Data Subject Rights Request Form (UK GDPR)

Use this form to exercise your rights under the UK GDPR. We will respond within one month of receipt. We may extend by up to two months for complex requests and will inform you if so.

# 1. Your Details

|  |  |
| --- | --- |
| Field | Information |
| Full Name |  |
| Email Address |  |
| Phone Number (optional) |  |
| Postal Address (optional) |  |

# 2. Your Relationship to Healthy Stuff

☐ Customer

☐ Employee/Contractor

☐ Applicant

☐ Supplier/Partner

☐ Other (specify)

# 3. What Right Are You Exercising?

☐ Right of Access (copy of my data)

☐ Rectification (correct inaccurate data)

☐ Erasure (delete my data)

☐ Restrict Processing

☐ Data Portability

☐ Object to Processing (including marketing)

☐ Rights related to Automated Decision-Making

Describe your request (please be specific about the data, dates, or services used):

# 4. Identity Verification

To protect your data, we may need to verify your identity. Please provide appropriate ID (e.g., utility bill + photo ID) or contact us to verify via other means.

# 5. Preferred Delivery Method

☐ Secure email

☐ Postal mail

☐ View in account/portal (if applicable)

# 6. Signature

|  |  |
| --- | --- |
| Signature |  |
| Date |  |