

SpineWise

Privacy Policy

Effective Date	21 February 2026
Last Updated	21 February 2026
Developers	Shobhik Gupta & Shrey Gupta
Website	https://spinewise.app
Support	support.spinewise@gmail.com
Data Storage	Local device storage
Tracking	No third-party analytics, advertising SDKs, or third-party crash reporting in the current version

This Privacy Policy explains how SpineWise handles information for the macOS application, website, and related features. It is prepared for App Store and in-app use and should be reviewed by a qualified legal professional before publication.

SpineWise is designed to keep posture-related data local to the user's device. The current version does not use camera-based posture tracking, third-party advertising SDKs, third-party analytics, or third-party crash reporting.

Index

No.	Section	No.	Section
1	Our Privacy Commitment	13	Third-Party Services
2	Privacy Highlights	14	Data Retention
3	Information SpineWise Processes	15	Data Deletion
4	Information SpineWise Does Not Collect	16	Children's Privacy
5	Local Data Storage	17	International Users
6	How We Use Information	18	Security
7	AirPods and Motion Tracking	19	Your Choices
8	Camera, Microphone, and Screen Recording	20	App Store Privacy Information
9	Notifications and Launch at Login	21	Changes to This Privacy Policy
10	Analytics, Crash Reporting, and Apple Diagnostics	22	Contact Us
11	Website Data	23	Privacy Summary
12	Data Sharing		

This index is provided for navigation only. The full legal terms appear in the sections that follow.

Privacy Policy

Effective Date: 21 February 2026

Last Updated: 21 February 2026

1. Our Privacy Commitment

SpineWise is designed with privacy as a core principle. The App helps users build posture awareness using supported AirPods motion data while avoiding unnecessary data collection.

Posture-related data is intended to remain on your Mac unless you choose to share information with us for support, feedback, troubleshooting, or another direct communication.

2. Privacy Highlights

- No camera-based posture tracking.
- No Screen Recording permission required for normal posture tracking.
- No microphone access required for normal posture tracking.
- No third-party advertising SDKs.
- No third-party analytics or third-party crash reporting tools in the current version.
- No sale of personal data.
- No external server storage of posture history in the current version.
- Focus Timer features can work even when AirPods posture tracking is inactive.

3. Information SpineWise Processes

SpineWise may process the following categories of information locally on your device, depending on the features you use:

- AirPods motion data, such as head orientation, pitch, roll, movement, or related sensor values provided through Apple-supported motion APIs.
- Calibration data created by you to establish a preferred posture baseline.
- Posture history and local statistics, such as posture session information, posture state history, sitting time, streaks, reminder history, and posture activity during Focus Timer sessions.
- Focus Timer data, including current session status, remaining time, work/break phase, session count, and timer preferences.
- App settings and preferences, including notification settings, launch at login preference, reminder settings, calibration settings, particle or visual feedback preferences, pause or tracking state, and menu bar behavior preferences.

4. Information SpineWise Does Not Collect

SpineWise does not intentionally collect, access, or transmit the following for posture tracking:

- Camera video, photos, microphone audio, or screen recordings.
- Keyboard input, browser history, messages, contacts, or files from your Mac.
- Exact location, advertising identifiers, payment card information, health records, or biometric identification data.
- Posture data for advertising, profiling, or third-party tracking.

5. Local Data Storage

SpineWise is designed so that posture-related data is stored locally on your device. Local data may be stored using macOS-supported local storage methods such as app preferences, UserDefaults, local files, app containers, or other local storage mechanisms.

We do not have automatic access to your locally stored posture data unless you choose to share information with us for support, feedback, troubleshooting, or another direct communication.

6. How We Use Information

SpineWise uses local app data to:

- Provide posture-awareness feedback and supported AirPods motion detection.
- Show posture states such as Good Posture, Posture Warning, or Poor Posture.
- Run the Focus Timer and local reminders if enabled.
- Display particle feedback and remember your app settings.
- Store calibration settings and show local posture statistics.

SpineWise does not use posture data to show targeted advertising.

7. AirPods and Motion Tracking

SpineWise requires compatible AirPods or supported Apple audio devices with motion tracking capabilities for posture tracking. Motion tracking is used as an estimate for awareness and habit-building, not as an exact medical measurement.

If AirPods are disconnected, unavailable, paused, not worn, or not providing fresh motion data, SpineWise may continue non-posture features such as the Focus Timer, but posture tracking should remain inactive until fresh supported motion data becomes available.

8. Camera, Microphone, and Screen Recording

SpineWise does not use your camera for posture tracking. SpineWise does not require Screen Recording permission for normal posture tracking. SpineWise does not need microphone access for normal posture tracking.

If any future feature requires additional permissions, the App should clearly explain why that permission is needed before requesting it.

9. Notifications and Launch at Login

SpineWise may send local notifications if you enable them. Notifications may include posture reminders, sitting reminders, Focus Timer alerts, break reminders, or similar local alerts.

If you enable launch at login, SpineWise may start automatically when you sign in to your Mac. You may disable launch at login at any time through the App or macOS settings.

10. Analytics, Crash Reporting, and Apple Diagnostics

The current version of SpineWise does not include third-party analytics, tracking SDKs, advertising SDKs, or third-party crash reporting tools. This includes services such as Firebase Analytics, Firebase Crashlytics, Sentry, Mixpanel, PostHog, Amplitude, or similar tools.

Apple may provide developers with App Store, crash, diagnostic, or performance information through Apple's own developer tools and systems. Such information is handled by Apple according to Apple's terms and privacy practices.

If SpineWise later adds analytics, crash reporting, cloud sync, accounts, subscriptions, or server-side features, this Privacy Policy and App Store privacy information should be updated before or when those features are released.

11. Website Data

If you visit the SpineWise website, basic technical information may be processed by the website hosting provider, domain provider, or security provider. This may include information such as IP address,

browser type, device type, pages visited, date and time, and general usage information.

If the website uses cookies, analytics, contact forms, newsletter tools, or third-party services in the future, those practices should be disclosed in this Privacy Policy or a separate website privacy notice.

12. Data Sharing

We do not sell your personal data, share posture data with advertisers, or transmit local posture history to external servers for advertising or profiling. We may share information only in limited situations:

- If you choose to contact us and provide information voluntarily.
- If needed to provide support that you request.
- If required by applicable law, legal process, court order, or government request.
- If necessary to protect our rights, users, security, or prevent misuse.
- If SpineWise is transferred as part of a business transaction, subject to appropriate privacy protections.

13. Third-Party Services

SpineWise may rely on Apple technologies and services, including macOS, AirPods, Core Motion, Bluetooth, the App Store, App Store Connect, and Apple system permissions. Apple may process information according to Apple's own privacy policies and terms.

SpineWise is not responsible for third-party privacy practices, operating system behavior, App Store processes, device diagnostics, or Apple-managed services.

14. Data Retention

SpineWise stores local data for as long as needed to operate the App and provide its features. Local data may remain on your device until you delete it inside the App, reset App settings, delete the App, remove associated local app files, or macOS removes the data according to system behavior.

We do not control Apple-managed App Store records, purchase history, diagnostics, or account-level data.

15. Data Deletion

You can delete locally stored SpineWise data by deleting the App from your device. Depending on macOS behavior, some app preferences or support files may remain unless manually removed.

If the App provides a reset or delete-data option, you may use that feature to remove local posture history, calibration, Focus Timer data, or settings. If you contact us for support, you may request deletion of personal information you voluntarily provided to us.

16. Children's Privacy

SpineWise is designed for general users and is not specifically directed to children. We do not knowingly collect personal information from children. If you believe a child has provided personal information to us, contact us and we will take reasonable steps to delete it where required by law.

If a minor uses SpineWise, they should do so with permission and supervision from a parent or legal guardian where required.

17. International Users

SpineWise may be available worldwide through the Apple App Store. By using SpineWise, you understand that data may be processed in your country or region, and certain support communications may be handled from India or another location where the developers operate.

Local posture data is intended to remain on your device unless you choose to share information with us.

18. Security

We use reasonable efforts to design SpineWise in a privacy-conscious and secure manner. However, no app, device, operating system, local storage method, or data transmission is completely secure. You are responsible for maintaining the security of your Mac, Apple ID, AirPods, passwords, and device access.

19. Your Choices

You may control certain privacy-related choices through the App or macOS settings, including:

- Motion-related permissions.
- Notifications.
- Launch at login.
- App settings.
- Local data deletion.
- App deletion.

If you disable certain permissions, some SpineWise features may not work properly.

20. App Store Privacy Information

When SpineWise is distributed on the Apple App Store, we may be required to provide App Privacy information in App Store Connect. The App Privacy information should accurately describe the data practices of SpineWise.

If future versions of SpineWise add new data collection, analytics, cloud sync, accounts, subscriptions, crash reporting, or third-party SDKs, the App Privacy information and this Privacy Policy should be updated before or when those features are released.

21. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. If we make material changes, we may notify users through the App, website, App Store listing, email, or another reasonable method.

The updated Privacy Policy will become effective when posted or otherwise made available. Your continued use of SpineWise after the updated Privacy Policy becomes effective means you accept the updated policy.

22. Contact Us

If you have questions about this Privacy Policy, SpineWise, privacy, support, or data handling, contact us at support.spinewise@gmail.com. Website: <https://spinewise.app>. Developers: Shobhik Gupta & Shrey Gupta. Location: Surat, Gujarat, India.

23. Privacy Summary

- SpineWise uses supported AirPods motion data for posture awareness.
- SpineWise does not use a camera for posture tracking.
- SpineWise does not require Screen Recording for normal posture tracking.
- SpineWise does not currently include third-party analytics or third-party crash reporting.
- SpineWise does not sell your data or use posture data for advertising.
- SpineWise stores posture-related data locally on your device.
- You can delete local app data by deleting the App or using available reset/delete controls.