

Privacy Policy

Glucose Log ("we," "us," "our")

Last updated: July 14, 2026

The short version

We built Glucose Log to do one thing: make it easier for you to track your blood sugar, meals, and medication, and to share that information with your doctor when you choose to. **We do not sell your personal information or health data to anyone. We do not use it for advertising. We do not use it for any purpose other than providing you this service and helping you report your readings to your doctor.** The rest of this document explains exactly what that means.

1. Who this policy covers

This policy applies to anyone who creates an account and uses Glucose Log to log health readings, meals, and medication doses, and to generate reports to share with a healthcare provider.

2. What information we collect

Account information: your name, email address, date of birth, and password (stored securely — we never store your password in plain text). You're welcome to use your real name, initials, or any name of your choosing when creating your account — the only requirement is that your doctor knows who the report is for, since you're the one who chooses to send it to them.

Health information you choose to enter:

- Blood glucose readings and their context (fasting, before/after meal, bedtime, etc.)
- Meals and estimated carbohydrates
- Medications and doses you log
- Optional weight entries
- Your diabetes type and target glucose range
- Notes you add to any entry

Doctor contact information: if you choose to save a doctor's email address so you can send them reports, we store that email and any label you give it (e.g., "Endocrinologist").

Technical information: basic data needed to keep you signed in and the service running (e.g., session identifiers). We do not use tracking cookies for advertising or cross-site profiling.

We only collect what's needed to run the service. We don't ask for information we don't use.

3. How we use your information

We use your information only to:

- Let you log and review your own glucose readings, meals, and medication doses
- Show you your own trends over time
- Generate reports (charts, summaries, entry lists) covering a date range you choose
- Send that report to a doctor's email address **you select**, or let you print/download it yourself
- Maintain your account and keep the service secure and working correctly
- Communicate with you about your account (e.g., password resets) or, if you opt in, about significant updates to the service

We do not:

- Sell, rent, or trade your personal information or health data to any third party, for any reason
- Use your health data for advertising, marketing to you based on your health information, or building advertising profiles
- Share your data with insurers, employers, or data brokers
- Use your data to train external or third-party AI/ML models
- Share your information with a doctor unless **you** choose to generate and send a report to an address **you** provide

4. Who can see your information

- **You** — always, in full.
- **A doctor you choose** — only the specific report you generate, for the date range you select, sent only when you take the action to send it. We do not give doctors ongoing or automatic access to your account.
- **Service providers who help us run Glucose Log** — for example, our hosting provider (which stores the data) and our email provider (which delivers reports you send). These providers only process data on our behalf, under contractual obligations to protect it, and are not permitted to use it for their own purposes.
- **Law enforcement or legal process** — only if we're legally compelled to disclose specific information (e.g., a valid court order), and only to the extent required by law.

We do not have any other categories of recipients. No advertisers, no analytics-for-sale companies, no data brokers.

5. How we protect your information

- Your data is encrypted in transit and at rest.
- Access to production data is limited to what's necessary to operate the service.
- Passwords are stored using industry-standard hashing, never in plain text.

- We follow the principle of least privilege internally: the fewer people and systems that touch your data, the better.

No system is perfectly secure, and we can't guarantee absolute security — but we design and operate this service with your health data's sensitivity specifically in mind.

6. How long we keep your information

We keep your account and health data for as long as your account is active. If you delete your account, we delete your personal and health data within [X days], except where we're required to retain limited records for legal or security purposes (e.g., fraud prevention logs), which are kept only as long as necessary and are not used for any other purpose.

7. Your rights

Depending on where you live, you have the right to:

- Access the personal information we hold about you
- Correct inaccurate information
- Withdraw consent for us to process your information (note: this may mean we can no longer provide the service, since it's built around your health data)
- Request deletion of your account and data
- Ask questions about how your information is handled

To exercise any of these rights, contact us at privacy@glucoselog.ca.

8. Where your data is stored

Your data is stored on servers located in the United States. Because this means your personal information crosses an international border, it may be accessible to US authorities under US law, including for law enforcement or national security purposes. We require our hosting provider to protect your data under contractual and technical safeguards regardless of where it's stored, but we want to be upfront that cross-border storage carries this inherent difference from data that stays within Canada. If our hosting arrangements change, we'll update this section.

9. If something goes wrong

If we ever experience a data breach that creates a real risk of harm to you, we will notify you and the appropriate privacy authority as required by law, without undue delay, and explain what happened and what we're doing about it.

10. Children's privacy

Glucose Log is intended for use by adults managing their own diabetes care, or by minors under the guidance and consent of a parent or guardian. If you are a parent or guardian and believe your child

has created an account without your consent, contact us and we will address it.

11. Changes to this policy

If we make material changes to this policy, we'll notify you (e.g., by email or an in-app notice) before the changes take effect. We won't use your data in new, more permissive ways without asking for your consent first.

12. Governing law

This policy is governed by the personal information protection laws of Canada, including the *Personal Information Protection and Electronic Documents Act* (PIPEDA), and, where applicable, the provincial law of your residence (for example, Quebec's *Law 25*).

13. Contact us

Questions, concerns, or requests about your privacy: privacy@glucoselog.ca

This policy is a plain-language draft prepared for Glucose Log and has not been reviewed by a lawyer. Before publishing this policy or launching with real user data, it should be reviewed by a lawyer familiar with Canadian privacy law (PIPEDA and, if relevant, Quebec's Law 25) to confirm it accurately reflects your actual data practices and meets all legal requirements.