Workflow, data boundaries *and support.*

For practices, treatment programs and organizations deciding whether Lessen fits their clients.

What is Lessen?

A consumer phone app for adults 21 and over in the United States who want to cut down or quit online sports betting. It uses the person's connected sportsbook history to find patterns and offers practical support around estimated risk periods.

How does it fit a clinician's workflow?

The client uses the app between sessions. If they choose, they share a read-only page with their clinician. The clinician opens it before or during a session, in the portal at lessen.app/clinic or from a single shared link. Nothing needs installing.

What can a clinician see?

Only the level the client grants: Status, Progress, Risk or Clinical. Each page shows which sportsbooks are connected and when they last refreshed, and what changed since the clinician last looked.

What is never shown?

Individual bet slips, odds, conversations with Les (the app's text companion), crisis flags, the client's support person and location. No sharing level includes them.

Who controls sharing?

The client. Sharing is off by default. They can narrow or end it at any time, and the recipient is not told. A recipient confirms their email before a page opens. Free portal access never widens what a client shared.

How complete is the record?

It covers connected sportsbooks only. Lessen cannot see cash betting, unconnected books or other gambling. A stale or disconnected book is labeled. A quiet record is not proof of abstinence.

Where does the data come from and go?

Bet history is read through SharpSports, read-only. Lessen cannot place bets or move money. Data is stored with Supabase. Les is powered by Anthropic. Data is never sold to advertisers or data brokers. Research use is a separate opt-in. The full list is at lessen.app/service-providers.

Is this a HIPAA service?

Lessen is a consumer app the client chooses. It does not claim HIPAA certification and no business associate agreement is in place today. If your organization needs one for a specific service, talk to us before using it that way. What you copy into your own records is yours to protect.

What does it cost?

Clinicians: the portal is free during the pilot, for up to 40 clients in any 30 days. We give notice before that changes and nothing is charged automatically. Clients: 7 days free, then $14.99 a month for one sportsbook or $119.99 a year. Extra sportsbooks $4.99 a month each, up to three.

Can an organization pay for clients?

Not yet. Sponsored access is something we would like to support later. If it matters to you, tell us. Today every subscription is paid by the client.

Who supports clients?

Lessen does. Product setup and questions go to admin@lessen.app. Clinicians are not expected to troubleshoot the app.

What about emergencies?

Lessen is not an emergency or monitoring service. Clinicians are not alerted in real time. The app shows 988 and the problem gambling helpline to anyone in distress.

Is there evidence it works?

Clinical effectiveness has not been established. The techniques are evidence-informed, such as personalized feedback on a person's own betting and limits set in advance. Lessen does not diagnose or treat. A change in someone's record does not prove Lessen caused it.

What happens when someone leaves?

A client can export their data and delete their account in the app. Deleting removes their shares, and the pages stop opening.