



1. INTRODUCTION

HelloType1 ("HT1," "HelloType1," "we," "us," or "our") provides educational and informational content about Type 1 Diabetes (T1D) and related health, wellness, research, technology, lifestyle, and community topics.

We aim to provide information that is accurate, useful, responsible, and reasonably current. However, medical and scientific knowledge is continually evolving, and we cannot guarantee that all information published on the website is complete, accurate, current, or applicable to every individual.

This Disclaimer explains the limitations of the information provided through the HelloType1 website (the "Site") and does not replace our Privacy Policy or any applicable Terms of Use.

2. NO MEDICAL ADVICE

The information provided through HelloType1 is intended for general educational and informational purposes only.

Nothing on this Site constitutes, or should be interpreted as:

- Medical advice;
- A medical diagnosis;
- A treatment recommendation;
- A prescription or instruction to change medication or treatment;
- A substitute for consultation with a qualified healthcare professional; or
- The establishment of a doctor-patient or other healthcare-provider relationship.

You should always seek advice from an appropriately qualified physician, diabetes specialist, endocrinologist, pharmacist, dietitian, mental-health professional, or other qualified healthcare provider regarding your individual health circumstances.

Do not start, stop, change, or discontinue any medication, insulin dose, diet, exercise program, medical device, or other treatment based solely on information found on HelloType1.

Your healthcare provider should make individualized decisions about your diagnosis, treatment, medications, insulin therapy, glucose management, and other aspects of your healthcare.

3. EMERGENCIES

HelloType1 is not an emergency medical service and should never be used for urgent or emergency medical situations.

If you or another person is experiencing a medical emergency, severe hypoglycemia, severe hyperglycemia, suspected diabetic ketoacidosis (DKA), loss of consciousness, difficulty breathing, confusion, seizures, or another potentially life-threatening condition, seek emergency medical assistance immediately through your local emergency service or an appropriate healthcare facility.

Do not delay emergency care because of information obtained from this Site.

4. INDIVIDUAL CIRCUMSTANCES DIFFER

Health information that may be appropriate for one person may not be appropriate for another.

Type 1 Diabetes can vary significantly between individuals, and factors such as age, medical history, medications, insulin regimen, pregnancy, nutrition, physical activity, other medical conditions, access to healthcare, and individual treatment plans may affect health decisions.

Information on HelloType1 should therefore be considered general information and should not be relied upon as a personalized assessment of your health or treatment needs.

5. ACCURACY AND CURRENCY OF INFORMATION

We make reasonable efforts to provide reliable and current information. However:

- Medical research and clinical guidance can change;
- New evidence may emerge after content is published;
- Recommendations may differ between healthcare organizations and jurisdictions;
- Information may become outdated;
- Errors or omissions may occur; and
- Content may not reflect the most recent scientific or clinical developments.

Accordingly, HelloType1 does not warrant or guarantee that information on the Site is accurate, complete, current, reliable, or suitable for any particular purpose.

Where appropriate, users should verify important health information with qualified healthcare professionals and authoritative medical or scientific sources.

6. RESEARCH, STUDIES AND EMERGING TREATMENTS

HelloType1 may discuss scientific studies, clinical trials, emerging technologies, medicines, medical devices, treatments, research findings, or other developments relating to Type 1 Diabetes.

Discussion of a study, treatment, product, technology, clinical trial, or research finding does not constitute an endorsement or recommendation.

Research findings may be preliminary, limited, conflicting, or subject to further investigation. A research result or clinical trial should not be interpreted as proof that a particular treatment, product, or approach is safe, effective, appropriate, or approved for individual use.

Users should consult qualified healthcare professionals and appropriate regulatory or scientific sources before making healthcare decisions.

7. MEDICINES, INSULIN, DEVICES, AND TREATMENTS

References to insulin, medicines, supplements, glucose monitoring systems, continuous glucose monitors (CGMs), insulin pumps, automated insulin-delivery systems, digital health products, medical devices, or other healthcare products are provided for informational purposes.

HelloType1 does not provide individualized instructions regarding medication or device use unless expressly identified as information from an appropriately qualified professional and accompanied by appropriate context.

Product availability, regulatory approval, labeling, indications, contraindications, warnings, and instructions may vary by country and may change over time.

Always follow the instructions provided by the relevant manufacturer, healthcare professional, and applicable regulatory authority.

8. NUTRITION, EXERCISE, AND LIFESTYLE INFORMATION

HelloType1 may provide information concerning nutrition, physical activity, exercise, sleep, mental wellbeing, lifestyle, and other factors that may be relevant to people living with Type 1 Diabetes.

Such information is general in nature and should not be interpreted as an individualized medical, nutritional, fitness, or mental-health plan.

Consult an appropriately qualified professional before making significant changes to your diet, exercise routine, medication, insulin therapy, or other aspects of your healthcare.

9. PERSONAL EXPERIENCES AND COMMUNITY CONTENT

HelloType1 may include stories, interviews, testimonials, opinions, comments, reviews, or experiences shared by people living with Type 1 Diabetes, caregivers, healthcare professionals, researchers, or members of the community.

Personal experiences are individual experiences and should not be interpreted as medical advice or evidence that a particular approach will produce the same result for another person.

Opinions expressed by contributors or community members are their own and do not necessarily represent the views of HelloType1.

10. THIRD-PARTY INFORMATION AND EXTERNAL LINKS

The Site may contain links to external websites, organizations, publications, social-media accounts, products, services, or other third-party resources.

These resources are provided for convenience and informational purposes. HelloType1 does not necessarily endorse, recommend, verify, or control third-party content, products, services, or claims.

We are not responsible for the accuracy, availability, security, privacy practices, or content of third-party websites.

Once you leave the HelloType1 Site, the privacy policies, terms, and practices of the relevant third party may apply.

You should independently evaluate information obtained from third-party sources and seek professional advice where appropriate.

11. NO GUARANTEE OF RESULTS

HelloType1 does not guarantee any particular health, medical, treatment, lifestyle, or personal outcome from the use of information provided on the Site.

Individual outcomes vary, and health decisions should be made in consultation with appropriately qualified professionals.

12. NO PROFESSIONAL RELATIONSHIP

Your use of HelloType1 does not create a physician-patient, healthcare-provider-patient, therapist-patient, pharmacist-patient, dietitian-client, or other professional relationship between you and HelloType1, its contributors, authors, volunteers, partners, or affiliates.

Communication through the Site, including contact forms, comments, emails, newsletters, webinars, or other channels, does not by itself establish such a relationship.

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Third-party materials remain the property of their respective owners.

15. CHANGES TO THIS DISCLAIMER

HelloType1 may update or revise this Disclaimer from time to time to reflect changes in our services, content, technology, legal requirements, medical information, or operating practices.

When we make material changes, we may update the "Last Updated" date and provide additional notice where appropriate or required by applicable law.

We encourage users to periodically review this page.

Your continued use of the Site after an updated Disclaimer becomes effective constitutes acknowledgment of the updated Disclaimer to the extent permitted by applicable law.

16. CONTACT US

If you have questions, comments, or concerns about this Disclaimer or the information provided through HelloType1, please contact us using the contact information provided on the Site.

HelloType1

Email: admin@action4diabetes.org

Website: <https://hellotype1.com/en>

17. ACCEPTANCE OF THIS DISCLAIMER

By using HelloType1, you acknowledge that you have read and understood this Disclaimer and agree to use the information provided through the Site responsibly.

If you do not agree with this Disclaimer, you should discontinue use of the Site.