

Privacy Policy for Blood Sugar Logger

Effective date: 29 July 2026

Last updated: 29 July 2026

Blood Sugar Logger is developed by Sebastiaan den Hertog ("the developer", "we", "us", or "our").

This Privacy Policy explains how information is handled when you use Blood Sugar Log on a Garmin device. Privacy behaviour may differ depending on the version of the app you are using.

Blood Sugar Logger is an independent Connect IQ application. It is not developed, operated, sponsored, or medically endorsed by Garmin.

1. Summary

Versions before 1.0.0

Versions of Blood Sugar Logger version 1.0.0:

- Store your blood-sugar measurements and settings locally on your Garmin device.
- Do not send your blood-sugar measurements to us.
- Do not use developer-operated servers.
- Do not connect to external health or glucose-monitor APIs.
- Do not allow us to view or access your stored measurements.

We do not receive, collect, analyse, sell, or share the blood-sugar information stored by these versions.

Version 1.0.0 and later

Version 1.0.0 and later may offer optional connections to glucose monitors, external APIs, or other services.

These connections will only be used when:

- You choose to enable the feature;
- You provide the necessary permission or authorisation; and
- The feature clearly explains what information is required.

Manual blood-sugar logging will remain separate from optional external connections wherever technically possible.

2. Information stored on your device

The app may store the following information locally on your Garmin device:

- Blood-sugar measurements entered by you;
- The date and time associated with a measurement;
- Measurement context, such as fasting, before a meal, after a meal, bedtime, or exercise;

- Your preferred measurement unit;
- Your configured low, high, danger-low, and danger-high ranges;
- App preferences and settings; and
- Information needed to display and edit your measurement history.

This information is used to provide the app's logging, history, editing, range-display, and settings features.

For versions before 1.0.0, this information remains on your device and is not transmitted to us.

Depending on how Garmin manages app storage, device backups, synchronisation, installation, or removal, Garmin may separately process device or application information under Garmin's own privacy policies. We do not control Garmin's services or data-handling practices.

3. Optional external connections in version 1.0.0 and later

Later versions of the app may allow you to connect to:

- Compatible glucose monitors;
- Manufacturer APIs;
- Health-data services;
- Personal data-storage services; or
- Other services selected by you.

Before information is transmitted, the app will request permission where required and provide information about the connection.

Depending on the selected service, information transmitted may include:

- Blood-sugar measurements;
- Measurement timestamps;
- Measurement context;
- Device or connection identifiers;
- API account identifiers;
- Authentication tokens or API keys; and
- Technical information required to complete or troubleshoot the connection.

We will only use this information to provide, maintain, secure, or troubleshoot the connection requested by you. We do not intend to use blood-sugar information for advertising, profiling, data brokerage, or unrelated commercial purposes.

4. API keys and authentication information

Some external services require an API key, access token, refresh token, or similar credential.

Where technically possible, authentication information will be stored directly on your device or handled directly by the external service.

If a connection cannot function without storing authentication information externally, the credential may be stored on a server operated by or for us.

When this is necessary, we will:

- Store only the information reasonably required to operate the connection;
- Use encryption in transit;
- Use appropriate encryption or other security controls for stored credentials;
- Restrict access to authorised systems and persons;
- Avoid displaying or recording credentials in ordinary logs;
- Avoid using credentials for purposes unrelated to the connection you requested; and
- Delete credentials when they are no longer required, where reasonably possible.

We design these systems to reduce unnecessary human access to authentication information. However, no storage or transmission system can be guaranteed to be completely secure, and we cannot promise that access will be technically impossible in every circumstance.

We will not intentionally inspect, use, disclose, or share your API credentials except where reasonably necessary to:

- Operate the connection you requested;
- Investigate a technical or security problem;
- Protect the app, its users, or our systems;
- Prevent misuse or unauthorised access; or
- Comply with a lawful obligation.

5. Third-party services

When you choose to connect Blood Sugar Logger to an external API or service, that provider may receive and process information according to its own privacy policy and terms.

We do not control how independent third-party services store, use, retain, or secure information.

Before enabling a connection, you should review the privacy policy and terms of the relevant provider.

We will not send your information to an external API merely because the app has been installed. An optional connection must first be enabled or authorised by you.

6. Server and technical information

If a later version communicates with a server, that server may automatically process limited technical information needed to provide and secure the service, such as:

- Internet Protocol address;
- Request date and time;
- App version;
- Device or platform type;
- Connection status;
- Error information; and
- Security or abuse-prevention information.

We will aim to minimise technical logs and avoid including blood-sugar measurements, API keys, or authentication tokens in logs unless temporarily necessary to investigate a specific problem.

Technical information will not be used for advertising or sold to third parties.

7. How we use information

Where information is transmitted to us in version 1.0.0 or later, it may be used to:

- Provide a connection requested by you;
- Retrieve or synchronise measurements;
- Authenticate with a selected service;
- Maintain app functionality;
- Diagnose technical problems;
- Protect users and systems against abuse or unauthorised access;
- Respond to support requests; or
- Comply with applicable legal requirements.

We do not use blood-sugar information to:

- Serve personalised advertising;
- Build advertising profiles;
- Sell information to data brokers;
- Determine insurance eligibility;
- Determine employment eligibility; or
- Make automated medical, medication, or treatment decisions.

8. Sharing of information

We do not sell your personal information or blood-sugar information.

Information may be shared only in limited circumstances:

Services selected by you

Information may be sent to an API or service that you explicitly choose to connect.

Service providers

We may use carefully selected hosting, infrastructure, security, or technical service providers where needed to operate an optional server feature. They should only process information as required to provide their service.

Legal and safety requirements

We may disclose information when reasonably necessary to comply with applicable law, a valid legal process, or to protect the security, rights, and safety of users, the public, or our systems.

Business transfer

If the app or its supporting service is transferred to another developer or organisation, affected users will be informed where required. Health information and credentials will not knowingly be transferred for unrelated advertising or data-brokerage purposes.

9. Data retention

Information stored on your device

Locally stored information remains on your device until you:

- Delete individual measurements;
- Clear the app's history;
- Reset the app;
- Uninstall the app; or
- Reset or replace the device.

The exact behaviour of device backups, synchronisation, and app removal may also depend on Garmin's platform.

API credentials

Server-stored API credentials will be retained only while reasonably necessary to maintain the connection requested by you, meet security requirements, or comply with applicable law.

Where supported, disconnecting an external service will cause the associated credentials to be deleted or scheduled for deletion.

Technical logs

Technical and security logs will be retained only for as long as reasonably necessary for troubleshooting, security, abuse prevention, and legal obligations.

10. Your choices and controls

Depending on the app version and features available, you may be able to:

- Choose whether to use mmol/L or mg/dL;
- Choose whether to enter measurements;
- Edit or delete measurements;
- Delete your measurement history;
- Choose whether to enable an external connection;
- Disconnect an external API;
- Revoke access through the external provider;
- Delete stored API credentials; or
- Stop all further processing by uninstalling the app.

For data stored only on your Garmin device, we cannot view, export, correct, or delete that information remotely because we do not have access to it.

For information stored on a developer-operated server, you may contact us to request access, correction, deletion, restriction, or another right available under applicable privacy law.

We may need to verify a request before acting on it.

11. Data security

We take reasonable technical and organisational measures to protect information handled by developer-operated services.

These measures may include:

- Encryption in transit;
- Encryption or protected storage at rest;
- Access restrictions;
- Credential separation;
- Limited logging;
- Software updates;
- Security monitoring; and
- Data minimisation.

No software, device, server, network, or encryption method is completely secure. You use optional external connections with the understanding that absolute security cannot be guaranteed.

12. International processing

External APIs, hosting providers, or infrastructure services may process information in countries other than the country where you live.

Where required, we will take reasonable steps to use appropriate safeguards for international processing. The external service you select may have its own international data-transfer practices.

13. Garmin

Blood Sugar Logger is distributed through the Garmin Connect IQ Store, but the app is provided by the developer.

Any information that you submit to an optional developer-operated feature is submitted to the developer or the selected external service, not to Garmin.

Garmin is not responsible for the developer's handling of information submitted to the app. Garmin's own collection and processing of information is governed by Garmin's privacy policies and terms.

14. Medical disclaimer

Blood Sugar Logger is intended as a personal information and recordkeeping tool.

It does not provide medical advice, diagnosis, treatment recommendations, medication recommendations, insulin calculations, or emergency services.

Colour-coded ranges and warnings are based on values configured in the app and should not be treated as a medical diagnosis.

Always follow advice from a qualified healthcare professional. Do not delay seeking medical assistance because of information displayed by the app.

15. Why this app exists

Blood Sugar Logger is an independent project created because the developer enjoys building software and wants to create something that may help people record and understand their own information more easily.

This does not change our responsibility to handle optional server information carefully and transparently.

16. Changes to this Privacy Policy

We may update this Privacy Policy when:

- New features are introduced;
- External APIs or server features are added;
- Data-handling practices change;
- Security practices change; or
- Legal or platform requirements change.

The updated policy will include a revised “Last updated” date.

If a change materially affects how externally transmitted information is collected, used, stored, or shared, we will provide additional notice or request permission where required.

The location of this Privacy Policy should remain available. If it is moved, the previous location should redirect users to the new policy where reasonably possible.

17. Contact

For privacy questions, support requests, or requests concerning information stored on a developer-operated server, contact:

Developer: Sebastiaan den Hertog

Email: garmin\@game-x.nl

App: Blood Sugar Logger

Please do not send blood-sugar measurements, medical records, passwords, or API keys by ordinary email.