



There were issues affecting this run of Lighthouse:

- Chrome extensions negatively affected this page's load performance. Try auditing the page in incognito mode or from a Chrome profile without extensions.



Performance

Metrics

First Contentful Paint

3.5 s

Speed Index

3.5 s

Time to Interactive

3.9 s

First Meaningful Paint

3.5 s

First CPU Idle

3.5 s

Max Potential First Input Delay

180 ms

View Trace

Values are estimated and may vary. The performance score is [based only on these metrics](#).

Opportunities — These suggestions can help your page load faster. They don't [directly affect](#) the Performance score.

Opportunity	Estimated Savings
▲ Serve images in next-gen formats	1.2 s
Eliminate render-blocking resources	0.45 s
Remove unused CSS	0.45 s

Diagnostics — More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

▲ Ensure text remains visible during webfont load	▼
▲ Serve static assets with an efficient cache policy — 34 resources found	▼
▲ Minimize main-thread work — 4.2 s	▼
Minimize Critical Requests Depth — 18 chains found	▼
Keep request counts low and transfer sizes small — 54 requests • 1,133 KB	▼
Third-Party Usage — 1 Third-Party Found	▼
Passed audits (15)	▼



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

Contrast — These are opportunities to improve the legibility of your content.

▲ Background and foreground colors do not have a sufficient contrast ratio.	▼
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Additional items to manually check (11) — These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

Passed audits (18) ▼

Not applicable (16) ▼



Best Practices

▲ Does not use passive listeners to improve scrolling performance	▼
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Passed audits (14) ▼



SEO

These checks ensure that your page is optimized for search engine results ranking. There are additional factors Lighthouse does not check that may affect your search ranking. [Learn more.](#)

Content Best Practices — Format your HTML in a way that enables crawlers to better understand your app's content.

▲ Links do not have descriptive text — 9 links found

Mobile Friendly — Make sure your pages are mobile friendly so users don't have to pinch or zoom in order to read the content pages. [Learn more.](#)

Tap targets are not sized appropriately — 90% appropriately sized tap targets

Additional items to manually check (1) — Run these additional validators on your site to check additional SEO best practices.

Passed audits (10)

Not applicable (1)



Progressive Web App

These checks validate the aspects of a Progressive Web App. [Learn more.](#)

Fast and reliable

Page load is fast enough on mobile networks

▲ Current page does not respond with a 200 when offline

▲ start_url does not respond with a 200 when offline No usable web app manifest found on page.

Installable

Uses HTTPS

▲ Does not register a service worker that controls page and start_url	▼
▲ Web app manifest does not meet the installability requirements Failures: No manifest was fetched.	▼
PWA Optimized	
Redirects HTTP traffic to HTTPS	▼
▲ Is not configured for a custom splash screen Failures: No manifest was fetched.	▼
Does not set an address-bar theme color	▼
▲ Failures: No manifest was fetched, No `<meta >`="" b="" found.<="" name="theme-color" tag=""/>	▼
▲ Content is not sized correctly for the viewport The viewport size is 412px, whereas the window size is 1334px.	▼
Has a <code><meta name="viewport"></code> tag with width or initial-scale	▼
Contains some content when JavaScript is not available	▼
▲ Does not provide a valid apple-touch-icon	▼
Additional items to manually check (3) — These checks are required by the baseline PWA Checklist but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.	▼

Runtime Settings

URL	https://www.apple.com/ios/health/
Fetch time	Nov 5, 2019, 10:01 AM PST
Device	Emulated Nexus 5X
Network throttling	150 ms TCP RTT, 1,638.4 Kbps throughput (Simulated)
CPU throttling	4x slowdown (Simulated)
User agent (host)	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_14_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/77.0.3865.120 Safari/537.36
User agent (network)	Mozilla/5.0 (Linux; Android 6.0.1; Nexus 5 Build/MRA58N) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/74.0.3694.0 Mobile Safari/537.36 Chrome-Lighthouse
CPU/Memory Power	1202