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Privacy Policy — SerahrUHU

Note: This English version is provided for informational purposes only. The German text constitutes the sole legal basis.

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This privacy policy covers the free product SerahrUHU (weight-loss and nutrition helper).

1a. Data Protection Officer

We have not appointed a data protection officer. In our current assessment, there is no obligation to appoint one under Art. 37(1) GDPR: although processing health data is part of our activity, it is not carried out on a *large scale* within the meaning of Art. 37(1)(c) GDPR (cf. Recital 91) — SerahrUHU is a small, free tool without a large number of data subjects. The threshold of § 38 BDSG (at least 20 persons constantly engaged in automated processing) is likewise not met. Please send data protection enquiries to contact@serahr.de.

2. Health Data (Art. 9 GDPR)

SerahrUHU processes **health data within the meaning of Art. 9 GDPR**. Your weight, your body data (height, age, gender, activity level) and your nutrition and consumption entries are **special categories of personal data** and enjoy heightened protection.

The legal basis for processing this data is your **explicit consent under Art. 9(2)(a) GDPR**. We obtain this consent granularly when you create your account and store it in versioned form (with timestamp and accepted document version). Giving the  Chat is voluntary and based on your free decision to use the free service; the health data is



an integral part of the function you request (weight and nutrition tracking). You may draw this consent at any time with effect for the future (Art. 7(3) GDPR), either

by deleting your account or informally by email to contact@serahr.de. Since SerahrUHU cannot reasonably be provided without processing this health data, a withdrawal leads to the termination of use; your account and the associated health data will subsequently be deleted. The withdrawal does not affect the lawfulness of processing carried out before the withdrawal.

Note: SerahrUHU is not a medical device and does not replace professional medical or nutritional advice. The processed values serve solely your personal self-tracking; they do not constitute a diagnosis or a treatment recommendation.

3. What Data We Process

DATA	PURPOSE	CATEGORY
Email address	Account creation, authentication, registration confirmation (double-opt-in)	Master data (Art. 6)
Weight entries	Trend curve, deficit calculation	Health data (Art. 9)
Body data (height, age, gender, activity level)	Basal metabolic rate estimation	Health data (Art. 9)
Food ratings	Personalized suggestions	Health data (Art. 9)
Nutrition diary / consumption logs	Calorie and nutrient tracking	Health data (Art. 9)
Self-created foods	Expansion of your personal catalog	Health data (Art. 9)



Weekly plan	Meal planning	Health data (Art. 9)
Completed daily tasks	Gamification, progress	Usage data
Push notification endpoint (device-specific)	Delivery of the reminders you enabled	Technical / usage data
Reminder settings (enabled types, time window, time zone)	Controlling the reminders	Usage data

All processed data is provided exclusively by you yourself; we do not collect any data from third-party sources.

3a. Server Logs

- When the web application is accessed, our hosting provider (Vercel) stores standard HTTP access data by default (time, IP address, user-agent, referrer, requested URL).
- Legal basis: Art. 6(1)(f) GDPR (security, stability, abuse prevention).
- These server logs are stored only for as long as necessary for the stated purposes (security, stability, abuse prevention) and are then automatically deleted by the hosting provider; they are not systematically linked to your account data.

3b. Push Notifications (Reminders)

If you wish, SerahrUHU can send you **reminders** (to weigh in, to drink, and a note if you have been below your basal metabolic rate for several days) as push notifications to your device. This feature is **off by default** and only becomes active if you enable it in your account and grant your device's notification permission.



time zone). The notification content is generated only at send time and is **end-to-end encrypted** (Web Push encryption); your browser's push delivery service merely relays it and **cannot read it**.

The legal basis is your **consent (Art. 6(1)(a) GDPR)**, which you give by enabling the feature. You can turn the reminders off again at any time with effect for the future, or revoke the notification permission in your device/browser settings; the stored push endpoint is then deleted. Push reminders process no health data — only the technical endpoint and your settings are stored.

4. Legal Bases

- **Art. 9(2)(a) GDPR** — Explicit consent: processing of health data (weight, body data, nutrition and consumption entries).
- **Art. 6(1)(b) GDPR** — Contract performance: creation and management of your user account, authentication, provision of features.
- **Art. 6(1)(f) GDPR** — Legitimate interest: pseudonymous statistical reach measurement via Vercel Web Analytics (see section 7).
- **Art. 6(1)(a) GDPR** — Consent: sending push reminders, if you enable them in your account (see section 3b).

5. Retention and Deletion

Your data remains stored **until you delete your account**. Upon account deletion, your data is deleted from the production systems without undue delay — there is **no 30-day grace period**. Complete removal from technical backups occurs within the regular backup cycles of our processor. You can also **export your data as a JSON file** at any time (right to data portability, Art. 20 GDPR).

If you enabled push reminders, the associated push endpoint is deleted as soon as you **turn the reminders off** (or revoke the permission), at the latest upon account deletion.



SerahrUHU is free of charge and uses neither a payment processor nor external AI services at runtime. The following processors are involved:

SERVICE PROVIDER	PURPOSE	LOCATION / TRANSFER
Supabase, Inc.	Database, authentication, storage of health data	USA, data hosted in the EU region Ireland (eu-west-1); Standard Contractual Clauses (SCC)
Vercel, Inc.	Hosting of the web application	USA; SCC + EU-U.S. Data Privacy Framework (DPF)
Resend, Inc.	Transactional email; your email address is processed to send the registration / double-opt-in confirmation	USA; SCC + EU-U.S. Data Privacy Framework (DPF)
Your browser's/device's push delivery service (e.g. Google LLC / Firebase Cloud Messaging on Chrome/Android, Mozilla on Firefox, Apple on Safari)	Delivery of the push reminders you enabled to your device; the message content is end-to-end encrypted and cannot be read by the service. Only relevant if you enable push reminders.	depending on the provider, possibly USA; SCC / DPF where applicable

SCC = Standard Contractual Clauses under Art. 46(2)(c) GDPR. DPF = EU-U.S. Data Privacy Framework (European Commission adequacy decision of 10 July 2023). Data processing agreements pursuant to Art. 28 GDPR are in place with all processors.

7. Cookies and Tracking



required for these (§ 25(2)(2) TDDDG).

Vercel Web Analytics (provider: Vercel Inc.) is active on our pages. It measures reach pseudonymously (including page views, referrer, approximate country of origin from the truncated IP, browser/device type). **No cookies are set** and no cross-device or cross-site tracking takes place; no access to terminal-device information within the meaning of § 25 TDDDG occurs. The legal basis is our legitimate interest in statistical reach measurement (Art. 6(1)(f) GDPR).

8. Your Rights

Under GDPR you have the following rights:

- **Access** (Art. 15) — what data is stored about you
- **Rectification** (Art. 16) — correction of inaccurate data
- **Erasure** (Art. 17) — deletion of your data
- **Restriction** (Art. 18) — restriction of processing
- **Data portability** (Art. 20) — release of your data in a machine-readable format (JSON export)
- **Objection** (Art. 21) — objection to processing
- **Withdrawal of consent** (Art. 7(3)) — withdrawal of consent to the processing of your health data with effect for the future

Please direct requests to contact@serahr.de.

8a. Automated Decision-Making

No automated decision-making, including profiling, within the meaning of Art. 22 GDPR takes place.

You have the right to lodge a complaint with a data protection supervisory authority if you believe that the processing of your data infringes the GDPR. You may complain to any data protection supervisory authority; the authority competent for us is the **North Rhine-Westphalia Commissioner for Data Protection and Freedom of Information (Landesbeauftragte für Datenschutz und Informationsfreiheit Nordrhein-Westfalen, LDI NRW), Kavalleriestr. 2-4, 40213 Düsseldorf, Germany.**

10. Changes

This privacy policy may be updated as needed. The current version is always available on this page.

Current version: Version 1.0.1, effective from 06/01/2026.

Previous Versions

Version 1.0.0 Valid: 05/30/2026 to 06/01/2026 [📄 DE \(PDF\)](#) [📄 EN \(PDF\)](#)

Version 1.0.1 Valid: 06/01/2026 to today [📄 DE \(PDF\)](#) [📄 EN \(PDF\)](#)

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SISTER SITES

[kineangst.de](#) — AI risk assessment by profession

[kineahnung.de](#) — AI tools by profession

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