**3C’s Health & Wellness - Privacy Policy**

Effective Date: 10.02.24

At 3C’s Health & Wellness, I am dedicated to maintaining the privacy and security of your Personal Information. This policy outlines my commitment and adherence to the Australian Privacy Principles (APPs) under the Privacy Act 1988 (Cth). For detailed information on the APPs, you can visit the Office of the Australian Information Commissioner's website.

**1. Collection of Personal Information:**

I collect personal information necessary for providing our services. This includes but is not limited to your name, contact details, health history, and relevant medical information. I only collect information that is relevant and necessary for the provision of my services.

**2. Use of Personal Information:**

Your personal information is used to deliver personalised and effective clinical nutrition services. This may include creating tailored nutrition plans, conducting assessments, and maintaining accurate records. I may also use your information for administrative purposes, such as appointment scheduling and billing.

**3. Disclosure of Personal Information:**

I prioritise the confidentiality of your information. Disclosure to third parties will only occur with your explicit consent or when required by law. I may share information with other healthcare professionals involved in your care for a collaborative and holistic approach.

**4. Security Measures:**

I employ industry-standard security measures to protect your personal information from unauthorized access, disclosure, alteration, and destruction. My systems are regularly updated and monitored to ensure the integrity of your data.

**5. Access and Correction:**

You have the right to access and correct your personal information. If you believe that any information, I hold is inaccurate or incomplete, please contact me, and I will promptly correct it.

**6. Retention of Information:**

I retain your Personal Information for the duration necessary for our services and adhere to a minimum storage period of 7 years for client files.

**7. Consent:**

By engaging in my telehealth services, you consent to the collection, use, and disclosure of your personal information as outlined in this privacy policy.

**8. Changes to the Privacy Policy:**

I may update this privacy policy to reflect changes in my practices or for legal reasons. Check my website for the latest version.

**9. Contact Information:**

If you have any questions, concerns, or requests regarding your privacy, please contact me.

By engaging in 3C’s Health & Wellness telehealth services, you acknowledge and agree to the terms outlined in this privacy policy.