

# CASE STUDY

## Reimagining Mental Health Support

Sinasprite: A clinically-validated self-help tool that provides immediate relief

AGC Biologics needed a solution to  
support their employees, help decrease stress, and improve productivity



- Builds digital therapeutic games that help employees manage and mitigate the effects of mental health, cancer, and diabetes
- Real-time reports helps HR teams with plan design and improve service throughout the year.
- Sinasprite, is a clinically-validated mental health mobile game
- Winner of 30+ global health innovation awards
- An international biotech firm
- Global hypergrowth globally during COVID-19
- Employees were suffering from severe burnout
- Company was facing high attrition
- Traditional mental health services weren't suitable due to time intensity of the intervention

### Sinasprite: A self-help digital therapeutic

- Self-help tool based on CBT evidence-based treatment methods AND mindfulness strategies
- More easily and immediately accessible
- In 6 weeks, 55% achieved clinically meaningful outcomes across all symptom severity levels.
- Through creative and explorational gameplay, empowers users with tools so they manage and mitigate mental health issues, learn key skills to reduce stress and be more resilient
- Complements telehealth services and employee assistance programs.
- Independently recommended by clinicians
- Appeals to employee and family members

### Results in 12 weeks

- Clinical improvements drove 5 months of sustained productivity in 79 people
- 8X ROI that is above industry benchmarks and \$540K+ annual cost savings for AGC & employees
- Supported and reached people who will not engage with therapy or fill out surveys.
- 46% of usage was outside of therapy hours
- Engagement and enrollment significantly above industry benchmarks

"From the data, clinical results, and employee feedback, Litesprite's solution has proved to be a valuable self-help mental wellbeing tool for a dynamic fast-paced work environment. It is a holistic experience that is more easily and immediately accessible versus other options. After going through the self-paced program, employees find they have better resilience to handle the pressures they face day-to-day."

Vijay Raghavan, AGC Biologics CFO