

Altura
UpRight® Program Agreement
effective date: 7/15/26

Please read before using this Program.

Thank you for joining the UpRight® active aging wellness program (“Program”) administered by Altura Strategies, LLC (“Altura”). Our goal is to help you stay active, improve your mobility, and reduce your risk of falling. By using this Program, you agree to the following:

1. This Is a Wellness Program

This Program provides education, coaching, and wellness activities to help support active aging. It is **not** medical care and is not a substitute for advice from your doctor or other healthcare provider.

2. Talk With Your Healthcare Provider

Before beginning this Program, talk with physician or qualified healthcare provider, especially if you have a medical condition, recent surgery, concerns about exercise, take any medication, have questions about whether this Program is right for you, or experience pain, dizziness, shortness of breath, or other concerning symptoms.

3. No Doctor-Patient Relationship

Using this Program does not create a doctor-patient relationship with Altura or its staff. Our coaches and team members do not diagnose medical conditions, prescribe treatment, or provide medical advice.

4. Your Safety

Only participate in activities that feel safe and appropriate for you.

Stop immediately if you have pain, chest discomfort, dizziness, severe shortness of breath, or feel unwell. Contact your physician or qualified healthcare provider.

If you believe you are having a medical emergency, call **911** immediately.

5. Understanding the Risks

Any physical activity has some risk, including muscle soreness, strains, loss of balance, falls, or other injuries.

By participating, you understand these risks and choose to take part voluntarily. You agree to exercise within your own comfort level and physical abilities.

6. Your Responsibility

You are responsible for deciding whether to participate and for following instructions safely. Never continue an activity that causes pain or makes you feel unsafe.

You are responsible for maintaining the confidentiality of your username and password and not allow others to access your account.

7. Our Responsibility

We work hard to provide helpful, evidence-informed wellness information and coaching. However, we cannot guarantee specific health results or improvements for every participant.

To the fullest extent allowed by law, Altura is not responsible for injuries, losses, or damages resulting from participation in this voluntary wellness program, except where the law does not allow such limits. To the extent permitted by law, the total liability of Altura to you for any and all claims arising from or related to your use of the platform shall not exceed the greater of (a) US\$100.00, or (b) the amount you paid to access the Program in the preceding 12 months. Some jurisdictions do not allow limits or exclusion of certain warranties or liabilities. In such jurisdictions, these limitations may not apply to you, and Altura will be limited to the fullest extent permitted by applicable law.

This Program Agreement, together with our Terms of Use and Privacy Policy (incorporated herein) constitute the entire agreement and supersede any prior agreements with you.

8. Program Materials

The videos, guides, assessments, educational materials, and other content in this Program belong to Altura and may not be copied, shared, sold, or distributed without written permission.

Subject to these terms, Altura grants you a limited, non-exclusive, non-transferable, revocable license to access and use the Platform solely for your personal wellness participation as intended by your Program Sponsor.

9. Privacy

We respect your privacy.

Information you provide will be used to operate and improve the Program, communicate with you, and provide the services you request.

We do not sell your personal information.

We use reasonable safeguards to help protect your information. While no system is completely secure, we work to keep your information safe.

Please see our full [Privacy Policy](#) for additional details.

10. Agreement

By purchasing, enrolling in, or using this Program, you acknowledge that:

- You have read and understand this Agreement.
- You understand this is a wellness and active aging program, not medical care.
- You understand there are risks associated with physical activity.
- You choose to participate voluntarily.
- You agree to these Terms and Altura's [Terms of Use and Privacy Policy](#).

Thank you for participating in Altura UpRight®. We are honored to be part of your active and healthy aging journey.