BDYCTRL Consumer Health Data Policy

Piik Labs AB · Version 1.0.0

Effective date: 20 November 2026 **Last updated:** 20 November 2026 **Applies to:** the BDYCTRL mobile application (iOS) and the website at bdyctrl.com, for residents of US states with a consumer health data law

1. What this policy covers

This policy adds to the BDYCTRL Privacy Policy. It applies when personal data we process is "consumer health data" under the Washington My Health My Data Act, the Nevada consumer health data law (SB 370), Connecticut's consumer health data rules, or a similar US state law. Consumer health data means personal data that is linked, or can reasonably be linked, to you and that identifies your past, present or future physical or mental health. Words defined in the Privacy Policy mean the same here.

Piik Labs AB, a company registered in Sweden (organisation number 559577-8506), is responsible for this data. BDYCTRL is a Piik Labs brand.

2. The consumer health data we collect

Under these laws, the following data we process can be consumer health data:

- Body weight, height, BMI and body measurements you enter.
- Your workouts and the activities you record, such as runs, walks and hikes: exercises, sets, reps, weights, duration, distance, pace and elevation.
- Muscle recovery and fatigue indicators, and any wellbeing or energy levels you enter.
- Progress photos you upload.
- Health information you choose to write in a message to Bolt, our AI coach.
- Workouts you add from Apple Health, including those you record on Apple Watch: their type, date, duration, distance and elevation, and their route if you have consented to saving routes.
- The routes of the activities you record, if you have consented to saving them. A route can, in rare cases, show a visit to a place where health care is given.

The App also reads heart rate, active energy and steps from Apple Health, if you allow it. Those values are processed on your device and are not sent to us. If you include one of them in an image you share outside the App, it leaves your device in that image.

3. Where it comes from

- From you, when you enter it, record an activity or write to Bolt.
- From Apple Health, when you connect it and allow each type of data in your device's Health settings.

4. Why we use it

We use consumer health data only to provide the Services you ask for: to log and show your training and your progress, to record and map your activities, to build your plans and Bolt's answers, to run the community features you choose to use, and to keep the Services secure. Section 4 of the Privacy Policy lists each purpose with its legal basis. We do not use it for advertising.

5. Your consent

We ask for your consent before we collect consumer health data, at account setup and again before the App first uses Apple Health or saves the routes of the activities you record. You choose separately whether anything you record is shared with other users, and who can see each activity. You can withdraw any of these consents at any time in Settings.

6. Who receives it

We do not sell consumer health data. It reaches only:

- Our service providers, which process it for us under contract: Xano (our backend and database, in the EU), Vercel (private storage for progress photos and activity photos, in the EU), and Anthropic (the AI model behind Bolt, which receives what Bolt needs to answer you). The full list of providers is in section 6.1 of the Privacy Policy.
- Other BDYCTRL users, when you choose to share an activity or a workout, within the visibility you pick.
- Authorities, where the law requires it, and a buyer of our business, as described in sections 6.2 and 6.3 of the Privacy Policy.

Piik Labs AB has no affiliates that receive your data. Our other products do not receive data from BDYCTRL.

7. Your rights

You can:

- Ask whether we collect or share your consumer health data, get a copy of it, and get a list of every third party and affiliate we have shared it with, with a way to contact each one.
- Withdraw your consent to collecting or sharing it.
- Have it deleted. Deleting your account deletes it, as section 8 of the Privacy Policy describes, and we tell our service providers to delete it too. Copies in backups are deleted when the backup is overwritten, within the period set out there.

We do not treat you differently for using these rights. To use them, write to privacy@bdyctrl.com or use Settings in the App. We answer within 45 days, and tell you if we need up to 45 more.

8. Appeals

If we turn down a request, you can appeal by writing to legal@bdyctrl.com within 60 days of our answer. We decide within 45 days and tell you why. If you disagree with the outcome, you can file a complaint with the Washington State Attorney General (atg.wa.gov/file-complaint), the Nevada Attorney General (ag.nv.gov) or the Connecticut Attorney General (portal.ct.gov/ag).

9. Changes

When we change this policy, we publish the new version here with its date. Before we collect a new kind of consumer health data, or use it or share it in a new way, we ask for your consent.

10. Contact

Company	Piik Labs AB
Address	Box 691, 414 52 Göteborg, Sweden
Privacy enquiries	privacy@bdyctrl.com
Legal and compliance	legal@bdyctrl.com

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