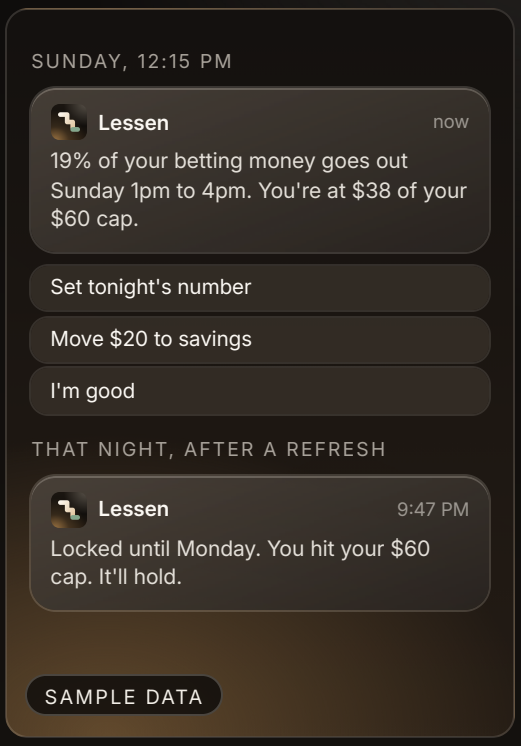
Lessen

FOR YOU TO CONSIDER

Know what your betting *really costs*.

Lessen is a money app for sports bettors 21 and over who want to bet less, or stop. Your clinician is passing this along for you to think about. Using it is your choice, and so is sharing anything from it.



What it does

- You connect your sportsbook. Lessen reads your bet history. It is read-only: it cannot place bets and cannot move money.
- It finds the hours when you usually bet and sends a short briefing with your real numbers before them. Your numbers show on the lock screen unless you choose to keep it private.
- You decide your rules once, like locking your weekly cap until Monday if you hit it. A lock holds your number, not your apps. Lessen reads your bets a few times a day, so it is never instant.
- It shows what betting really costs you, week by week.
- You choose: cut down to a weekly cap you set, or stop completely.

WHAT IT COSTS

7 days free, then $14.99 a month

- One sportsbook is included. Or pay $119.99 for a year.
- Each extra sportsbook is $4.99 a month, up to three in total.
- You pay through the App Store or Google Play. Cancel there any time. Cancel before day 7 and you pay nothing.
- The Lessen promise: bet less in your first 30 days than before, or your first payment back. Conditions apply, including 60 days and 8 bets of betting history. Read them at lessen.app/lessen-promise.

SHARING IS OPTIONAL

You decide who sees what

- Nothing is shared unless you turn it on. Lessen works the same if you never share.
- Your data is never sold to advertisers or data brokers.
- You pick how much: a simple status, your progress, your risk hours, or your screening answers.
- The person you share with can only read. They cannot change anything.
- You can narrow it or stop it at any time. They are not told.
- Never shared at any level: your individual bets, odds, or your conversations with Les.

How to start

1. Go to lessen.app on your phone and get the app.
2. Follow the setup. It connects your sportsbook and starts your free week.
3. Set your weekly cap, or choose to stop completely.
4. If you want to share with your clinician, open Settings, then "Your person & sharing".

Good to know

- You need to be 21 or over, in the United States, with a supported online sportsbook.
- Lessen is a self-help tool. It does not diagnose or treat, and it has not been proven in clinical studies. It works alongside therapy, blockers, limits and support groups.
- It estimates your risky hours from your history. It can be wrong, and it only sees the books you connect.

lessen.app · Questions: admin@lessen.app
Lessen handles setup and support. Your clinician does not see anything unless you share it.

If you are in crisis, call or text 988.
Problem gambling helpline: 1-800-522-4700 or 1-800-MY-RESET.
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