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myPMDD Privacy Policy

Last updated: 28 September 2026

In short: your symptoms, cycle, medication and notes are stored only on your iPhone. We don't have an account system, we don't run analytics, we don't show ads, and we can't see your diary.

Who we are

myPMDD is made by Paul Miller, trading as pozApps, Belfast, Northern Ireland (“we”, “us”). If you have any questions about this policy, email studio@webdesignbelfast.net.

Your diary stays on your device

Everything you enter into myPMDD is saved in the app's private storage on your iPhone. That includes:

- the name or nickname you choose
- period start dates and cycle settings
- daily symptom ratings, impact ratings and notes
- medications, doses, reminder times and doses marked as taken

This information is never sent to us or to any third party. We do not have a server that stores it, so we cannot view, share, sell or recover it.

Like other app data, it may be included in your iPhone's own iCloud or computer backups if you have those turned on. Those backups are controlled by you and Apple under Apple's privacy policy.

Reports you choose to share

If you export a clinician report (PDF or text), the app creates it on your phone and opens the iOS share sheet. It only goes where you send it, for example to your GP by email. Once shared, it is handled by whoever you shared it with.

Reminders

Medication reminders are local notifications scheduled on your iPhone. They are not sent through any server.

Face ID and passcode lock

If you turn on the app lock, iOS checks your Face ID, Touch ID or passcode. myPMDD only receives a yes or no answer. We never receive or store biometric data.

Purchases

myPMDD is free to download, with an optional one-off purchase (myPMDD Pro). Payments are handled entirely by Apple. We never see your payment details.

To check whether Pro is unlocked, the app uses RevenueCat, a purchase-management service. RevenueCat receives an anonymous app user ID and your purchase record (what was bought and when), along with basic technical details such as app version and device type. This is used only to unlock and restore your purchase. It is not linked to your name, email or diary, and it is not used for advertising or tracking.

What we don't do

- No account or sign-up
- No advertising and no ad tracking
- No analytics or behavioural tracking
- No selling or sharing of personal data

Deleting your data

You can edit or remove entries at any time in the app. To delete everything, delete the myPMDD app from your iPhone. This permanently removes all data stored by the app on

that device. Remember that older copies may remain in your own device backups until those are replaced.

Your rights

Under UK data protection law (UK GDPR) you have rights over your personal data, including access and deletion. Because your diary is held only on your device, you control it directly. For anything relating to purchase records held by RevenueCat, contact us and we'll help.

You can also complain to the UK Information Commissioner's Office at ico.org.uk.

Children

myPMDD is intended for adults and is not directed at children under 13.

Not medical advice

myPMDD helps you record symptoms to discuss with a healthcare professional. It does not diagnose, treat or give medical advice.

Changes to this policy

If we change how myPMDD handles data, we'll update this page and the date at the top.

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