

The following terms of service govern the use of urNotes.com. By accessing, browsing, or using our Services, you acknowledge that you have read, understand, and agree to be bound by these terms. If you do not agree to these terms, please do not use our Services.

General Information

Before you submit any information on or through the Services, please carefully review this Policy together with our **Privacy Policy** and any other documents referred to therein to understand our views and practices regarding your information and how we will treat it. By using any part of the Services, you consent to the collection, use, and disclosure of your information as further outlined in this Policy. We will continue to evaluate this Policy as we update and expand the Services and our offerings, and we may make changes to the Policy accordingly. Any changes will be posted here and you should check this page periodically for updates. Your continued use of the Services will signify acceptance of the terms of the updated Policy.

Medical Advice

Our Services do not constitute medical advice. If you are seeking medical advice, please consult a medical professional.

Medical Conditions

If you have a medical condition including, but not limited to, diabetes, high blood pressure, cancer, pregnancy, and heart disorders, you must get a physician's approval prior to using our Services. If you suffer from anorexia nervosa, bulimia or related eating disorders, you are expressly forbidden from using our Services.

Fees

We do not charge a fee for the use of our Services, although, we will gladly accept any donations to help with hosting costs, software maintenance and updating, and because we are good guys.

Cancel Your Account

Members can cancel their accounts at any time. Cancellation will take effect immediately upon submitting a request by email to service@urnotes.com. An email confirming cancellation will be sent to the email address on record. ***Cancellation will occur automatically if no entry is made within a three week period.*** Please Note: Once your data is deleted it cannot be recovered.

Website Contents

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Children

We are in compliance with the requirements of COPPA (Children's Online Privacy Protection Act) we do not collect any information from anyone under 18 years of age. Our website is directed to people who are at least 18 years old or older.

Discussion Forum

By participating in the Discussion Forum, you recognize that all posts contained therein reflect the opinion of each post's author and do not constitute medical advice. If you have important medical questions, you should consult your family physician.

Choice of Law

The laws of the State of Washington shall govern the validity of this Agreement, the construction of its terms and the interpretation of the rights and duties of the parties hereto. Any controversies arising out of the terms of this Agreement or its interpretation shall be settled in Washington in accordance with the rules of the American Arbitration Association, and the judgment upon award may be entered in any court having jurisdiction thereof.

Contacting Us

If there are any questions regarding this privacy policy you may contact us using the information below.

service@urnotes.com

(509) 423-1464