



Performance Report for: <https://surge.care/>

Report generated: Mon, Mar 11, 2024 9:47 PM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	90%	93%	1.4s	0ms	0.05

Top Issues

Med	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 412ms
Med-Low	Use a Content Delivery Network (CDN)	44 resources found
Med-Low	Lazy load third-party resources with facades <small>TBT</small>	1 facade alternative available
Low	Serve static assets with an efficient cache policy	Potential savings of 51.3KB
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.26MB

Page Details



Total Page Size - 2.26MB



Total Page Requests - 77



■ 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



GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

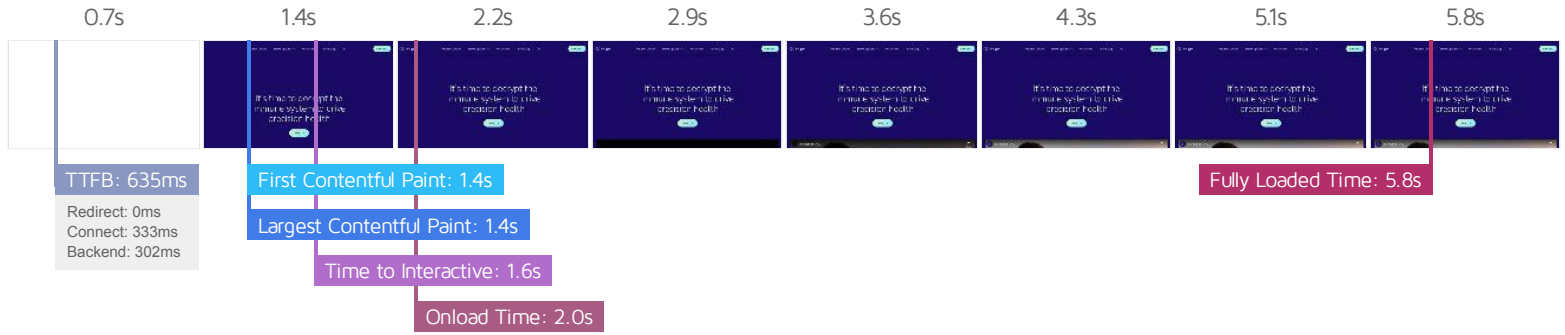
<https://carbon60.com/>

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.

Surge Decrypts the Immune System to drive Precision Health

/	200	surge.care	21.3KB		654ms	
css?family=Nunito%3A10...	200	fonts.googleapis.com	1.58KB		44ms	
707264c2e3c21594eddc71...	200	surge.care	146KB		476ms	
post-5.css?ver=1708961840	200	surge.care	1.27KB		173ms	
post-66.css?ver=1708961...	200	surge.care	1.45KB		167ms	
post-8.css?ver=1708961941	200	surge.care	5.09KB		174ms	
post-10.css?ver=1708961...	200	surge.care	1.63KB		165ms	
post-14.css?ver=1708961...	200	surge.care	2.26KB		167ms	
jquery.min.js?ver=3.7.1	200	surge.care	37.5KB		470ms	
jquery-migrate.min.js?ver...	200	surge.care	5.29KB		322ms	
seo.js?ver=6.4.3	200	surge.care	740B		320ms	
FFinalSurge_linkedin_po...	200	surge.care	33.8KB		858ms	
surge_article.jpg.webp	200	surge.care	13.0KB		879ms	
AdobeStock_244746833-1...	200	surge.care	160KB		871ms	
post-1236.css?ver=17089...	200	surge.care	1.15KB		614ms	
jquery.scrollUp.min.js?ve...	200	surge.care	970B		777ms	
hello-frontend.min.js?ver...	200	surge.care	964B		614ms	
premium-wrapper-link.mi...	200	surge.care	358B		690ms	
jquery.smartmenus.min.js...	200	surge.care	9.18KB		700ms	
jet-plugins.js?ver=1.1.0	200	surge.care	2.36KB		687ms	
frontend.js?ver=3.1.6	200	surge.care	17.3KB		692ms	
lottie.min.js?ver=5.6.6	200	surge.care	82.8KB		706ms	
webpack-pro.runtime.min...	200	surge.care	2.68KB		685ms	
webpack.runtime.min.js?...	200	surge.care	2.29KB		688ms	
frontend-modules.min.js?...	200	surge.care	22.2KB		703ms	
wp-polyfill-inert.min.js?ve...	200	surge.care	2.91KB		654ms	
regenerator-runtime.min.j...	200	surge.care	2.68KB		770ms	
wp-polyfill.min.js?ver=3.1...	200	surge.care	45.1KB		765ms	
hooks.min.js?ver=c6aec9...	200	surge.care	1.58KB		764ms	
i18n.min.js?ver=7701b0c...	200	surge.care	3.86KB		654ms	
frontend.min.js?ver=3.20.0	200	surge.care	8.57KB		761ms	
waypoints.min.js?ver=4.0.2	200	surge.care	3.66KB		764ms	
core.min.js?ver=1.13.2	200	surge.care	8.15KB		654ms	
frontend.min.js?ver=3.20.0	200	surge.care	15.8KB		655ms	
elements-handlers.min.js...	200	surge.care	11.8KB		761ms	
jet-elements.min.js?ver=2...	200	surge.care	30.8KB		656ms	
lazyload.min.js	200	surge.care	3.36KB		776ms	
sdk.js	200	static.axept.io	72B		54ms	
gtm.js?id=GTM-WT3HZM2	200	googletagmanager.c...	65.4KB		77ms	
ico_button_xs.svg	200	surge.care	625B		230ms	
cercle-bleu.svg	200	surge.care	0.99KB		229ms	
XR XV3i6Li01BKoflNeaB....	200	fonts.gstatic.com	38.2KB		91ms	
i7dPIFZifjKcF5UAWdDRY...	200	fonts.gstatic.com	15.5KB		90ms	
Surge_TEAM-scaled.jpg	200	surge.care	210KB		314ms	
dialog.min.js?ver=4.9.0	200	surge.care	4.18KB		159ms	
logo-surge.svg	200	surge.care	6.57KB		161ms	
nav-menu.d43af66e5000f...	200	surge.care	1.84KB		165ms	
video.fea4f8dfdf17262f23...	200	surge.care	1.42KB		159ms	
lottie.565b778d23c04461c...	200	surge.care	4.26KB		163ms	
text-editor.2c35aafbe5bf0...	200	surge.care	672B		161ms	
iframe_api	200	youtube.com	1.93KB		57ms	
Resultat.json	(blocked)	surge.care	0		0ms	
www-widgetapi.js	200	youtube.com	66.7KB		16ms	

Favicon-white_surge.svg	200	surge.care	4.40KB			161ms	
7YCFPPxlcgU?controls=1...	200	youtube.com	37.8KB			172ms	
www-player.css	200	youtube.com	46.8KB			22ms	
embed.js	200	youtube.com	17.6KB			15ms	
www-embed-player.js	200	youtube.com	95.0KB			25ms	
base.js	200	youtube.com	778KB			56ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB			44ms	
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB			44ms	
id	302	googleads.g.doublec...	0			54ms	
id?sif_rd=1	302	googleads.g.doublec...	0			46ms	
ad_status.js	200	static.doubleclick.net	29B			37ms	
POST Create	200	jnn-pa.googleapis.com	40.1KB			67ms	
OPTIONS Create	200	jnn-pa.googleapis.com	0			41ms	
remote.js	200	youtube.com	33.1KB			10ms	
yHiuAayzh7ZXFVbIOrPk...	200	google.com	19.3KB			27ms	
maxresdefault.jpg?sqp=-...	200	i.ytimg.com	56.8KB			49ms	
HOLHbVCLFibYqpCuwO0...	200	yt3.ggpht.com	3.14KB			366ms	
id?sif_rd=1	200	googleads.g.doublec...	120B			35ms	
POST GenerateIT	200	jnn-pa.googleapis.com	134B			40ms	
OPTIONS GenerateIT	200	jnn-pa.googleapis.com	0			12ms	
cast_sender.js	200	gstatic.com	1.96KB			62ms	
generate_204?YDZFKQ	204	youtube.com	0			5ms	
cast_sender.js	200	gstatic.com	15.0KB			11ms	
POST log_event?alt=json...	200	youtube.com	50B				17ms
77 Requests				2.26MB (10.0MB Uncompressed)		5.8s (Onload 2s)	



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>Longer than recommended</p> <p>1.4s</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>1.6s</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>OK, but consider improvement</p> <p>1.7s</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>OK, but consider improvement</p> <p>1.4s</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>0.05</p>

Browser Timings

Redirect	0ms	Connect	333ms	Backend	302ms
TTFB	635ms	First Paint	1.4s	DOM Int.	1.6s
DOM Loaded	1.6s	Onload	2.0s	Fully Loaded	5.8s

IMPACT AUDIT

Low

Avoid an excessive DOM size TBT

582 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		582
Maximum DOM Depth	25 Septembre 2023 <time datetime="2023-09-25T22:45:12+02:00">	28
Maximum Child Elements	body.home <body class="home page-template-default page page-id-8 elementor-default elementor-kit-..." data-elementor-device-mode="desktop">	40

Low

Avoid chaining critical requests FCP LCP

30 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: 1.5s

INITIAL NAVIGATION



https://surge.care/wp-content/plugins/elementor-pro/assets/lib/smartmenus/jquery.smartmenus.min.js?ver=1.2.1	9.21KB, 180ms
https://surge.care/wp-content/uploads/elementor/css/post-10.css?ver=1708961841	1.76KB, 160ms
https://surge.care/wp-content/uploads/elementor/css/post-14.css?ver=1708961841	2.29KB, 162ms
https://surge.care/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.20.0	2.34KB, 167ms
https://surge.care/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	2.72KB, 249ms
https://surge.care/wp-content/plugins/elementor-pro/assets/lib/lottie/lottie.min.js?ver=5.6.6	82.8KB, 186ms
https://surge.care/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	2.97KB, 333ms
https://surge.care/wp-content/uploads/elementor/css/post-66.css?ver=1708961840	1.51KB, 162ms
https://surge.care/wp-includes/js/dist/i18n.min.js?ver=7701b0c3857f914212ef	3.89KB, 333ms
https://surge.care/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=3.20.0	8.60KB, 259ms
https://surge.care/wp-content/cache/min/1/707264c2e3c21594eddc71e07a96e963.css	146KB, 470ms

Low **Properly size images** Potential savings of 178KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://surge.care/wp-content/uploads/AdobeStock_244746833-1-1536x1024.jpeg	160KB	150KB
https://surge.care/wp-content/uploads/FFinalSurge_linkedin_posts_CL_Final001.png.webp	33.8KB	27.7KB

Low **Efficiently encode images** Potential savings of 14.2KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://surge.care/wp-content/uploads/AdobeStock_244746833-1-1536x1024.jpeg	160KB	14.2KB

Low **Avoid long main-thread tasks** 1 long task found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• https://surge.care/	1.2s	62ms

Low **Reduce JavaScript execution time** 228ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• https://surge.care/	251ms	11ms	3ms
• https://surge.care/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	228ms	187ms	1ms
• Unattributable	214ms	24ms	0ms

Low **Reduce unused CSS** Potential savings of 143KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://surge.care/wp-content/cache/min/1/707264c2e3c21594eddc71e07a96e963.css	146KB	143KB

Low **Serve images in next-gen formats** Potential savings of 139KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://surge.care/wp-content/uploads/AdobeStock_244746833-1-1536x1024.jpeg	160KB	96.9KB
https://surge.care/wp-content/uploads/Surge_TEAM-scaled.jpg	210KB	42.2KB

Low **Reduce initial server response time** FCP LCP Root document took 302ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://surge.care/	302ms

Low **Defer offscreen images** Potential savings of 210KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://surge.care/wp-content/uploads/Surge_TEAM-scaled.jpg	210KB	210KB

Low **Avoid large layout shifts** CLS 5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
It's time to decrypt the immune system to drive precision health Contact us Our... <code><div class="elementor-column elementor-col-100 elementor-top-column elementor-element ..." data-id="618b4cc" data-element_type="column"></code>	0.04
It's time to decrypt the immune system to drive precision health <code><h1 class="elementor-heading-title elementor-size-default"></code>	0.00
Technology & Science <code><li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-45"></code>	0.00
News & Blog <code><li class="menu-item menu-item-type-taxonomy menu-item-object-category menu-item-2061"></code>	0.00
Who we are <code><li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-44"></code>	0.00

Low

Avoid non-composited animations CLS

1 animated element found

Animations which are not composited can be janky and increase CLS.

ELEMENT

NAME

```
section.elementor-section > div.elementor-container > div.elementor-column > div.elementor-widget-wrap
<div class="elementor-widget-wrap elementor-element-populated">
```

Unsupported CSS Property: background-color

background-color

Low

Minify JavaScript FCP LCP

Potential savings of 4.81KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL

TRANSFER SIZE

POTENTIAL SAVINGS

- <https://surge.care/wp-content/plugins/jet-engine/assets/js/frontend.js?ver=3.1.6>

17.4KB

4.81KB

Low

Reduce unused JavaScript LCP

Potential savings of 208KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL

TRANSFER SIZE

POTENTIAL SAVINGS

<https://surge.care/wp-content/plugins/elementor-pro/assets/lib/lottie/lottie.min.js?ver=5.6.6>

82.8KB

70.8KB

<https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js>

67.0KB

47.5KB

<https://www.googletagmanager.com/gtm.js?id=GTM-WT3HZM2>

65.8KB

39.1KB

<https://surge.care/wp-content/plugins/jet-elements/assets/js/jet-elements.min.js?ver=2.6.10>

30.8KB

29.3KB

<https://surge.care/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0>

45.1KB

20.9KB

N/A

Largest Contentful Paint element LCP

1,350 ms

This is the largest contentful element painted within the viewport.

ELEMENT

It's time to decrypt the immune system to drive precision health

```
<h1 class="elementor-heading-title elementor-size-default">
```

PHASE

% OF LCP

TIMING

TTFB

47%

635ms

Load Delay

0%

0ms

Load Time

0%

0ms

Render Delay

53%

718ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 168B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers,

while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://surge.care/wp-content/plugins/jet-engine/assets/lib/jet-plugins/jet-plugins.js?ver=1.1.0 Line:0 Column:4673	64B @babel/plugin-transform-classes
https://surge.care/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	62B @babel/plugin-transform-classes
https://surge.care/ Line:1 Column:615	21B @babel/plugin-transform-classes
https://surge.care/ Line:2 Column:524	21B @babel/plugin-transform-classes

N/A **Minimize main-thread work** TBT Main-thread busy for 955ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	408ms
Other	312ms
Style & Layout	123ms
Parse HTML & CSS	43ms
Script Parsing & Compilation	34ms
Rendering	24ms
Garbage Collection	8ms

N/A **Reduce the impact of third-party code** TBT Total size was 1.34MB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
YOUTUBE	1.11MB	0ms
• https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.2KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
• https://i.ytimg.com/vi/7YCFPpxlCgU/maxresdefault.jpg?sqp=-oaymwEmCIAKENAF8guKqQMa8AEB-AH-CYAC0AWKAgwIABABGFcgWihlMA8=&rs=AOn4CLBgIPbiXCwzuwoh0agJcMwWEbovLg	57.3KB	0ms
• Other resources	141KB	0ms
GOOGLE FONTS	86.7KB	0ms
• https://fonts.gstatic.com/s/nunito/v26/XXRV3I6Li01BKoflNeaB.woff2	38.7KB	0ms
• https://fonts.gstatic.com/s/spacemono/v13/i7dPIFZifjKcF5UAWdDRYEF8RQ.woff2	15.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBbc4.woff2	15.3KB	0ms
GOOGLE TAG MANAGER	65.8KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-WT3HZM2	65.8KB	0ms
OTHER GOOGLE APIS/SDKS	60.3KB	0ms
• https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	40.3KB	0ms
• https://www.google.com/js/th/yHiuAayzh7ZXFvblOrPkyv85wwmgA2suXoAl6Ktxww.js	19.9KB	0ms
GOOGLE CDN	17.8KB	0ms
• https://www.gstatic.com/eureka/clank/117/cast_sender.js	15.3KB	0ms
GOOGLE/DOUBLECLICK ADS	1.20KB	0ms
AXEPT.IO	462B	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.