

**Effective Date: 11/24/2025**

**At langept.net, we are committed to protecting and respecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your information when you visit our website and other communication policies.**

### **1. Information We Collect**

We may collect the following types of information:

- Personal Information: such as your name, email address, or other contact details you voluntarily provide through forms or account registration.
- Non-Personal Information: such as browser type, IP address, pages visited, and time spent on the site. This data is collected through cookies and analytics tools to help us understand and improve our services.

### **2. How We Use Your Information**

We use the information we collect to:

- Provide and improve our website and services
- Communicate with you (if you've submitted contact forms or signed up for updates)
- Analyze website traffic and usage
- Ensure security and prevent fraud

### **3. Sharing Your Information**

We do not sell or rent your personal information. We may share data with trusted third parties who help us operate our website, such as analytics or hosting providers, but only to the extent necessary to perform these services.

### **4. SMS Privacy Policy**

Lange Sports Medicine and Physical Therapy, P.C. may disclose Personal Data and other information as follows:

- Third Parties that Help Provide the Messaging Service: We will not share your opt-in to an SMS short code campaign with a third party for purposes unrelated to supporting you in connection with that campaign. We may share your Personal Data with third parties that help us provide the messaging service, including, but not limited to, platform providers, phone companies, and other vendors who assist us in the delivery of text messages.
- Additional Disclosures: Affiliates: We may disclose the Personal Data to our affiliates or subsidiaries; however, if we do so, their use and disclosure of your Personal Data will be subject to this Policy. All the above categories exclude text messaging originator opt-in data and consent; this information will not be shared with any third parties.

## **5. Unsubscribe from Communications (SMS/Email)**

- SMS: You can unsubscribe from SMS communications at any time. Simply reply STOP to opt-out from receiving SMS messaging.
- Email: You can unsubscribe from email communications at any time. Simply click on the “unsubscribe” button at the bottom of any Lange Sports Medicine emails to manage your preferences

## **6. Cookies and Tracking Technologies**

We use cookies and similar tracking technologies to enhance your experience on langept.net. Cookies help us remember your preferences and understand how visitors use our site. You can control or disable cookies through your browser settings.

## **7. Data Security**

We take reasonable steps to protect your information from unauthorized access or disclosure. However, no method of transmission over the Internet is 100% secure, and we cannot guarantee absolute security.

## **8. Your Rights**

You have the right to:

- Access the personal data we hold about you
- Request correction or deletion of your data
- Withdraw consent where applicable
- Unsubscribe/opt-out of SMS/email communications at any time

To make such a request, please contact us at the email below or follow the guidelines previously listed.

## **9. Third-Party Links**

Our site may contain links to external websites. We are not responsible for the privacy practices or content of those sites.

## **10. Children’s Privacy**

langept.net is not intended for children under the age of 13. We do not knowingly collect personal information from children.

## **11. Changes to This Policy**

We may update this Privacy Policy occasionally. Any changes will be posted on this page with an updated effective date.

## **12. Contact Us**

If you have any questions about this Privacy Policy, please contact us at:

Email: [dylan@langept.net](mailto:dylan@langept.net)

Website: <https://www.langept.net>