

# Privacy Policy

Effective Date: June 14, 2023

At My Mainstay VA, we recognize the importance of your privacy and are committed to protecting your personal information. This Privacy Policy outlines how we collect, use, disclose, and safeguard the information you provide when accessing or using our website, [www.mymainstayva.com](http://www.mymainstayva.com). Please take a moment to read this policy to understand how we handle and protect your information.

## 1. Information Collection

1.1 Personal Information: We may collect personal information, such as your name, email address, phone number, and any other information you voluntarily provide to us when you interact with our website or contact us through the provided channels.

1.2 Usage Information: We may automatically collect certain information about your interaction with our website, including your IP address, browser type, operating system, referring URLs, pages visited, and the date and time of each visit. This information helps us analyze trends, administer the website, and improve our services.

## 2. Use of Information

2.1 We may use the collected information to:

- a. Provide and maintain our website's functionality.
- b. Respond to your inquiries, requests, or provide customer support.
- c. Personalize your experience and deliver tailored content and offers.
- d. Improve our website, services, and user experience.
- e. Send periodic emails or other communications regarding updates, promotions, or other relevant information.

You may opt-out of receiving these communications at any time.

## 3. Information Sharing

3.1 We do not sell, trade, or transfer your personal information to outside parties without your consent, except in the following circumstances:

- a. Trusted third parties: We may engage trusted third-party service providers who assist us in operating our website or conducting business, subject to their agreement to keep your information confidential.
- b. Legal requirements: We may disclose your information if required by law or in response to valid legal requests, such as court orders or government regulations.

## 4. Data Security

4.1 We implement industry-standard security measures to protect your personal information from unauthorized access, alteration, disclosure, or destruction. However, no method of data transmission over the internet or electronic storage is 100% secure. While we strive to protect your information, we cannot guarantee absolute security.

## 5. Links to Third-Party Websites

5.1 Our website may contain links to third-party websites. Please note that we have no control over the content, privacy practices, or security of these websites. We recommend reviewing the privacy policies of any third-party websites you visit.

## 6. Children's Privacy

6.1 Our website is not intended for individuals under the age of 18. We do not knowingly collect personal information from children. If you believe we have inadvertently collected personal information from a child, please contact us immediately, and we will take steps to delete it.

## 7. Updates to This Privacy Policy

7.1 We reserve the right to update or modify this Privacy Policy at any time. Any changes will be effective immediately upon posting the revised policy on our website. We encourage you to periodically review this policy to stay informed about how we collect, use, and protect your information.

## 8. Contact Us

8.1 If you have any questions, concerns, or requests regarding this Privacy Policy or the handling of your personal information, please contact us using the information below:

My Mainstay VA  
Shawna M Thompson  
949.209.7045  
[sthompson@mymainstayva.com](mailto:sthompson@mymainstayva.com)

By accessing or using our website, you acknowledge that you have read, understood, and agreed to the terms of this Privacy Policy.