

Life Goals Mobile Application

Privacy Policy

This privacy policy governs your use of the Life Goals software application (“Application”) on a mobile device that was created by The University of Michigan. The Application includes self-management and psychoeducational content related to mental health and wellness.

What information does the Application obtain and how is it used?

The Life Goals application is a self-management and psychoeducational application for adults with mood disorders. The Life Goals application includes succinct modules that provide self-management activities for managing everyday needs of individuals with mood disorders, including symptom coping strategies, stigma concerns, emotional self-awareness, family support, and preparing for doctor’s visits.

User provided data may be collected, such as past experiences with mental health (e.g. past symptoms, triggers, goals, values, responses to symptoms and triggers). Information about the way you use the app, such as data related to usage and selection of modules may automatically be collected by the application. Data collected from the app may be used for research purposes.

User Provided Information – The Application obtains the information you provide when you download and register the Application, which may include but is not limited to your contact information as well as information provided when contacting us for assistance. Registration with us is optional. However, please keep in mind that you may not be able to use some of the features offered by the Application unless you register with us. Registration with us is mandatory in order to be able to use the basic features of the Application. We may also use the information you provide us to contact you to provide you with important information, required notices and marketing promotions.

Automatically Collected Information - In addition, the Application may collect certain information automatically, such as the type of mobile device you use, your mobile devices unique device ID, the IP address of your mobile device, your mobile operating system, the type of mobile Internet browsers you use, and information about the way you use the Application.

Does the Application collect precise real-time location information of the device?

This Application does not collect precise information about the location of your mobile device.

Do third parties see and/or have access to information obtained by the Application?

We will share your information with third parties only in the ways that are described in this privacy statement.

We may disclose User Provided and Automatically Collected Information: as required by law, such as to comply with a subpoena, or similar legal process; when we believe in good faith that disclosure is necessary to protect our rights, protect your safety or the safety of others, investigate fraud, or respond to a government request; with our trusted services providers who work on our behalf, do not have an

independent use of the information we disclose to them, and have agreed to adhere to the rules set forth in this privacy statement.

Opt-out of all information collection by uninstalling the Application – You can stop all collection of information by the Application easily by uninstalling the Application. You may use the standard uninstall processes as may be available as part of your mobile device or via the mobile application marketplace or network.

Data Retention Policy, Managing Your Information

We will retain User Provided data for as long as you use the Application and for a reasonable time thereafter. If you'd like us to delete User Provided Data that you have provided via the Application, please contact us at lifegoalscc@med.umich.edu and we will respond in a reasonable time. Please note that some or all of the User Provided Data may be required in order for the Application to function properly, and we may be required to retain certain information by law.

Children

We do not use the Application to knowingly solicit data from or market to children under the age of 13. If a parent or guardian becomes aware that his or her child has provided us with information without their consent, he or she should contact us at lifegoalscc@med.umich.edu. We will delete such information from our files within a reasonable time.

Security

We are concerned about safeguarding the confidentiality of your information. We provide physical, electronic, and procedural safeguards to protect information we process and maintain. For example, we limit access to this information to authorized employees and contractors who need to know that information in order to operate, develop or improve our Application. Please be aware that, although we endeavor to provide reasonable security for information we process and maintain, no security system can prevent all potential security breaches.

Changes

This Privacy Policy may be updated from time to time for any reason. We will notify you of any changes to our Privacy Policy by posting the new Privacy Policy here <http://www.lifegoalscc.com/researchers/>. You are advised to consult this Privacy Policy regularly for any changes.

Your Consent

By using the Services, you are consenting to our processing of User Provided and Automatically Collection information as set forth in this Privacy Policy now and as amended by us. "Processing," means using cookies on a computer/hand held device or using or touching information in any way, including, but not limited to, collecting, storing, deleting, using, combining and disclosing information, all of which activities will take place in the United States. If you reside outside the U.S. your information will be transferred to the U.S., and processed and stored there under U.S. privacy standards. By using the Application and providing information to us, you consent to such transfer to, and processing in, the US.

Contact us

If you have any questions regarding privacy while using the Application, or have questions about our practices, please contact us via email at lifegoalscc@med.umich.edu.