

VITALITY RISING

BioEnergetic Health Practice

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CLIENT PRIVACY & DATA PROTECTION POLICY

At Vitality Rising, your privacy is sacred. This policy outlines how I collect, use, store, and protect the personal and health-related information you share with me as part of your care. My commitment is to honor the trust you place in me with complete transparency and integrity.

1. Information I Collect

a) Health Intake Forms

When you begin your journey with Vitality Rising, you will be asked to complete a confidential health intake form. This may include:

- Personal identifying information (name, date of birth, contact details)
- Current and past health concerns, symptoms, and medical history
- Lifestyle information including diet, sleep, stress levels, and exercise habits
- Current medications, supplements, and treatments
- Goals and intentions for your healing journey

b) Lab Results & Clinical Data

With your consent, I may receive, review, or request functional and conventional lab results to support your personalized wellness protocol. This may include:

- Blood panels, hormonal assessments, metabolic markers, and similar reports
- Results you share directly or through a referring health provider
- Documents generated as part of your care at Vitality Rising (e.g., wellness protocols, supplement guides)

c) Session Notes & Protocols

During and after our sessions, I maintain personal notes and develop individualized wellness protocols that reflect our work together. These may include:

- Session observations and discussion summaries
- Personalized healing protocols, supplement schedules, and nutritional guidance
- Stored emotions assessments and bioenergetic body scan findings
- Progress tracking and follow-up notes

d) Email & Contact Information

I collect and use your contact information for the purposes of:

- Scheduling and confirming appointments
- Delivering your wellness documents and session follow-ups
- Sending educational content or practice updates (with your permission)
- Responding to your questions and ongoing support

2. How I Use Your Information

All information collected is used exclusively to support your personal health and wellness journey. Specifically, I use your information to:

- Develop personalized wellness protocols grounded in functional medicine and naturopathic frameworks
- Conduct bioenergetic body scans and remote healing sessions safely and effectively
- Track your progress and refine your care over time
- Communicate with you regarding appointments, protocols, and follow-up support
- Maintain accurate and complete records for the continuity of your care

3. How I Protect Your Information

I take the security of your personal health information seriously. Protective measures include:

- All digital documents and client files are stored in password-protected environments
- I do not use unsecured public networks when accessing your records
- Only I (Kimberly, practitioner at Vitality Rising) have access to your client file and scan data

4. Sharing of Your Information

Your personal and health information is never sold, traded, or shared with third parties for marketing purposes. I will only share your information in the following limited circumstances:

- With your explicit written consent (e.g., coordinating care with another provider you designate)
- When required by law, such as a valid court order or legal obligation

I do not share your data with insurance companies, pharmaceutical organizations, or any commercial entity.

5. Your Rights as a Client

You have full rights over your personal information. At any time, you may:

- **Request access** to your file and any documents I hold on your behalf
- **Request corrections** to any inaccurate information in your file
- **Request deletion** of your personal data upon conclusion of our professional relationship
- **Withdraw consent** for any optional communications at any time

To exercise any of these rights, please reach out directly at vitalityisrising@gmail.com.

6. Data Retention

Client records are retained for a minimum of seven (7) years following the conclusion of your care, in alignment with general wellness practice standards. After this period, records are securely destroyed. If you wish to request deletion prior to this period, please contact me directly to discuss your options.

7. Updates to This Policy

This policy may be updated periodically to reflect changes in my practice or applicable regulations. If meaningful changes are made, I will notify active clients via email. The effective date at the top of this document will always reflect the most current version.

Questions about your privacy? I am always happy to talk through any concerns you have.

Email: vitalityisrising@gmail.com | Phone: 619-550-8373

Instagram: [@vitality_is_rising](https://www.instagram.com/vitality_is_rising) | www.vitalityisrising.com

Wellness Disclaimer

Vitality Rising offers wellness coaching and bioenergetic services and does not provide medical diagnosis, treatment, or advice. The services offered are intended to complement — not replace — the care of a licensed medical professional. Always consult your physician or qualified healthcare provider regarding any medical condition or health concern.