








# Website review clareandme.com

Generated on September 20 2024 05:22 AM





The score is **61/100**







## SEO Content

	<p>Title</p>	<p>clare&amp;me AI for Self-Therapy for your Mental Health over the Phone</p> <p><b>Length : 70</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	<p>Description</p>	<p>Talk to Clare the Self-Therapy AI for your Mental Health. Available via Phone Calls &amp; Messaging whenever you need help with overthinking or coping with you worries. Clare is available 24/7 and 100% anonymous. Share what&amp;#x27;s on your mind and receive actionable recommendations based on behavioral health.</p> <p><b>Length : 310</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>												
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1451 1481 1641"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>type</td> <td>website</td> </tr> </tbody> </table>	Property	Content	type	website								
Property	Content													
type	website													
	<p>Headings</p>	<table border="1" data-bbox="539 1675 1481 1742"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>5</td> <td>8</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1776 1505 2069" style="list-style-type: none"> <li>• [H1] AI therapy: Your 24/7 Mental Health Ally</li> <li>• [H1] Talk to an AI 24/7 about your anxiety &amp; worries.</li> <li>• [H1] Meet Clare. Your mental health guide.</li> <li>• [H1] Learn scientifically proven techniques to help yourself.</li> <li>• [H1] What our users like the most about Clare</li> <li>• [H2] Talk to an AI 24/7 about your anxiety &amp; worries.</li> <li>• [H2] Meet Clare. Your mental health guide.</li> <li>• [H2] Learn scientifically proven techniques to help yourself.</li> <li>• [H2] Talk about your worries without judgment, at any time and</li> </ul>	H1	H2	H3	H4	H5	H6	5	8	0	0	0	0
H1	H2	H3	H4	H5	H6									
5	8	0	0	0	0									

## SEO Content

		<p>anywhere</p> <ul style="list-style-type: none"> <li>• [H2] How it works</li> <li>• [H2] Talk to Clare for only £99.99 a year</li> <li>• [H2] Talk to Clare to see if it's a good fit for you</li> <li>• [H2] Signup to get started</li> </ul>
	Images	<p>We found 61 images on this web page.</p> <p>5 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : <b>11%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>

## SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 18 links including 0 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 44.44%</p> <p>Internal Links 55.56%</p>

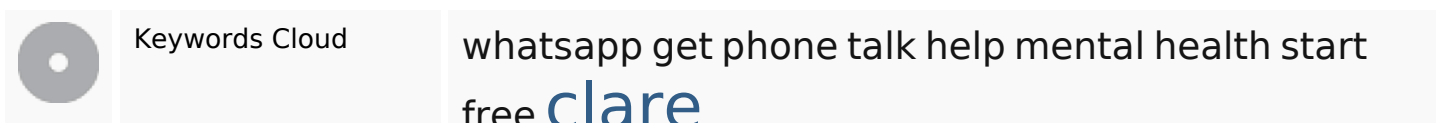
## In-page links

Anchor	Type	Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Clinics</a>	Internal	Passing Juice

## In-page links

<a href="#">Science</a>	Internal	Passing Juice
<a href="#">Pricing</a>	Internal	Passing Juice
<a href="#">Meet Us</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Sign Up Now</a>	Internal	Passing Juice
<a href="#">(+44) UK WhatsApp</a>	External	Passing Juice
<a href="#">(+1) US WhatsApp</a>	External	Passing Juice
<a href="#">(+1) US SMS*</a>	External	Passing Juice
<a href="#">(+49) German WhatsApp</a>	External	Passing Juice
<a href="#">Crisis Contacts</a>	Internal	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
<a href="#">Jobs</a>	External	Passing Juice
<a href="#">Press</a>	External	Passing Juice

## SEO Keywords



## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
clare	29	✓	✗	✓	✓
health	10	✓	✗	✓	✓
whatsapp	9	✗	✗	✗	✗
phone	8	✓	✗	✓	✗

## Keywords Consistency

mental

8



## Usability

	Url	Domain : clareandme.com Length : 14
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Perfect, your website has few JavaScript files.</li></ul>

## Document

✔ Perfect, your website takes advantage of gzip.

## Mobile



### Mobile Optimization

- ✔ Apple Icon
- ✔ Meta Viewport Tag
- ✔ Flash content

## Optimization



### XML Sitemap

Great, your website has an XML sitemap.

<https://www.clareandme.com/sitemap.xml>



### Robots.txt

<http://clareandme.com/robots.txt>

Great, your website has a robots.txt file.



### Analytics

Missing

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.