Lessen

CLINICIAN OVERVIEW · PILOT

A clearer record for your *next conversation.*

Lessen is a phone app for adults 21 and over who want to cut down or quit online sports betting. With the client's permission it reads their connected sportsbook history, read-only, finds the hours they usually bet, and sends a short briefing with their real numbers before those hours.

Your client gets support between sessions. They choose what, if anything, you can review.



What your client gets

- A briefing with their real numbers before their usual hours
- Rules decided once, like a cap that locks until Monday. A lock holds the number, not their apps
- A protection plan: deposit limits, a bank block, a phone blocker
- Their real numbers, week by week
- Les, a text companion that never gives betting advice

What you can review

- Only what the client shares. They pick the level:
- **Status** on track, a harder week, or cannot say
- **Progress** weeks against their goal, patterns, markers, any lock
- **Risk** their usual hours, what their heads-ups offer, past alerts
- **Clinical** PGSI answers and lapse or relapse episodes
- Read-only, with the last refresh time

What it is not

- Not treatment or diagnosis. Clinical effectiveness has not been established.
- Not instant: Lessen reads bets a few times a day. Not a monitoring or emergency service. You are not alerted in real time.
- Connected sportsbooks only. A quiet record is not proof of abstinence.
- The client can end sharing at any time. You are not notified.

How the pilot works

1. A short walkthrough with Kene, the founder.
2. We confirm client fit, supported sportsbooks and the pilot terms.
3. You offer it to two suitable, consenting adults aged 21 or over.
4. Lessen handles setup and support for your clients.
5. You review what they chose to share, in your usual workflow.
6. You tell us what worked and whether to continue.

FOR YOU

Free during the pilot

The clinician portal costs nothing during the pilot, for up to 40 clients in any 30 days. We will tell you in advance before that changes. Nothing is ever charged automatically.

FOR YOUR CLIENT

7 days free, then $14.99 a month

One sportsbook included, or $119.99 a year. Extra sportsbooks $4.99 a month each, up to three in total. Paid by the client through the App Store or Google Play. Cancel any time.

Request a pilot walkthrough: admin@lessen.app · lessen.app/for-clinicians

Lessen complements therapy, blockers, limits and support groups. It does not replace them. Evidence-informed, not clinically proven.

If someone is in crisis: 988.
Problem gambling helpline: 1-800-522-4700 or 1-800-MY-RESET.

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