

Introduction

Welcome to Building Resilience and Navigating the Journey with Multiple Sclerosis™ also known as Building and Navigating™. We value your privacy and are committed to protecting your personal information. This Privacy Policy outlines how we collect, use, and safeguard your data when you visit our website or engage with our services.

1. Information We Collect

1.1 Personal Information: At present, we do not collect personal information aside from IP addresses for informational purposes. However, in the event that we do begin to collect personal information to engage with you via email, subscriptions, newsletters, etc., we will update this policy accordingly and outline the measures we will take to ensure your privacy is respected and protected.

1.2 Usage Data: We collect information about your interactions with our website, including IP addresses, browser types, operating systems, pages viewed, links clicked, and other similar information.

1.3 Cookies and Tracking Technologies: We use cookies and similar tracking technologies to enhance your experience on our website. Cookies are small data files stored on your device. You can control the use of cookies through your browser settings.

2. How We Use Your Information

2.1 Provide and Improve Services: We use your usage data to provide, maintain, and improve our services, including processing transactions, responding to inquiries, and enhancing user experiences.

2.2 Communication: If in the future we collect your contact information, we may use it to send you updates, newsletters, promotional materials, and other communications related to our website, including but not limited to our podcasts available on numerous platforms. You can opt out of these communications at any time.

2.3 Analytics: We use usage data and cookies to analyze trends, administer the website, track user movements, and gather demographic information for aggregate use. This helps us understand how users interact with our site and improve our offerings.

3. Information Sharing and Disclosure

3.1 Third-Party Service Providers: We may share your information with third-party service providers who assist us in operating our website and providing services. These providers are bound by confidentiality agreements and are not permitted to use your information for any other purpose.

3.2 Legal Requirements: We may disclose your information if required by law or in response to valid requests by public authorities (e.g., court orders or government regulations).

3.3 Business Transfers: In the event of a merger, acquisition, or sale of all or a portion of our assets, your information may be transferred as part of the transaction.

4. Data Security

We take reasonable measures to protect your usage data from unauthorized access, disclosure, alteration, and destruction. However, please be aware that no security measures are perfect or impenetrable, and we cannot guarantee the security of your data.

5. Your Rights

5.1 Access and Correction: If in the future we collect personal information, you will have the right to access, correct, or update your personal information. You can do this by contacting us at the email address provided below.

5.2 Opt-Out: You can opt out of receiving promotional communications from us by following the unsubscribe instructions in those communications or by contacting us directly.

6. Children's Privacy

Our website and content are not intended for individuals under the age of 13. The onus is on parents/legal guardians to supervise and/or permit individuals under the age of 13 to engage with our content. We do not knowingly collect personal information from children under 13. If you believe we have collected such information, please contact us via email, and we will take appropriate steps to remove it.

7. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. We will notify you of any changes by posting the new policy on our website. We encourage you to review this Privacy Policy periodically for any updates.

8. Contact Us

If you have any questions or concerns about this Privacy Policy, please contact us at: Email: buildingandnavigating.ms@gmail.com

Thank you for trusting Building and Navigating™ with your personal information. We are committed to protecting your privacy and providing you with a safe and secure experience.