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To use the app, user account registration is required via email and any password. The purpose of registering an account is to protect the personal information that the users themselves choose to store in the app. No personal information entered into the app is saved.

No analysis is done of the user's behavior. No data on how the app is used or what is written in the input boxes is relayed, this information is stored locally on the users phone and will be deleted when the app is removed.

We never sell or share your information to companies for them to recommend you information about their products and services.

If you wish, Singleton Applications AB may access your email address for the purpose of assisting you with your account registration. NSPH Skåne and Singleton Applications AB are processing personal data in information with GDPR and EU laws. You may always delete the content in the app and you can, at any time, choose to stop using The Recovery Guide – tools for self care.