

# Sinasprite Consumer Experience

## How Darryn finds his happy



### DARRYN

He has been looking for ways to manage his stress at home and at work. He signs up with Sinasprite through an email he receives his HR team.



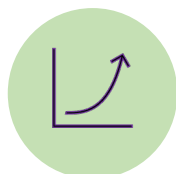
### SELF AWARENESS

Darryn picks from a range of proven coping skill including journaling, meditation, gratitude, breathing, and physical exercise. He discovers which techniques work for him.



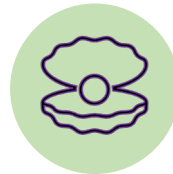
### CONNECTION

Sinasprite helps Darryn feel more grounded and more present. He makes meaningful connections with loved ones. He feels less lonely.



### IMMEDIATE RELIEF

As a self-paced experience, a few times a week, he opens Sinasprite and takes a few minutes to reflect with Socks, the main game character. Socks is a “digital companion on his journey.”



### ONGOING SUPPORT

Darryn feels supported and can face his daily challenges, no matter what they are. “The meditation especially helps to refocus and reset to tackle my obstacles.”



### MEASURED IMPROVEMENT

In 6 weeks Darryn shows clinical improvement on his anxiety (GAD-7) or depression (PHQ-8) symptoms.