

EFFECTIVE AUGUST 8, 2026

Terms of use

These terms govern your use of Seen. By using Seen, you agree to them. If you are under 18, use Seen with the involvement of a parent or legal guardian.

Fitness and AI disclaimer

Seen provides general strength training information and AI generated conversation. It is not medical care, diagnosis, treatment, physical therapy, nutrition care, or emergency service. Stop training and seek qualified help for serious pain, injury, chest pain, dizziness, numbness, or other concerning symptoms. AI output can be wrong. The deterministic plan shown in the app controls prescribed numbers.

Your account

Provide accurate information, protect access to your device and account, and do not misuse the service. You may not probe or disrupt the service, evade limits, submit unlawful content, impersonate another person, or use Seen to harm anyone.

Messages and notifications

Coach messages are sent only through enabled channels and recorded consent. Carrier or data charges may apply. Reply STOP to end iMessage outreach. Push notifications remain enabled unless you turn them off in iOS Settings. Delivery failures and provider availability can affect timing.

Subscriptions

Purchases are processed by Apple. Trial length, price, renewal period, and cancellation terms are shown before purchase. Subscriptions renew unless canceled in Apple account settings at least 24 hours before renewal. Apple's standard licensed application end user license agreement also applies.

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Features may change and third party services may be unavailable. You may stop using Seen and delete your account at any time. We may suspend abusive or unlawful use. Disclaimers and limitations apply to the maximum extent permitted by law and do not waive rights that cannot legally be waived.

Contact

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