Disclosure

Privacy Policy & Terms of Use

The purpose of this website is to share my personal health and wellness experience and opinions. Topics may include nutrition, weight loss, fitness, and product information. You should use your best judgement and consult your primary care provider before beginning any new diet or exercise program. I make no guarantees of health benefits or improving/curing any medical condition by providing information on this website. Individual results may vary and should be discussed with your doctor.

All photos and written content are owned by me, Jennifer Amoako or used with proper consent.

I value your privacy. You should know that this website automatically collects data from visitors. Your information will not be sold or shared with third parties. It is used for the purposes of advertising, analytics, and/or other reasonable purposes that you consent to by using this website (i.e. providing your email address for subscriptions or to contact me).

Reviews and promotion of products on this website are based on my honest opinion whether they were purchased or gifted to me. I make an effort to partner with brands whose mission aligns with my own; however, I do not claim to share all views expressed by any company.

Full Privacy Policy:

AJenniferYourThoughts ("Website") is governed by the following privacy policy ("Privacy Policy").

We respect your privacy and are committed to protecting it. The purpose of this Privacy Policy is to inform you what personally identifiable information we may collect and how it may be used. This statement only applies to this Website.

Information You Voluntarily Submit to the Website: We may collect personal information from you such as your name or email address. For example, you may voluntarily submit information to the Website by subscribing to a newsletter, or submitting a contact form.

Automatically-Collected Information: We automatically collect certain information about you and the device with which you access the Website. For example, when you use the Website from your IP address, analytics services, such as Google Analytics may collect your operating system type, browser type, referring website, pages you viewed, and the dates/times when you accessed the Website. We may also collect information about actions you take when using the Website, such as links clicked. This information is not shared for any purpose other than website metrics.

Cookies: We may log information using cookies, which are small data files stored on your browser by the Website. We may use both session cookies, which expire when you close your browser, and persistent cookies, which stay on your browser for 30 days or until deleted, to provide you with a more personalized experience on the Website.

HOW YOUR INFORMATION MAY BE USED

We may use the information collected in the following ways:

- To operate and maintain the Website;
- To send you promotional information, such as newsletters. Each email promotion will provide information on how to opt-out of future mailings;
- To respond to your comments or inquiries;
- To provide you with user support;
- To track and measure advertising on the Website;
- To protect, investigate, and deter against unauthorized or illegal activity.

THIRD-PARTY USE OF PERSONAL INFORMATION

We may share your information with third parties when you explicitly authorize us to share your information.

Additionally, the Website may use third-party service providers to service various aspects of the Website. Each third-party service provider's use of your personal information is dictated by their respective privacy policies.

The Website currently uses the following third-party service providers:

Google Analytics – this service tracks Website usage and provides information such as referring websites and user actions on the Website. Google Analytics may capture your IP address, but no other personal information is captured by Google Analytics.

At this time, your personal information is not shared with any other third-party applications. This list may be amended from time to time in the Website's sole discretion.

Except when required by law, we will not sell, distribute, or reveal your email addresses or other personal information without your consent.

ADVERTISING

Display Ads

We may use third-party advertising companies to serve content and advertisements when you visit the Website, which may use cookies, as noted above.

Links to Other Websites

This website may contain links to other websites. However, once you have used these links to leave this site, we are not responsible for the collection, protection or privacy of any information which you provide while visiting such sites as they are not governed by this privacy statement.

Affiliate Program Participation

The Website may engage in affiliate marketing, which is done by embedding tracking links into the Website. If you click on a link for an affiliate partnership, a cookie will be placed on your browser to track any sales for purposes of commissions.

Jennifer Amoako is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and links to Amazon.com. As part of this Amazon Associates program, the Website will post customized links, provided by Amazon, to track the referrals to their website. This program utilizes cookies to track visits for the purposes of assigning commission on these sales.

Newsletters

On the Website, you may subscribe to our newsletter, which may be used for advertising purposes. All newsletters sent may contain tracking pixels. The pixel is embedded in emails and allows an analysis of the success of online marketing campaigns. Because of these tracking pixels, we may see if and when you open an email and which links within the email you click. Also, this allows the Website to adapt the content of future newsletters to the interests of the user. This will not be passed on to third parties.

RIGHTS RELATED TO YOUR PERSONAL INFORMATION

Opt-out – You may opt-out of future email communications by following the unsubscribe links in our emails.

Access – You may access the personal information we have about you by submitting a request to ajenniferyourthoughts@gmail.com.

Amend – You may contact us at ajenniferyourthoughts@gmail.com to amend or update your personal information.

Please note that we may need to retain certain information for record keeping purposes or to complete transactions, or when required by law.

CHILDREN'S INFORMATION

The Website does not knowingly collect any personally identifiable information from children under the age of 16. If a parent or guardian believes that the Website has personally identifiable information of a child under the age of 16 in its database, please contact us ajenniferyourthoughts@gmail.com and we will use our best efforts to promptly remove such information from our records.

CONTACT INFORMATION

Please contact Jennifer at ajenniferyourthoughts@gmail.com for questions related to this Privacy Policy.

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