

## My Change Plan (MCP) mobile application

### Terms of Use

#### **PLEASE READ THESE TERMS OF USE CAREFULLY BEFORE USING THIS MOBILE APPLICATION**

##### **1. About this Application**

The “My Change Plan” Application (the “Application”) was created as a tool to help you quit or reduce smoking. The Application was developed by clinicians and researchers at the Nicotine Dependence Clinic, and the Information Management Group, at the Centre for Addiction and Mental Health (CAMH). The Application is based on an evidence-based booklet developed at CAMH.

##### **2. Terms of Use**

By using this Application, you are agreeing to these terms of use. If you (the “user”) do not agree to all of these terms of use, do not use this application. CAMH may revise and update these terms at any time. CAMH will notify users of any changes to the terms. Your continued use of this Application means that you accept those changes. You are not permitted to change these terms of use.

CAMH is located in Toronto, Ontario, Canada. The laws of the province of Ontario shall govern this agreement.

##### **3. No Medical Advice**

This Application is provided for informational purposes only. **This Application is not a substitute for professional medical advice, diagnosis or treatment.** If you rely on any information appearing on or provided in relation to this application, you do so solely at your own risk.

This Application is designed to help the user quit, manage or change their smoking habits. However, CAMH has no control over, and makes no representations or warranties, expressed or implied, regarding the use of this Application or the use or interpretation of any information stored on this Application. You are solely responsible for communicating any health concerns and questions to your health care provider(s). This Application does not provide CAMH or any health care providers with access to any personal information that you enter into the Application.

PLEASE SPEAK TO YOUR HEALTH CARE PROVIDER IF YOU HAVE ANY HEALTH CONCERNS OR QUESTIONS. IF YOU HAVE OR SUSPECT YOU ARE EXPERIENCING A HEALTH EMERGENCY, PLEASE PROMPTLY VISIT A HOSPITAL EMERGENCY DEPARTMENT IN YOUR AREA. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING IT BECAUSE OF SOMETHING YOU HAVE READ OR LEARNED THROUGH THE USE OF THIS APPLICATION.

#### **4. Collection of Data**

##### Personal Information

CAMH does not collect any personal information or other data about you through the use of this Application. All information and content which you enter when using the Application (including text, images or other materials) is your “User Content” and you own and control it. All User Content is stored directly on your personal mobile device and is not collected by CAMH. You decide what User Content to enter into the Application and your use of the Application is always voluntary. If you upload photos onto the application, it may access your device’s camera or photo gallery to do so, but the photos are stored on your device only.

The information which you enter into the Application is saved only on your personal mobile device and is not automatically backed up unless you take active steps to do so. You are responsible for ensuring that the information entered into the Application is secure from third-party access by utilizing the security safeguards available to you.

##### Collection of Data

The Application collects certain anonymous data (Analytics) that is shared with CAMH. Analytics will be collected using Firebase by Google and is collected for the purposes of research and evaluation of the Application and to improve the Application and to better understand how the Application is used. All data collected is always de-identified data with no specific user personal information. The type of information that will be gathered is related to user engagement. The Analytics data collected will include:

- the number of users by day/week/month
- which screens are most frequently viewed
- which screens users spend the most time viewing
- where (geographically) the phone is from. This is **not** based on GPS tracking, but rather where your phone was purchased.

**For more information on Firebase by Google’s privacy policy, please visit:** How Google uses data when you use our partners’ sites or apps at [www.google.com/policies/privacy/partners/](http://www.google.com/policies/privacy/partners/)

#### **5. Disclaimers**

CAMH makes no representations as to any matter whatsoever, including accuracy, fitness for a particular purpose or non-infringement.

Any websites linked from this Application are created by other organizations. Those organizations are responsible for the information contained within their sites. Even when this Application refers or links to another website, CAMH does not endorse the content on any other organization’s website. CAMH does not control and is not responsible for the content of those websites. Your use of those other websites is at your own risk and subject to the terms of use for those sites.

Although this Application does not provide any third parties with access to any information that the user enters into the Application, if you enter any personal information, including personal health information, you do so solely at your own risk.

## **6. Limitation of Liability**

This Application and the content provided are on an "as is" basis. CAMH assumes no liability for or relating to the delay, failure, interruption or corruption of any information in or stored on this Application.

CAMH has no obligation to furnish any maintenance and support services with respect to this Application.

CAMH is not liable to you or anyone else for any decision made or action taken based on reliance upon the information contained in or provided through this Application. The use of the Application is at your own risk. The sole and exclusive remedy for dissatisfaction with this Application is to stop using this Application.

The Application is provided "as is" with no representations or warranties of any kind, express, statutory or implied, as to the operation of the Application, or the information, content, materials, or products included on the Application. To the fullest extent permissible by applicable law, CAMH and its officers, directors, employees, physicians and contractors disclaim all warranties, express, statutory, or implied, including, but not limited to, implied warranties of merchantability, fitness for a particular purpose or non-infringement.

## **7. Software Release**

The Application is currently released as a **beta version**, which means it has been tested by the developers but the user may identify issues with performance of the Application. Any problems with the Application, including crashes, failure to receive notifications/incorrect notifications received, and lags can be reported to the developers by going to the "**Feedback**" section of the Application located under the main menu. The user will be asked to click on a URL, which will open a survey within an internet browser outside of the Application, where the user can report their issue. The survey will not collect any personal information or other data about you, and your responses will be anonymous. The data you provide will be used for quality improvement and software development purposes.