

PRIVACY NOTICE

Last updated July 21, 2026

This Privacy Notice explains how Life Stage Nutrition, LLC (operating under the registered trade name LifeStage RD, and referred to herein as "we," "us," or "our") accesses, gathers, stores, utilizes, and discloses ("processes") your personal information when you engage with our services ("Services"). This includes occasions when you:

- Visit our primary domain at <http://www.lifestagerd.com> or any associated digital platform linking directly to this notice.
- Engage with our telehealth infrastructure as a client receiving dietetic services, nutrition counseling, or medical nutrition therapy.
- Interact with our organization through secondary channels, including inquiries, promotional activities, or public events.

Questions or concerns? Reviewing this notice will help clarify your privacy rights and options. As the operating entity, we determine how and why your data is handled. If you disagree with our policies, please refrain from using our Services. If you have additional inquiries, reach out to us directly at hello@lifestagerd.com.

SUMMARY OF CORE CONCEPTS

Personal Information Handled: The data we process depends on your interactions with our Services, your settings, and the features you access.

Sensitive Information Handling: Certain data points (such as health records or demographic details) may be classified as "sensitive" under specific legal frameworks. We handle sensitive data strictly with your consent or as permitted by law.

Third-Party Data Sourcing: We do not acquire or purchase personal data about you from outside third-party sources.

Purpose of Data Processing: Data is handled to deliver, maintain, and optimize our Services, respond to inquiries, preserve security, prevent fraudulent activity, and comply with legal mandates.

Information Sharing: Data is disclosed only in specific operational contexts and with dedicated categories of service providers.

Security Safeguards: We deploy technical and organizational measures to safeguard your information. However, no internet-based transmission can be guaranteed to be completely immune to unauthorized access or cyber threats.

Individual Rights: Depending on your geographic location, applicable privacy laws grant you specific rights regarding your personal records.

Exercising Your Rights: You can initiate a privacy request by visiting our contact page at <https://www.lifestagerd.com/#contact>, or by emailing us.

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1. WHAT INFORMATION DO WE COLLECT?

Personal Information Disclosed by You

Key Takeaway: *We gather personal details that you voluntarily submit to us.*

We collect personal information when you demonstrate interest in our Services, participate in platform activities, or contact us. The scope of collected data depends on your interactions and may include:

- Full names
- Electronic mail addresses
- Telephone numbers

Sensitive Information: When required, and strictly with your explicit consent or as authorized by statute, we process health-related data necessary for dietetic and medical nutrition therapy care.

All information submitted must be accurate, complete, and updated whenever changes occur.

Technical Information Automatically Captured

Key Takeaway: *Technical system data—such as your device parameters and IP address—is logged automatically whenever you browse our site..*

Our infrastructure automatically records technical parameters during site visits. While this data does not reveal your direct identity (such as your full name), it includes:

- *Log and Usage Metrics:* Server logs capturing access timestamps, viewed pages, feature interactions, system crash reports, and hardware diagnostic details.
- *Device Identifiers:* Operating system versions, unique device identification numbers, hardware models, language preferences, referring URLs, internet service providers, and IP addresses.
- *Location Parameters:* General geographic location derived from IP addressing (or precise location if allowed by your device settings). You may disable location tracking via your device settings, though some functional features may be restricted.

2. HOW DO WE PROCESS YOUR INFORMATION?

Key Takeaway: *Your information is utilized to operate, improve, and secure our Services, address your requests, and comply with state and federal laws.*

We process personal data for the following operational reasons:

- Delivering requested nutrition and telehealth services.
- Addressing support tickets and client inquiries.
- Sending transactional messages, operational updates, and policy revisions.
- Distributing marketing and promotional communications (subject to your opt-out preferences).

- Displaying tailored content or promotional materials.
- Publishing voluntary client testimonials.
- Monitoring infrastructure to prevent fraud and enhance security.
- Identifying usage patterns to evaluate and improve our offerings.
- Measuring the performance of promotional campaigns.
- Fulfilling legal obligations, regulatory mandates, and exercising legal defense rights.

3. WHEN AND WITH WHOM DO WE SHARE YOUR PERSONAL INFORMATION?

Key Takeaway: *Data is shared exclusively in controlled operational scenarios with vetted third-party service providers.*

We may share data with operational third parties under contractual terms that mandate data security, restrict usage solely to our instructions, and prohibit further unauthorized sharing:

- **Vendors and Service Categories:** Cloud hosting providers, payment processors, communication tools, data analytics platforms, performance monitors, data storage providers, ad networks, and retargeting systems.
- **Corporate Transactions:** Data may be transferred during negotiations or completion of a merger, acquisition, or sale of assets.
- **Mapping APIs:** Location metrics may be shared with Google Maps Platform APIs to provide spatial directions and location support.

4. DO WE USE COOKIES AND OTHER TRACKING TECHNOLOGIES?

Key Takeaway: *We utilize standard web tracking tools, cookies, and pixels to collect interaction data and support site mechanics.*

We use essential cookies and tracking mechanisms to preserve site security, prevent errors, remember preferences, and facilitate site mechanics. Third-party providers may also deploy tracking tools for performance analytics and targeted advertising.

Cookie Notice Statement: Specific information about how we use such technologies and how you can refuse certain cookies is set out directly within this policy, or can be managed via the cookie consent banner on our platform.

Google Analytics Integration: We utilize Google Analytics (including remarketing features) to evaluate site usage. You can opt out of Google Analytics tracking across web platforms by visiting <https://tools.google.com/dlpage/gaoptout>. You can opt out of Google Analytics Advertising Features through [Ads Settings](#) and Ad Settings for mobile apps. Additional opt out methods include <http://optout.networkadvertising.org/> and <http://www.networkadvertising.org/mobile-choice>. For more information on the Google's privacy policies, please visit the [Google Privacy & Terms page](#).

5. HOW LONG DO WE KEEP YOUR INFORMATION?

Key Takeaway: *Records are retained only for the timeframe necessary to complete operational goals or adhere to legal retention laws.*

We preserve personal records only as long as required to fulfill business objectives or satisfy statutory accounting and legal retention requirements. When active business needs cease, data is permanently erased, anonymized, or isolated securely in backup archives until deletion can be performed.

6. HOW DO WE KEEP YOUR INFORMATION SAFE?

Key Takeaway: *We deploy technical and administrative protocols to protect your data, though no digital transmission over the internet can be guaranteed as 100% immune to risk.*

We implement risk-appropriate technical procedures designed to protect personal data. However, because internet transmissions and digital storage systems cannot be guaranteed 100% secure, data sent to or from our Services is transmitted at your own risk.

7. DO WE COLLECT INFORMATION FROM MINORS?

Key Takeaway: *We do not intentionally gather data from or target services to individuals under 18 years of age.*

Our platform is intended for adults. By using our Services, you represent that you are at least 18 years old or the legal guardian authorizing a dependent minor's access. If we discover that records from a minor under 18 have been collected without verified parental consent, we will deactivate the record and delete the data. Contact hello@lifestagerd.com to report potential minor data collections.

8. WHAT ARE YOUR PRIVACY RIGHTS?

Key Takeaway: *Depending on your state or regional location, you hold specific legal rights to review, update, or restrict how your personal data is handled.*

Withdrawing Consent: If data handling relies on your consent, you may withdraw it at any time by contacting us at hello@lifestagerd.com. (This does not affect processing conducted lawfully prior to withdrawal).

Unsubscribing from Marketing: Opt out of promotional emails by clicking the unsubscribe link in any marketing message or by emailing us. Essential administrative emails regarding your account or appointment status will still be delivered.

Browser Cookie Controls: Most browsers allow you to block or clear cookies via settings, though this may impact specific site features.

9. CONTROLS FOR DO-NOT-TRACK FEATURES

Most web browsers and mobile operating systems contain a Do-Not-Track ("DNT") toggle. Because no industry-wide technological standard for honoring DNT signals has been finalized, our platform does not currently respond to automated DNT browser signals.

10. DO UNITED STATES RESIDENTS HAVE SPECIFIC PRIVACY RIGHTS?

Key Takeaway: *Residents of states such as Minnesota, California, Virginia, Texas, Colorado, Connecticut, and others hold dedicated rights under state privacy regulations.*

Residents of covered states may request access to, correction of, copies of, or deletion of their personal records, as well as opt out of targeted advertising, data sales, or profiling.

Summary of Personal Information Categories Handled (Past 12 Months)

Category	Examples	Collected
A. Identifiers	Contact details, full names, addresses, phone numbers, unique IDs, IP addresses, email accounts.	NO
B. Customer Records (California Statute)	Names, contact details, educational background, employment history, financial details.	YES
C. Protected Classifications	Gender, age, birthdate, race, ethnicity, marital status, demographic metrics.	NO
D. Commercial Data	Purchasing histories, transaction records, payment data.	NO
E. Biometric Metrics	Fingerprints, voiceprints, facial recognition data.	NO
F. Network & Internet Activity	Browsing history, search paths, online interactions, platform usage logs.	NO
G. Geolocation Data	Physical location or device positioning details.	NO
H. Audio & Visual Data	Photographs, voice recordings, video footage.	NO

I. Professional Information	Business contact information, job titles, work history.	NO
J. Educational Information	Student records, academic transcripts, institutional directories.	NO
K. Inferred Profiles	Profiles compiled from collected data summarizing individual preferences.	NO
L. Sensitive Personal Information	Protected health data, medical nutrition therapy records.	YES

Operational Sharing and Disclosures

Sensitive Data Protection: Sensitive data (Category L) is processed strictly for essential service delivery or statutory compliance. We do not process sensitive data to infer individual characteristics.

Business Purpose Disclosures: In the preceding 12 months, we disclosed Category B records (Customer Information) to contracted service providers for operational performance.

Targeted Ads & Analytics Disclosures: Personal data categories may be processed via ad networks and analytics platforms for retargeting purposes (which may be defined as a "sale" or "sharing" under certain state laws). You may opt out using your browser cookie settings.

Submitting Privacy Requests & Appeals

Submitting a Request: Submit a request at <https://www.lifestagerd.com/#contact>, or by emailing us at hello@lifestagerd.com, or by referring to the contact details at the bottom of this document. Authorized agents must provide signed permission demonstrating their authority.

Verification: We must verify your identity before fulfilling requests. Verification details are used strictly for identity confirmation and security.

Appeals: If a request is declined, you may appeal the decision by emailing hello@lifestagerd.com. If an appeal is denied, you may lodge a complaint with your State Attorney General.

California "Shine the Light" Rights: California residents may request, once per year without charge, a list of personal data categories (if any) shared with third parties for direct marketing during the previous calendar year.

11. DO WE MAKE UPDATES TO THIS NOTICE?

Key Takeaway: *Yes. Revisions will be published directly to this page along with an updated effective date.*

We update this notice as required to maintain legal compliance. Material revisions will be highlighted prominently on our platform or communicated directly. Please review this document periodically.

12. HOW CAN YOU CONTACT US ABOUT THIS NOTICE?

If you have questions, feedback, or privacy inquiries, contact us by email at hello@lifestagerd.com or by mail at:

Life Stage Nutrition, LLC
DBA LifeStage RD
310 1/2 Main ST S
Stillwater, MN 55082
United States

13. HOW CAN YOU REVIEW, UPDATE, OR DELETE THE DATA WE COLLECT FROM YOU?

To request a review, update, copy, or deletion of your personal records, submit a request through our online form at <https://www.lifestagerd.com/#contact> or contact our privacy administration directly via email.