

Privacy Policy

Last updated: January 12, 2026

Introduction

Livology (“we,” “our,” or “us”) respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, and safeguard your information when you visit our website, take a quiz, download a resource, or communicate with us.

By using our website or submitting your information, you agree to the terms of this Privacy Policy.

Information We Collect

We may collect the following personal information when you voluntarily provide it:

- Name (first and/or last)
- Email address
- Quiz responses and results
- Information you provide through contact forms or email communication

We do not collect sensitive medical information or payment details through our quizzes.

How We Use Your Information

We use your information to:

- Deliver quiz results and downloadable resources
- Send educational emails, updates, or wellness content
- Respond to inquiries or requests
- Improve our offerings and user experience

We do not sell, rent, or trade your personal information.

Email Communications

If you provide your email address, you may receive occasional emails from us containing educational content, resources, or updates related to Livology.

You may unsubscribe at any time by clicking the “unsubscribe” link in any email.

Third-Party Services

We may use trusted third-party platforms (such as email marketing or quiz software) to collect and manage information. These services are required to keep your information secure and confidential.

Examples may include quiz hosting platforms, email service providers, and website hosting services.

Cookies & Analytics

Our website may use cookies or basic analytics tools to understand how visitors use the site. This helps us improve content and functionality.

You can disable cookies through your browser settings if you prefer.

Data Security

We take reasonable measures to protect your personal information. However, no online transmission or storage system can be guaranteed to be 100% secure.

Your Rights

You have the right to:

- Request access to your personal information
- Request corrections or deletion of your data
- Opt out of email communications at any time

To request changes, please contact us using the information below.

Children's Privacy

Our website and services are intended for adults. We do not knowingly collect information from children under the age of 13.

Changes to This Policy

We may update this Privacy Policy from time to time. Any changes will be posted with an updated revision date.

Contact Us

If you have questions about this Privacy Policy or how your information is handled, please contact:

Livology

Email: livology@outlook.com

Website: <https://www.livology.org>