Information Note on the Processing of Personal Data for the Purposes of the Study "Study of Asymptomatic Chronic Stress in a Preventive and Predictive Medicine Cohort"

1. What is this study conducted by Zoï?

You recently underwent a health assessment at the Zoï center as part of your preventive follow-up. On this occasion, various biological, clinical, and psychometric data were collected.
This study aims to **better understand the mechanisms of asymptomatic chronic stress**, based on data obtained from these assessments, within the framework of preventive and personalized medicine.
Your participation is entirely voluntary. If you do not object, the data from your assessment will be used for research purposes after pseudonymization, meaning that it will not be possible to directly identify you.

This document is intended to present the objectives of this study, its regulatory framework, and your rights as a participant, so that you may make an informed decision.

The purpose of this study is to better understand a form of stress known as asymptomatic chronic stress. **This refers to prolonged stress that may impact health, even if the person does not feel it or show visible symptoms.**

To achieve this, researchers will retrospectively analyze data already collected during your health assessment, such as your responses to stress questionnaires and certain biological test results. This will help identify different stress profiles in the population (for example: perceived stress with biological signs, or silent stress without subjective perception).
The ultimate goal is to better detect this silent stress in order to propose more suitable and personalized prevention strategies.

Your participation in this research project entails no risks, since it relies solely on data already collected during your health assessment at the Zoï center.

2. How will the study proceed?

The study is **retrospective**: it is based only on the data you already provided during your health assessment at Zoï, **carried out between November 1, 2023 and June 1, 2025.**. No additional examination, appointment, or new data collection will be required for this research.

If you agree to participate, the data from your assessment (biomarkers, questionnaires, clinical measurements) will be pseudonymized, meaning they will be processed without allowing your identity to be directly traced. These data will then be analyzed by the research teams in a secure environment, in compliance with applicable regulations (GDPR).

At no time will your name or personal contact details be accessible to the researchers.

3. **Does this study involve the processing of your personal data?**

Yes. Your participation involves the processing of personal data, specifically information collected during your health assessment at Zoī.
The purpose of this processing is **scientific research aimed at better understanding asymptomatic chronic stress, within the framework of preventive and personalized health care.**
The legal basis for this processing is the performance of a task carried out in the public interest in the field of health (Article 6.1.e of the General Data Protection Regulation – GDPR), and the public interest in the area of public health (Article 9.2.i of the GDPR).
The data used will be **pseudonymized**: they will be processed in such a way that researchers cannot directly identify you. Only authorized Zoī staff or subcontractors involved in the study will have access, in a secure and compliant framework.

4. **Your rights with regard to your personal data**

In accordance with applicable legal and regulatory provisions, including Regulation (EU) 2016/679 (GDPR) and the French Data Protection Act, you have the following rights:

- **Right of access**: you may request to consult the personal data we hold about you and obtain a copy.
- **Right to object**: you may object to the processing of your data for a specific research project, free of charge, without justification, and at any time, without affecting your preventive health assessment or the services offered by Zoī.
- **Right to rectification**: you may request the correction of inaccurate or incomplete data concerning you.
- **Right to erasure**: you may request the deletion of your personal data, except where such deletion would make it impossible or seriously compromise the research objectives.
- **Right to restriction of processing**: you may restrict the processing of your data in certain circumstances.

You are completely free to refuse the use of your data for this study, without having to justify your decision, and without any consequences for you.

You may oppose the use of your data at any time, without providing a reason, by simply emailing privacy@zoi.com.

5. **How to exercise your rights?**

You may exercise your rights listed above at any time and without justification.

If you have any questions regarding the processing of your personal data in this study, or if you wish to exercise your rights (access, objection, rectification, erasure, or restriction), you may contact Zoï's Data Protection Officer (DPO) by email at privacy@zoi.com or by post at 50, rue de Paradis, 75010 Paris, France.

You may also exercise your rights through your referring physician.

In case of disagreement or persistent difficulty, you have the right to lodge a complaint with the French data protection authority:

Commission Nationale de l'Informatique et des Libertés (CNIL)
3 Place de Fontenoy, TSA 80715, 75334 Paris Cedex 07
https://www.cnil.fr

6. **How is your personal data managed?**

In this study, data from your preventive health assessment are analyzed, including:

- Demographic data (e.g.: age, sex)
- Socio-economic context and lifestyle (physical activity, diet, sleep, etc.)
- Medical history and current treatments
- Results of biological tests (biomarkers linked to allostatic load such as cortisol, DHEA, certain neurotransmitters, etc.)
- Responses to self-questionnaires, including perceived stress assessments

These data are **pseudonymized** before being transmitted to the research teams. At no time will your identity be known to the researchers.
Only authorized Zoï staff or partners directly involved in the project will have access, under strict confidentiality and security obligations.

Your data are hosted in France by Amazon Web Services EMEA SARL, a certified health data host, in compliance with Article L.1111-8 of the French Public Health Code.

The personal data processed for this study will be retained for a maximum of two years after the last publication of the research results, or, in the absence of publication, until the final study report is signed.

- Data collection and access are strictly limited to the exclusive use of Zoī's research team, for the purposes described above.
- None of the personal data collected by the research team may be published or made public in a way that could identify participants.
- Participants' personal data are pseudonymized at the time of collection.
- Access rights to data are restricted and limited to the research team.

Only non-identifying data will be published in the form of a scientific article, to advance research knowledge. Research results may also be presented at professional and scientific conferences.

This information note belongs to you, and you are free to share it or discuss it with your referring physician and/or relatives for advice.

OBJECTION FORM TO DATA PROCESSING
Title: "*Study of Asymptomatic Chronic Stress in a Preventive and Predictive Medicine Cohort*"

Zoī SAS
Data Protection Officer (DPO)
privacy@zoi.com
50 rue de Paradis, 75010 Paris, France

I, the undersigned: _____
Born on: _ _ / _ _ / _ _ _ _

Hereby object to the processing of my data and therefore refuse to participate in the research: "*Study of Asymptomatic Chronic Stress in a Preventive and Predictive Medicine Cohort*."

I fully understand that my decision will have no effect on my medical care.

Date: _____
Signature: _____