

Information Before Concluding a Sales Contract for a Smartwatch with a Closed System

a) Type, format, and estimated amount of data

- **Type of data:**
 - biometric and health data (heart rate, steps, sleep, blood oxygen, activity time),
 - location data (GPS – if built-in and enabled),
 - device status data (battery, temperature, error logs),
 - system and diagnostic data (Bluetooth connection history, synchronization status).
- **Data format:** typically binary data or JSON format synchronized through the mobile application; some data stored in the watch memory as system logs.
- **Estimated amount of data:** usually from several hundred kB to a few MB per day (depending on the number of measurements and recording modes – e.g. continuous heart rate monitoring generates more data).

b) Real-time data generation

The smartwatch can generate data in real time (e.g. heart rate, steps) and transmit it periodically or during synchronization with the mobile application.

c) Data storage

- **Locally:** data is stored in the watch's memory until synchronization or until the memory is full (data is then overwritten).
- **Remotely:** after synchronization – in the phone application or in the manufacturer's cloud (if the user enables cloud sync).
- **Retention period:** depends on the manufacturer and account settings – typically until manually deleted by the user or until the device is reset.

d) Accessing, downloading, and deleting data

- **Access:** via the mobile application (e.g. activity history, measurement results).
 - **Downloading:** some apps allow data export in CSV/GPX format (e.g. running routes).
 - **Deleting:** possible through the mobile application or by performing a factory reset on the device.
 - **Technical measures:** mobile app and manufacturer's API, GDPR-compliant mechanisms (if the manufacturer operates in the EU).
 - **Conditions and quality of service:** data availability depends on pairing the device with the app and having an active user account.
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Information Before Concluding a Contract for a Related Service (Smartwatch Mobile Application)

a) Data collected by the service

- Data synchronized from the watch: health measurements, activity data, GPS routes.
- **Amount of data:** depends on synchronization frequency and user activity (from MB to hundreds of MB per month).
- **Storage:** on the phone memory and on the manufacturer's servers (if cloud synchronization is enabled).

b) Data generated by the related service

- Analyses and reports (e.g. sleep quality, heart rate zones, training statistics).
- Data may be available for export (e.g. CSV, PDF) or through an API (if provided by the manufacturer).

c) Use of data

- The manufacturer may use the data to generate statistics, improve health monitoring algorithms, and personalize notifications.
- Users can usually disable data sharing for analytics in the app's privacy settings.

d) Identity of the future data holder

- The watch manufacturer (e.g. Garmin, Huawei, Samsung); registration details and address are provided in the app's privacy policy.

e) Communication channels

- Technical support form and contact options available within the app or on the manufacturer's website.

f) Request to share data with third parties

- Integration with external apps (e.g. Strava, Google Fit) is possible – requires user consent.
- Access can be revoked at any time via the app or account settings.

g) Right to file a complaint

- The user can file a complaint with the competent data protection authority (e.g. UODO in Poland).

h) Trade secrets

- Health data analysis algorithms and proprietary file formats may constitute the manufacturer's trade secrets.

i) Duration of the contract

- The agreement remains in effect as long as the user account is active and the app is installed.
- Deleting the account or the app ends data processing and leads to data removal from the manufacturer's servers (usually after a retention period specified in the privacy policy).