that processing that had occurred prior to such withdrawal would remain legal in retrospect. The information that is asked from you is intended only to fulfill the requirements to form a contract, and no additional information gathering or processing will be required than must be for that purpose. If you believe that our company has failed to adhere to your rights under the GDPR, you are entitled to file a complaint with the relevant supervisory authority.

Our company does not, to the extent that the term can be reasonably understood, engage in large-scale data collection or processing, and so does not have an appointed specialist Data Protection Officer or employ any representative physically located in the EU and designated as the point of contact for the EU government on these matters.

Email Database: We collect as little information as needed to provide our customers with the best possible experience. In general, we collect your first name and email address. You can request that your information be deleted from our email system at any time by emailing me at info@coachjennifer4u.com

Payments for Online Programs: Payments for online programs found at Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser are processed via either paypal, Stripe or square. We do not directly collect or store your payment information.

Security

We incorporate standard industry practices internally and with our service providers, which we believe suits the degree of sensitivity of the information involved to maintain the security of your personal information and to avoid its disclosure except as described in this privacy policy.

Although we have implemented systems and procedures to secure the data maintained by us, security during Internet transmissions can never be

assured. Our policy is to limit access to personal data to those employees or agents with a specific need to access or retrieve this information. We store data on multiple service systems, in controlled environments. To maintain security, we conduct internal reviews of our security measures on a regular basis.

Your rights

You have the full rights to update/modify your personal information attached to your account. You can send us an email to Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser You even hold the right to inform us not to use your information for any of our advertising or marketing purposes.

Termination

We reserve the right to terminate or cancel your account we notice any inappropriate behavior or breach to our terms or privacy policy.

Any questions about these terms may be directed to:

Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser

Dublin,OH

United States

info@coacjennifer4u.com

Disclaimer

The resources made available by and through Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser are an informational resource for people seeking recipes and how to live a healthy lifestyle. The information contained herein and through other sources connected to via Kindness Matters LLC, DBA CoachJennifer4u ~Jennifer Schmeisser is based on the personal experiences of Jennifer Schmeisser, shared in the hope that it will spark inspiration and positive change in the reader. Jennifer Schmeisser is not a medical doctor or nurse, and does not hold licenses as a registered dietician or licensed nutritionist. She is a health and wellness lifestyle coach which help people achieve a higher level of well-being and performance in life and work, particularly when change is hard. As a professional coach in health and wellness, she forms partnerships with clients to optimize health and well-being by developing and sustaining healthful lifestyles.

Be Well & Share Kindness,

Jennifer Schmeisser, NBC - HWC, ACC-ICF

DUKE Integrative Medicine Well-Being Certified Lifestyle Coach

Kindness Matters LLC, DBA Coachjennifer4u