



Performance Report for: <https://www.keahealth.com/>

Report generated: Fri, Nov 10, 2023 2:35 PM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	100%	95%	454ms	0ms	0

Top Issues

IMPACT	AUDIT	
Med-Low	Avoid CSS @import <small>FCP LCP</small>	1 resource found
Low	Serve static assets with an efficient cache policy	Potential savings of 83.8KB
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Avoid an excessive DOM size <small>TBT</small>	700 elements
Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 76.5KB

Page Details



Total Page Size - 741KB



Total Page Requests - 86



HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

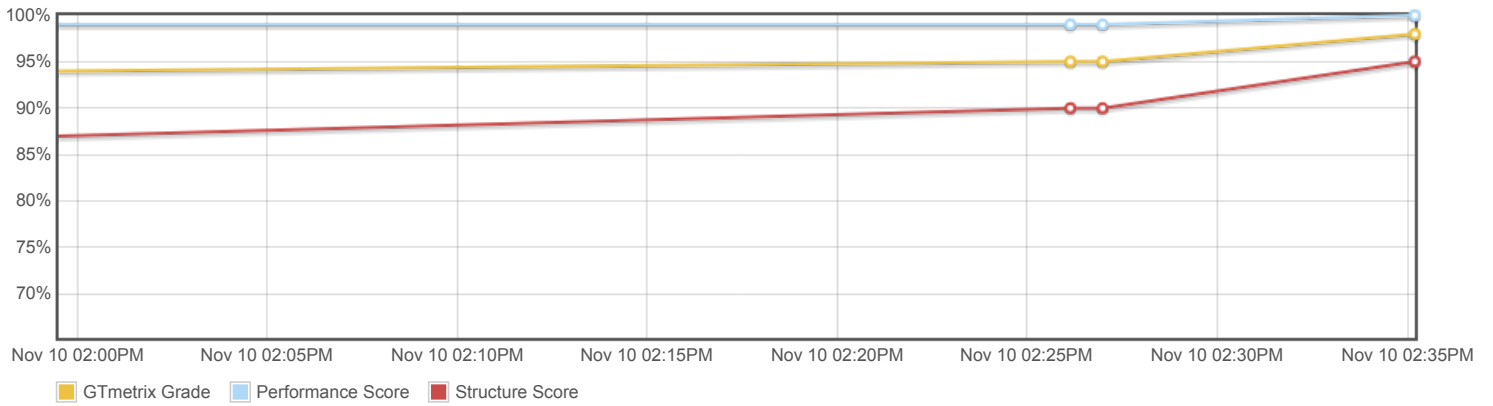
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

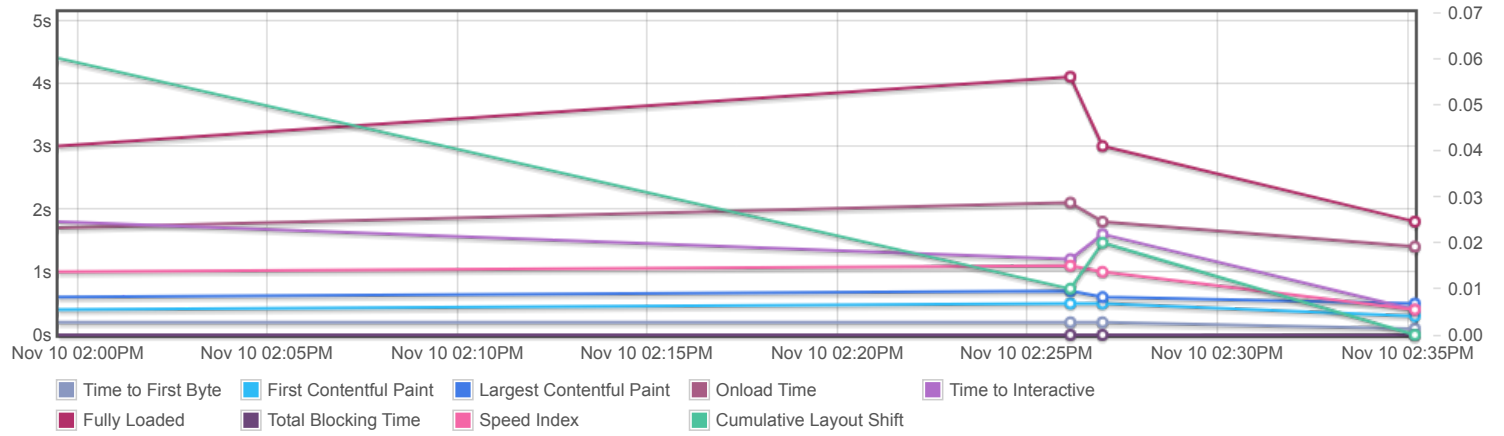
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

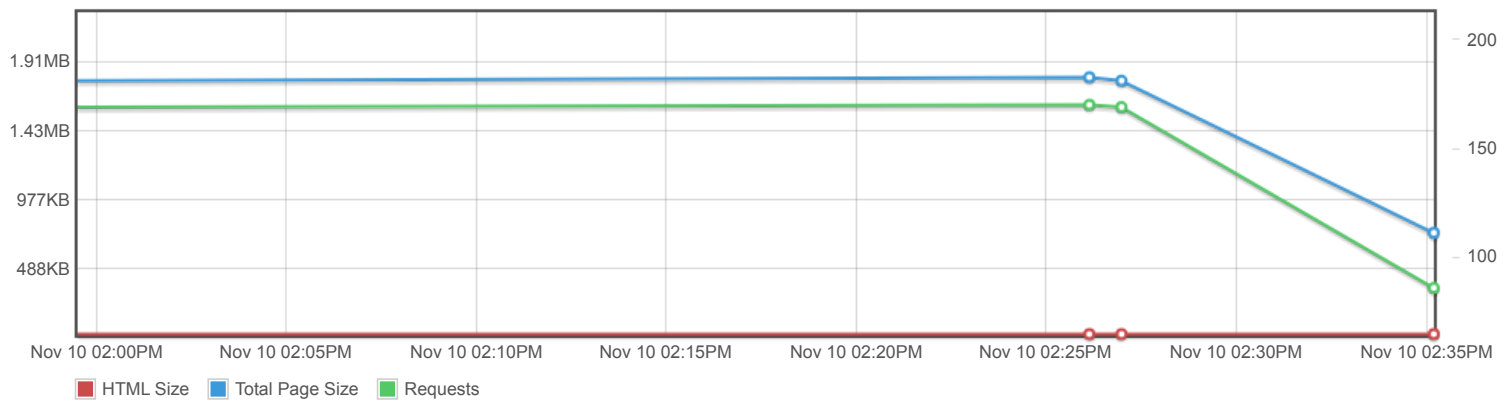
Page scores



Page metrics

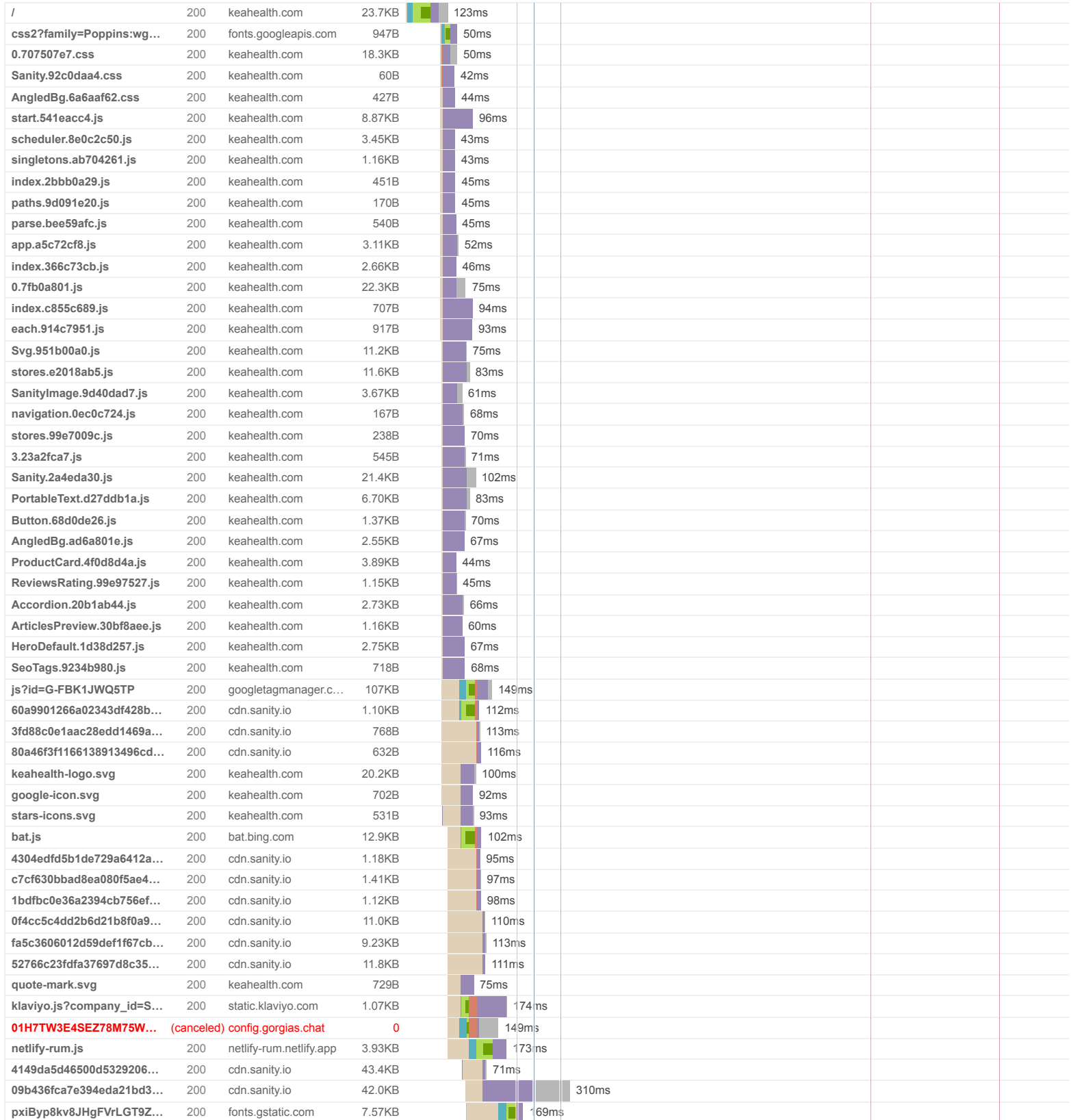


Page sizes and request counts

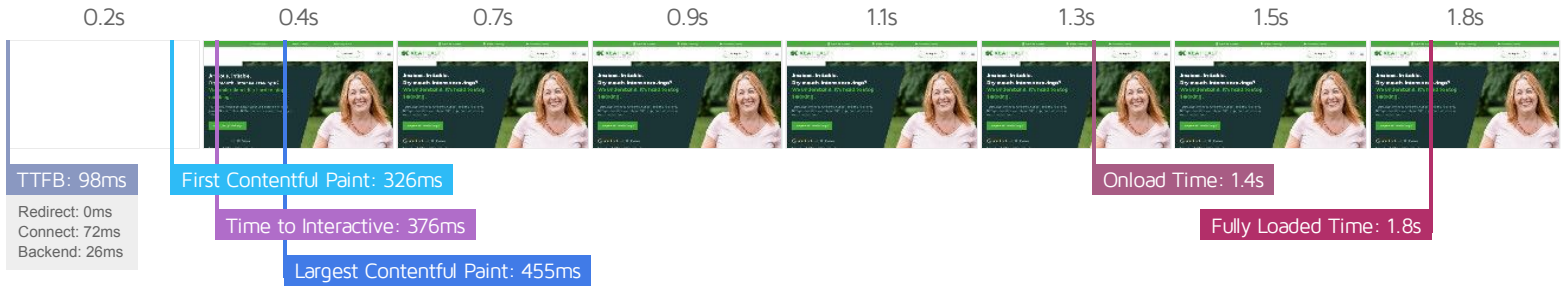


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

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pxiEyp8kv8JHgFVrJJfecg...	200	fonts.gstatic.com	7.70KB		169ms
Mont-Heavy.woff2	200	keahealth.com	77.0KB		147ms
pxiByp8kv8JHgFVrLEj6Z1...	200	fonts.gstatic.com	7.81KB		169ms
pxiByp8kv8JHgFVrLCz7Z...	200	fonts.gstatic.com	7.63KB		167ms
HabMint2x1_d4ff8a98-942...	200	cdn.shopify.com	6.72KB		46ms
HabFruit4x1_b951372d-03...	200	cdn.shopify.com	7.23KB		47ms
HabMint4x1_05797cab-bf...	200	cdn.shopify.com	7.43KB		47ms
fbevents.js	200	connect.facebook.net	53.0KB		395ms
187084499.js	200	bat.bing.com	1.55KB		23ms
0?ti=187084499&Ver=2&...	204	bat.bing.com	359B		30ms
fender_analytics.89f34df0...	200	static-tracking.klaviy...	11.4KB		31ms
static.500134348b1f0969ff...	200	static-tracking.klaviy...	985B		32ms
runtime.9c175e36220bd2...	200	static.klaviyo.com	7.98KB		9ms
sharedUtils.56071ae0ab9...	200	static.klaviyo.com	16.3KB		22ms
vendors~signup_forms.f3...	200	static.klaviyo.com	10.8KB		9ms
signup_forms.6b6e56a09...	200	static.klaviyo.com	12.2KB		11ms
1.979ae8a5.js	200	keahealth.com	625B		27ms
733111115?random=1699...	200	googleads.g.doublec...	1.26KB		42ms
187084499	200	clarity.ms	829B		736ms
OPTIONS graphql.json	200	keahealth.myshopify....	0		121ms
POST graphql.json	200	keahealth.myshopify....	1.03KB		415ms
onsite?company_id=Su8...	200	fast.a.klaviyo.com	643B		24ms
full-forms	200	static-forms.klaviyo.c...	4.39KB		464ms
733111115?random=1699...	200	google.com	42B		40ms
733111115?random=1699...	200	google.ca	42B		41ms
css2?family=Amiko:ital,w...	200	fonts.googleapis.com	1.15KB		18ms
487040908470111?v=2.9.1...	200	connect.facebook.net	29.2KB		95ms
tr?id=487040908470111&e...	200	facebook.com	185B		227ms
POST graphql.json	200	keahealth.myshopify....	1.32KB		175ms
clarity.js	200	clarity.ms	24.8KB		36ms
c.gif	200	c.clarity.ms	42B		92ms
favicon.png	200	keahealth.com	2.03KB		30ms
POST collect	204	w.clarity.ms	0		306ms
86 Requests		741KB (1.91MB Uncompressed)			1.8s (Onload 1.4s)



Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>325ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>375ms</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>356ms</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>0ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>454ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0</p>

Browser Timings

Redirect	0ms	Connect	72ms	Backend	26ms
TTFB	98ms	First Paint	326ms	DOM Int.	375ms
DOM Loaded	376ms	Onload	1.4s	Fully Loaded	1.8s

IMPACT	AUDIT	
Med-Low	Avoid CSS @import FCP LCP	1 resource found
Low	Serve static assets with an efficient cache policy	Potential savings of 83.8KB
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Avoid an excessive DOM size TBT	700 elements
Low	Reduce unused JavaScript LCP	Potential savings of 76.5KB
Low	Avoid enormous network payloads LCP	Total size was 760KB
Low	Avoid long main-thread tasks TBT	1 long task found
Low	Reduce JavaScript execution time TBT	186ms spent executing JavaScript
Low	Reduce unused CSS FCP LCP	Potential savings of 16.5KB
Low	Defer offscreen images	Potential savings of 42.0KB
Low	Avoid chaining critical requests FCP LCP	4 chains found
N/A	Largest Contentful Paint element LCP	450 ms
N/A	Eliminate render-blocking resources FCP LCP	Potential savings of 0 ms
N/A	Reduce initial server response time FCP LCP	Root document took 25ms
N/A	Avoid serving legacy JavaScript to modern browsers TBT	Potential savings of 21.4KB
N/A	Avoid large layout shifts CLS	5 elements found
N/A	Minimize main-thread work TBT	Main-thread busy for 652ms
N/A	User Timing marks and measures	6 user timings
N/A	Reduce the impact of third-party code TBT	Total size was 495KB