

Why do we need permission to access users' wearable data?

Sova is a digital therapeutics company enabling patients with chronic diseases (i.e. diabetes) to incorporate lifestyle changes to drive clinical outcomes. For this, we run nutrition and lifestyle based programs.

User privacy is crucial for us. When a user connects their wearable device (or app) to their Sova Health account, we request permission to access their health information in order to help them unlock all app features.

Our Health program uses the user's health data to create daily health and activity reports.

Sova Health app needs access to the following category of data-

1. Daily Step Count
2. Heart Rate
3. Sleep
4. Exercise (calories burned)
5. SpO2

The Sova Health app uses this data to-

- Track progress in users' health journeys. For example, if a user's daily goal is to walk 5000 steps, they'll be able to monitor their progress over time on the app to see if they completed their goal.
- Monitor/Reduce stress-levels of program users. Sleep is a good indicator of stress.
- Create interventions and personalize the program based on a user's health inputs so that they reach their goals.
- Award users with badges/points when they hit their health goals
- Send push notifications to notify users when they complete or are close to reaching their goal for an activity that uses wearable data, such as walking.

Users can manage the wearable information that they share with their Sova Health app at any time.

Furthermore, Sova Health does not share or sell any user information to third parties for promotional or marketing purposes.

You can read more about this in our Privacy Policy.