

**Arthritis care just got smarter.  
AI-powered Clara delivers practical support at scale**

In a significant leap forward for arthritis management, The Arthritis Movement has launched the Clara App, a free AI-powered companion designed to transform patient care and support healthcare professionals by providing trusted information and easy-to-use self-management tools.

With over 3.7 million Australians affected by arthritis, a leading cause of chronic pain and disability, the demand for timely, accurate, and accessible care has never been greater.

Clara addresses this need by providing trusted, on-demand support, delivering curated content and expert-backed guidance to help people manage their condition between medical visits.

Clara can help alleviate the confusion faced by many people with a recent arthritis diagnosis without having to rely on untrusted sources of information available through sources such as 'Dr Google'.

With early intervention and ongoing self-management critical to maintaining mobility and quality of life, Clara is designed to empower people to take an active role in their care.

The free app refines recommendations through an initial health screening survey, allowing users to receive guidance relevant to their needs.

Clara's interactive self-care tool tracks progress in mobility, sleep, and pain management, while its adaptive AI learning suggests relevant follow-up topics for deeper exploration.

The app also connects users to trusted self-help resources, including programs, events, and digital content, ensuring they have access to the best available support.

The Arthritis Movement Chief Executive Officer, Alex Green, said: "Clara represents a paradigm shift in arthritis care, combining cutting-edge AI technology with the expertise of healthcare professionals."

"By embracing Clara, we can collectively elevate the standard of care, ensuring that every patient has access to the support they need, precisely when they need it."

Importantly, Clara takes a privacy-first approach, keeping all personal data secure on the user's device and never storing it externally.

For healthcare providers, Clara is more than just a patient tool; it is a collaborative asset that compliments clinical care by providing patients with trusted, expert-backed information to support their arthritis management between specialist appointments.

Clara offers:

- Instant access to an archive of verified health information, drawn from over 60 years of expertise from The Arthritis Movement, answering common arthritis-related questions in a clear, easy-to-understand format.
- Guided self-management support with expert-led insights, helping users follow recommended exercises, manage medication schedules and implement self-care strategies.
- Ongoing support between medical appointments offering structured recommendations and reminders to keep users engaged in their care plan.
- Community connection features linking users to local support groups, arthritis programs, and events, fostering peer support and shared experiences.

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- Seamless accessibility with voice-to-text input and intuitive navigation, making it easier for users to engage with the app effortlessly.

By recommending Clara, professionals can empower patients with the tools necessary for more effective self-management, ultimately improving health outcomes and reducing the burden on clinical resources.

The Arthritis Movement encourages healthcare providers to integrate Clara into their clinical practice to enhance patient engagement and streamline care delivery.

Healthcare professionals are invited to explore the free app and consider its integration into patient care protocols.

Clara is available for free download from the [APP Store](#) or [Google Play](#)  
For information on Clara visit [askclara.com.au](http://askclara.com.au)

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**Media contact:**

Sid Maher, Senior Journalist  
Cole Lawson Communications  
M: 0401 704 384 | E: [sid.maher@colelawson.com.au](mailto:sid.maher@colelawson.com.au)

**About The Arthritis Movement**

The Arthritis Movement is a dedicated organisation committed to improving the lives of individuals affected by arthritis. Through innovative care, dynamic support, and relentless advocacy, we strive to empower those impacted by arthritis to live life to the fullest. Our mission encompasses providing comprehensive programs, education, resources, and supporting research to prevent, treat, and ultimately cure arthritis. For more information, visit [www.arthritis.org.au](http://www.arthritis.org.au)