

Performance

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)



METRICS

Expand view

First Contentful Paint
2.2 s

▲ Largest Contentful Paint
5.4 s

▲ Total Blocking Time

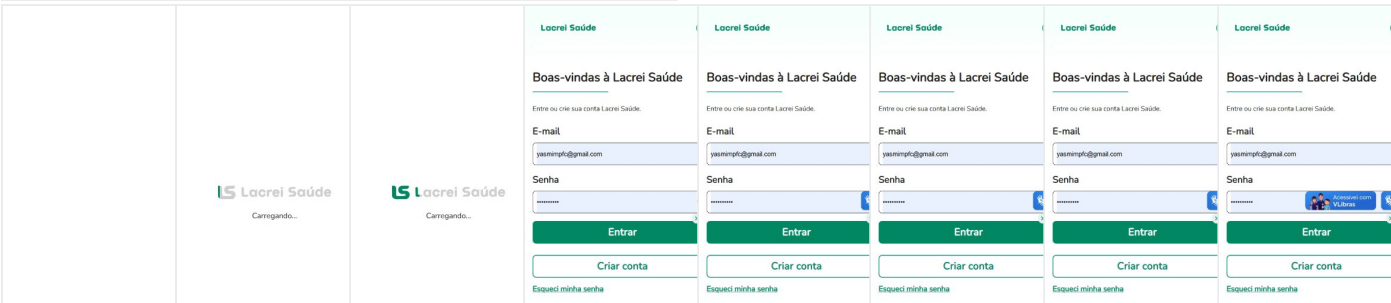
2,430 ms

Cumulative Layout Shift

0.076

Speed Index

4.9 s



Later this year, insights will replace performance audits. [Learn more and provide feedback](#)

[here.](#)

[Go back to audits](#)

Show audits relevant to: All [FCP](#) [LCP](#) [TBT](#) [CLS](#)

INSIGHTS

▲ Use efficient cache lifetimes

— Est savings of 284 KiB

▲

A long cache lifetime can speed up repeat visits to your page. [Learn more.](#) [FCP](#) [LCP](#)

NEXT. Configure caching for immutable assets and Server-side Rendered (SSR) pages. [Learn more.](#)

☒ Show 3rd-party resources (4)

Request	Cache TTL	Transfer Size
lacreisaude.com.br 1st Party		401 KiB
...pages/_app-37b520886d559e4b.js (paciente-staging.lacreisaude.com.br)	4h	278 KiB
...chunks/framework-f75312fc4004b783.js (paciente-staging.lacreisaude.com.br)	4h	45 KiB
...chunks/main-11dc982fdc6f7820.js (paciente-staging.lacreisaude.com.br)	4h	33 KiB
...chunks/696-877bba71b8e9beb3.js (paciente-staging.lacreisaude.com.br)	4h	22 KiB
...media/21e3314edf876f32-s.p.woff2 (paciente-staging.lacreisaude.com.br)	4h	17 KiB
...pages/index-638c8282c2f168f6.js (paciente-staging.lacreisaude.com.br)	4h	3 KiB
...chunks/webpack-a91c5b7bfa5e5954.js (paciente-staging.lacreisaude.com.br)	4h	2 KiB
...m3eqPbPvt.../_buildManifest.js (paciente-staging.lacreisaude.com.br)	4h	1 KiB
...css/acd3181ef8676e22.css (paciente-staging.lacreisaude.com.br)	4h	1 KiB

Request	Cache TTL	Transfer Size
...m3eqPbPvt.../_ssgManifest.js (paciente-staging.lacreisaude.com.br)	4h	1 KiB
Clarity Utility		25 KiB
/0.8.38/clarity.js (scripts.clarity.ms)	1d	25 KiB
JSDelivr CDN Cdn		19 KiB
...assets/access_popup.jpg (cdn.jsdelivr.net)	7d	10 KiB
...app/vlibras-plugin.js (cdn.jsdelivr.net)	7d	6 KiB
...assets/access_icon.svg (cdn.jsdelivr.net)	7d	3 KiB

 Legacy JavaScript — Est savings of 12 KiB

^

Polyfills and transforms enable older browsers to use new JavaScript features. However, many aren't necessary for modern browsers. Consider modifying your JavaScript build process to not transpile [Baseline](#) features, unless you know you must support older browsers. [Learn why most sites can deploy ES6+ code without transpiling](#) FCP LCP

URL	Wasted bytes
lacreisaude.com.br 1st Party	12.3 KiB
...chunks/main-11dc982fdc6f7820.js (paciente-staging.lacreisaude.com.br)	12.3 KiB
<div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div></div>	<div>Array.prototype.at</div> <div>Array.prototype.flat</div> <div>Array.prototype.flatMap</div> <div>Object.fromEntries</div> <div>Object.hasOwn</div> <div>String.prototype.trimEnd</div> <div>String.prototype.trimStart</div>

 Forced reflow

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A forced reflow occurs when JavaScript queries geometric properties (such as `offsetWidth`) after styles have been invalidated by a change to the DOM state. This can result in poor performance. Learn more about [forced reflows](#) and possible mitigations.

Top function call	Total reflow time
framework-f75312fc4004b783.js:2	35 ms

Source	Total reflow time
[unattributed]	33 ms
<div>_app-37b520886d559e4b.js:1</div>	35 ms

 Network dependency tree 

[Avoid chaining critical requests](#) by reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. LCP

Maximum critical path latency: **1,514 ms**

Initial Navigation

- <https://paciente-staging.lacreisaude.com.br> - **718 ms**, 5.08 KiB
- [...app/vlibras-plugin.js](#) (cdn.jsdelivr.net) - **1,514 ms**, 6.11 KiB
- [...app/vlibras-plugin.js](#) (cdn.jsdelivr.net) - **1,514 ms**, 6.11 KiB

Preconnected origins


[preconnect](#) hints help the browser establish a connection earlier in the page load, saving time when the first request for that origin is made. The following are the origins that the page preconnected to.

no origins were preconnected

Preconnect candidates

Add [preconnect](#) hints to your most important origins, but try to use no more than 4.

No additional origins are good candidates for preconnecting

Improve image delivery — **Est savings of 8 KiB** 

Reducing the download time of images can improve the perceived load time of the page and LCP. [Learn more about optimizing image size](#) FCP LCP

 Use the `next/image` component instead of `` to automatically optimize image format. [Learn more](#).

URL	Resource Size	Est Savings
JSDelivr CDN Cdn	9.7 KiB	8.2 KiB
...assets/access_popup.jpg (cdn.jsdelivr.net)	9.7 KiB	8.2 KiB

URL	Resource Size	Est Savings
<div>This image file is larger than it needs to be (450x120) for its displayed dimensions (188x50). Use responsive images to reduce the image download size.</div>		8.0 KiB






Layout shift culprits

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Layout shifts occur when elements move absent any user interaction. [Investigate the causes of layout shifts](#), such as elements being added, removed, or their fonts changing as the page loads. [CLS](#)

NEXT Use the `next/image` component to make sure images are always sized appropriately. [Learn more](#).

Element	Layout shift score
Total	0.076
div.sc-YysOf.bepCBN	0.075
	0.000
yasmimpfc@gmail.com	
<div><div pseudo="-internal-input-suggested" id="placeholder" style="display: block !important; user-select: none !important;"></div>	0.000
Carregando...	
<p>	0.000

Element	Layout shift score
Total	0.002
	0.000
Unsize  d image element	
	0.000
Unsize  d image element	
	0.000
Unsize  d image element	
	0.000
Unsize  d image element	
	0.000
Unsize  d image element	

LCP breakdown

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Each [subpart has specific improvement strategies](#). Ideally, most of the LCP time should be spent on loading the resources, not within delays. LCP

Subpart	Duration
Time to first byte	660 ms
Element render delay	1,400 ms

h3.sc-fHjqPf.kVreot

3rd parties

3rd party code can significantly impact load performance. [Reduce and defer loading of 3rd party code](#) to prioritize your page's content.

3rd party	Transfer size	Main thread time
lhdoppojpmngadmndnejefpokejbdd	0 KiB	288 ms
chrome-extension://lhdoppojpmngadmndnejefpokejbdd/content.bundle.js	0 KiB	220 ms
chrome-extension://lhdoppojpmngadmndnejefpokejbdd/vendor.bundle.js	0 KiB	62 ms
chrome-extension://lhdoppojpmngadmndnejefpokejbdd/browser-polyfill.js	0 KiB	6 ms
Google Tag Manager Tag-Manager	160 KiB	142 ms
/gtag/js?id=G-18ZPMS51R2 (www.googletagmanager.com)	160 KiB	142 ms
Clarity Utility	26 KiB	103 ms
/0.8.38/clarity.js (scripts.clarity.ms)	25 KiB	101 ms
/tag/ing6d91k4n (www.clarity.ms)	1 KiB	2 ms
/collect (y.clarity.ms)	0 KiB	0 ms
vlibras.gov.br	0 KiB	8 ms
/app/vlibras-plugin.js (vlibras.gov.br)	0 KiB	8 ms
JSDelivr CDN Cdn	19 KiB	0 ms
...assets/access_popup.jpg (cdn.jsdelivr.net)	10 KiB	0 ms
...app/vlibras-plugin.js (cdn.jsdelivr.net)	6 KiB	0 ms
...assets/access_icon.svg (cdn.jsdelivr.net)	3 KiB	0 ms

These insights are also available in the Chrome DevTools Performance Panel - [record a trace](#) to view more detailed information.

DIAGNOSTICS

▲ Minimize main-thread work — 7.3 s



Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to minimize main-thread work](#) TBT

Category	Time Spent
Script Evaluation	3,469 ms
Other	1,888 ms
Script Parsing & Compilation	886 ms
Style & Layout	555 ms
Rendering	283 ms
Parse HTML & CSS	146 ms
Garbage Collection	98 ms

▲ Reduce JavaScript execution time — 4.3 s



Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to reduce Javascript execution time](#). TBT

☒ Show 3rd-party resources (3)

URL	Total CPU Time	Script Evaluation	Script Parse
lacreisaude.com.br 1st Party	4,678 ms	2,187 ms	738 ms
https://paciente-staging.lacreisaude.com.br	2,837 ms	816 ms	482 ms
...chunks/framework-f75312fc4004b783.js (paciente-staging.lacreisaude.com.br)	883 ms	630 ms	38 ms
...pages/_app-37b520886d559e4b.js (paciente-staging.lacreisaude.com.br)	667 ms	471 ms	195 ms
...chunks/main-11dc982fdc6f7820.js (paciente-staging.lacreisaude.com.br)	202 ms	181 ms	21 ms
...pages/index-638c8282c2f168f6.js (paciente-staging.lacreisaude.com.br)	90 ms	88 ms	2 ms

URL	Total CPU Time	Script Evaluation	Script Parse
Unattributable	1,368 ms	264 ms	0 ms
Unattributable	1,368 ms	264 ms	0 ms
Google Tag Manager Tag-Manager	574 ms	475 ms	96 ms
/gtag/js?id=G-18ZPMS51R2 (www.googletagmanager.com)	574 ms	475 ms	96 ms
Clarity Utility	508 ms	445 ms	14 ms
/0.8.38/clarity.js (scripts.clarity.ms)	508 ms	445 ms	14 ms
vlibras.gov.br	54 ms	45 ms	3 ms
/app/vlibras-plugin.js (vlibras.gov.br)	54 ms	45 ms	3 ms

Avoid serving legacy JavaScript to modern browsers — Est savings of 61 KiB



Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. Consider modifying your JavaScript build process to not transpile [Baseline](#) features, unless you know you must support legacy browsers. [Learn why most sites can deploy ES6+ code without transpiling](#) FCP LCP

☐ Show 3rd-party resources (2)

URL	Est Savings
lacreisaude.com.br 1st Party	0.0 KiB
...chunks/main-11dc982fdc6f7820.js (paciente-staging.lacreisaude.com.br)	0.0 KiB
<div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div><div>main-11dc982fdc6f7820.js:1</div></div>	<div>Array.prototype.at</div> <div>Array.prototype.flat</div> <div>Array.prototype.flatMap</div> <div>Object.fromEntries</div> <div>Object.hasOwn</div> <div>String.prototype.trimEnd</div> <div>String.prototype.trimStart</div>

Reduce unused JavaScript — Est savings of 468 KiB



Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn how to reduce unused JavaScript.](#) FCP LCP

NEXT. Use Webpack Bundle Analyzer to detect unused JavaScript code. [Learn more](#)

URL	Transfer Size	Est Savings
axe DevTools - Web Accessibility Testing Chrome Extension	815.3 KiB	468.1 KiB
chrome-extension://lhdoppojpmngadmndnejejpokejbdd/axe-versions/latest/axe.js	565.3 KiB	296.5 KiB
chrome-extension://lhdoppojpmngadmndnejejpokejbdd/vendor.bundle.js	137.8 KiB	96.4 KiB
chrome-extension://lhdoppojpmngadmndnejejpokejbdd/content.bundle.js	112.2 KiB	75.2 KiB

○ Avoid long main-thread tasks — 14 long tasks found



Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay. [Learn how to avoid long main-thread tasks](#) TBT

☒ Show 3rd-party resources (5)

URL	Start Time	Duration
lacreisaude.com.br 1st Party		2,968 ms
https://paciente-staging.lacreisaude.com.br	1,040 ms	1,286 ms
...chunks/webpack-a91c5b7bfa5e5954.js (paciente-staging.lacreisaude.com.br)	6,566 ms	1,068 ms
https://paciente-staging.lacreisaude.com.br	828 ms	212 ms
...chunks/framework-f75312fc4004b783.js (paciente-staging.lacreisaude.com.br)	6,358 ms	208 ms
...chunks/framework-f75312fc4004b783.js (paciente-staging.lacreisaude.com.br)	6,233 ms	125 ms
https://paciente-staging.lacreisaude.com.br	2,326 ms	69 ms
Google Tag Manager Tag-Manager		556 ms
/gtag/js?id=G-18ZPMS51R2 (www.googletagmanager.com)	5,137 ms	288 ms
/gtag/js?id=G-18ZPMS51R2 (www.googletagmanager.com)	4,869 ms	268 ms

URL	Start Time	Duration
Unattributable		504 ms
Unattributable	2,425 ms	312 ms
Unattributable	2,816 ms	108 ms
Unattributable	2,924 ms	84 ms
Clarity Utility		436 ms
/0.8.38/clarity.js (scripts.clarity.ms)	4,433 ms	282 ms
/0.8.38/clarity.js (scripts.clarity.ms)	4,785 ms	84 ms
/0.8.38/clarity.js (scripts.clarity.ms)	4,715 ms	70 ms

○ User Timing marks and measures — 4 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn more about User Timing marks.](#)

NEXT Consider using Next.js Analytics to measure your app's real-world performance. [Learn more.](#)

Name	Type	Start Time	Duration
Next.js-before-hydration	Measure	0.00 ms	1,794.05 ms
Next.js-hydration	Measure	1,794.05 ms	79.61 ms
beforeRender	Mark	1,794.05 ms	
afterHydrate	Mark	1,873.66 ms	

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

PASSED AUDITS (19) Hide

Document request latency

Your first network request is the most important. Reduce its latency by avoiding redirects, ensuring a fast server response, and enabling text compression. FCP LCP

NEXT Enable compression on your Next.js server. [Learn more.](#)

- Avoids redirects
- Server responds quickly (observed 256 ms)
- Applies text compression

Optimize DOM size



A large DOM can increase the duration of style calculations and layout reflows, impacting page responsiveness. A large DOM will also increase memory usage. [Learn how to avoid an excessive DOM size.](#)

Statistic	Element	Value
Total elements		144
Most children		17
DOM depth	title	14

Duplicated JavaScript



Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity. FCP
LCP

Font display



Consider setting [font-display](#) to swap or optional to ensure text is consistently visible. swap can be further optimized to mitigate layout shifts with [font metric overrides](#).

○ INP breakdown



Start investigating with the longest subpart. [Delays can be minimized](#). To reduce processing duration, [optimize the main-thread costs](#), often JS.

○ LCP request discovery



Optimize LCP by making the LCP image [discoverable](#) from the HTML immediately, and [avoiding lazy-loading](#)
NEXT: Use the next/image component and set "priority" to true to preload LCP image. [Learn more.](#)

Modern HTTP



HTTP/2 and HTTP/3 offer many benefits over HTTP/1.1, such as multiplexing. [Learn more about using modern HTTP.](#) FCP
LCP

Render blocking requests



Requests are blocking the page's initial render, which may delay LCP. [Deferring or inlining](#) can move these network requests

out of the critical path. FCP LCP

NEXT. Use the `next/script` component to defer loading of non-critical third-party scripts. [Learn more](#).

Optimize viewport for mobile

Tap interactions may be [delayed by up to 300 ms](#) if the viewport is not optimized for mobile.

meta

Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn how to defer offscreen images](#). FCP LCP

NEXT. Use the `next/image` component instead of `` to automatically lazy-load images. [Learn more](#).

Minify CSS

Minifying CSS files can reduce network payload sizes. [Learn how to minify CSS](#). FCP LCP

Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn how to minify JavaScript](#). FCP LCP

Reduce unused CSS

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn how to reduce unused CSS](#). FCP LCP

NEXT. Consider setting up PurgeCSS in `Next.js` configuration to remove unused rules from stylesheets. [Learn more](#).

Use HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing. [Learn more about HTTP/2](#). LCP
FCP

Avoids enormous network payloads — Total size was 618 KiB

Large network payloads cost users real money and are highly correlated with long load times. [Learn how to reduce payload sizes](#).

☒ Show 3rd-party resources (4)

URL	Transfer Size
lacreisaude.com.br 1st Party	398.2 KiB
...pages/_app-37b520886d559e4b.js (paciente-staging.lacreisaude.com.br)	277.6 KiB
...chunks/framework-f75312fc4004b783.js (paciente-staging.lacreisaude.com.br)	44.6 KiB
...chunks/main-11dc982fdc6f7820.js (paciente-staging.lacreisaude.com.br)	32.6 KiB
...chunks/696-877bba71b8e9beb3.js (paciente-staging.lacreisaude.com.br)	21.6 KiB
...media/21e3314edf876f32-s.p.woff2 (paciente-staging.lacreisaude.com.br)	16.7 KiB
https://paciente-staging.lacreisaude.com.br	5.1 KiB
Google Tag Manager Tag-Manager	159.9 KiB
/gtag/js?id=G-18ZPMS51R2 (www.googletagmanager.com)	159.9 KiB
Clarity Utility	25.3 KiB
/0.8.38/clarity.js (scripts.clarity.ms)	25.3 KiB
JSDelivr CDN Cdn	16.4 KiB
...assets/access_popup.jpg (cdn.jsdelivr.net)	10.3 KiB
...app/vlibras-plugin.js (cdn.jsdelivr.net)	6.1 KiB

Lazy load third-party resources with facades

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required. [Learn how to defer third-parties with a facade.](#) TBT

Uses passive listeners to improve scrolling performance

Consider marking your touch and wheel event listeners as passive to improve your page's scroll performance. [Learn more about adopting passive event listeners.](#)

Avoids `document.write()`

For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds. [Learn how to avoid document.write\(\)](#).

Page didn't prevent back/forward cache restoration



Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations. [Learn more about the bfcache](#)



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

ARIA

▲ Elements use prohibited ARIA attributes



Using ARIA attributes in roles where they are prohibited can mean that important information is not communicated to users of assistive technologies. [Learn more about prohibited ARIA roles](#).

Failing Elements

a.sc-eoVZPG.dnnbIJ.sc-eNSrOW.EpDXI

These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, like a screen reader.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Hide

○ Interactive controls are keyboard focusable



Custom interactive controls are keyboard focusable and display a focus indicator. [Learn how to make custom controls focusable](#).

○ Interactive elements indicate their purpose and state



Interactive elements, such as links and buttons, should indicate their state and be distinguishable from non-interactive elements. [Learn how to decorate interactive elements with affordance hints](#).

○ The page has a logical tab order



Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. [Learn more about logical tab ordering](#).

☐ Visual order on the page follows DOM order ^

DOM order matches the visual order, improving navigation for assistive technology. [Learn more about DOM and visual ordering](#).

☐ User focus is not accidentally trapped in a region ^

A user can tab into and out of any control or region without accidentally trapping their focus. [Learn how to avoid focus traps](#).

☐ The user's focus is directed to new content added to the page ^

If new content, such as a dialog, is added to the page, the user's focus is directed to it. [Learn how to direct focus to new content](#).

☐ HTML5 landmark elements are used to improve navigation ^

Landmark elements (<main>, <nav>, etc.) are used to improve the keyboard navigation of the page for assistive technology. [Learn more about landmark elements](#).

☐ Offscreen content is hidden from assistive technology ^

Offscreen content is hidden with display: none or aria-hidden=true. [Learn how to properly hide offscreen content](#).

☐ Custom controls have associated labels ^

Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. [Learn more about custom controls and labels](#).

☐ Custom controls have ARIA roles ^

Custom interactive controls have appropriate ARIA roles. [Learn how to add roles to custom controls](#).

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (25)

Hide

☐ [aria-*] attributes match their roles ^

Each ARIA role supports a specific subset of aria-* attributes. Mismatching these invalidates the aria-* attributes. [Learn](#)

[how to match ARIA attributes to their roles.](#)

`[aria-hidden="true"]` is not present on the document `<body>`

Assistive technologies, like screen readers, work inconsistently when `aria-hidden="true"` is set on the document `<body>`.
[Learn how `aria-hidden` affects the document body.](#)

`[role]`s have all required `[aria-*)` attributes

Some ARIA roles have required attributes that describe the state of the element to screen readers. [Learn more about roles and required attributes.](#)

`[aria-*)` attributes have valid values

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. [Learn more about valid values for ARIA attributes.](#)

`[aria-*)` attributes are valid and not misspelled

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. [Learn more about valid ARIA attributes.](#)

Buttons have an accessible name

When a button doesn't have an accessible name, screen readers announce it as "button", making it unusable for users who rely on screen readers. [Learn how to make buttons more accessible.](#)

Image elements have `[alt]` attributes

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more about the alt attribute.](#)

`[user-scalable="no"]` is not used in the `<meta name="viewport">` element and the `[maximum-scale]` attribute is not less than 5.

Disabling zooming is problematic for users with low vision who rely on screen magnification to properly see the contents of a web page. [Learn more about the viewport meta tag.](#)

`button`, `link`, and `menuitem` elements have accessible names

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to make command elements more accessible.](#)

ARIA attributes are used as specified for the element's role

Some ARIA attributes are only allowed on an element under certain conditions. [Learn more about conditional ARIA attributes.](#)

`[aria-hidden="true"]` elements do not contain focusable descendents



Focusable descendents within an `[aria-hidden="true"]` element prevent those interactive elements from being available to users of assistive technologies like screen readers. [Learn how aria-hidden affects focusable elements.](#)

`[role]` values are valid



ARIA roles must have valid values in order to perform their intended accessibility functions. [Learn more about valid ARIA roles.](#)

Background and foreground colors have a sufficient contrast ratio



Low-contrast text is difficult or impossible for many users to read. [Learn how to provide sufficient color contrast.](#)

Document has a `<title>` element



The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more about document titles.](#)

`<html>` element has a `[lang]` attribute



If a page doesn't specify a `lang` attribute, a screen reader assumes that the page is in the default language that the user chose when setting up the screen reader. If the page isn't actually in the default language, then the screen reader might not announce the page's text correctly. [Learn more about the `lang` attribute.](#)

`<html>` element has a valid value for its `[lang]` attribute



Specifying a valid [BCP 47 language](#) helps screen readers announce text properly. [Learn how to use the `lang` attribute.](#)

Form elements have associated labels



Labels ensure that form controls are announced properly by assistive technologies, like screen readers. [Learn more about form element labels.](#)

Links are distinguishable without relying on color.



Low-contrast text is difficult or impossible for many users to read. Link text that is discernible improves the experience for users with low vision. [Learn how to make links distinguishable.](#)

Links have a discernible name



Link text (and alternate text for images, when used as links) that is discernible, unique, and focusable improves the navigation experience for screen reader users. [Learn how to make links accessible.](#)

No element has a `[tabindex]` value greater than 0



A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often creates frustrating experiences for users who rely on assistive technologies. [Learn more about the `tabindex` attribute.](#)

Touch targets have sufficient size and spacing.



Touch targets with sufficient size and spacing help users who may have difficulty targeting small controls to activate the targets. [Learn more about touch targets.](#)

Heading elements appear in a sequentially-descending order



Properly ordered headings that do not skip levels convey the semantic structure of the page, making it easier to navigate and understand when using assistive technologies. [Learn more about heading order.](#)

Uses ARIA roles only on compatible elements



Many HTML elements can only be assigned certain ARIA roles. Using ARIA roles where they are not allowed can interfere with the accessibility of the web page. [Learn more about ARIA roles.](#)

Deprecated ARIA roles were not used



Deprecated ARIA roles may not be processed correctly by assistive technology. [Learn more about deprecated ARIA roles.](#)

Image elements do not have `[alt]` attributes that are redundant text.



Informative elements should aim for short, descriptive alternative text. Alternative text that is exactly the same as the text adjacent to the link or image is potentially confusing for screen reader users, because the text will be read twice. [Learn more about the `alt` attribute.](#)

NOT APPLICABLE (31)

Hide

☐ `[accesskey]` values are unique



Access keys let users quickly focus a part of the page. For proper navigation, each access key must be unique. [Learn more about access keys.](#)

☐ Elements with `role="dialog"` or `role="alertdialog"` have accessible names.



ARIA dialog elements without accessible names may prevent screen readers users from discerning the purpose of these elements. [Learn how to make ARIA dialog elements more accessible.](#)

☐ ARIA input fields have accessible names ^

When an input field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about input field labels.](#)

☐ ARIA `meter` elements have accessible names ^

When a meter element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name meter elements.](#)

☐ ARIA `progressbar` elements have accessible names ^

When a progressbar element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to label progressbar elements.](#)

☐ Elements with an ARIA `[role]` that require children to contain a specific `[role]` have all required children. ^

Some ARIA parent roles must contain specific child roles to perform their intended accessibility functions. [Learn more about roles and required children elements.](#)

☐ `[role]`s are contained by their required parent element ^

Some ARIA child roles must be contained by specific parent roles to properly perform their intended accessibility functions. [Learn more about ARIA roles and required parent element.](#)

☐ Elements with the `role=text` attribute do not have focusable descendents. ^

Adding `role=text` around a text node split by markup enables VoiceOver to treat it as one phrase, but the element's focusable descendents will not be announced. [Learn more about the `role=text` attribute.](#)

☐ ARIA toggle fields have accessible names ^

When a toggle field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about toggle fields.](#)

☐ ARIA `tooltip` elements have accessible names ^

When a tooltip element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name tooltip elements.](#)

☐ ARIA `treeitem` elements have accessible names ^

When a `treeitem` element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about labeling `treeitem` elements.](#)

- ☐ The page contains a heading, skip link, or landmark region



Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. [Learn more about bypass blocks.](#)

- ☐ `<d1>`'s contain only properly-ordered `<dt>` and `<dd>` groups, `<script>`, `<template>` or `<div>` elements.



When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. [Learn how to structure definition lists correctly.](#)

- ☐ Definition list items are wrapped in `<d1>` elements



Definition list items (`<dt>` and `<dd>`) must be wrapped in a parent `<d1>` element to ensure that screen readers can properly announce them. [Learn how to structure definition lists correctly.](#)

- ☐ ARIA IDs are unique



The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. [Learn how to fix duplicate ARIA IDs.](#)

- ☐ No form fields have multiple labels



Form fields with multiple labels can be confusingly announced by assistive technologies like screen readers which use either the first, the last, or all of the labels. [Learn how to use form labels.](#)

- ☐ `<frame>` or `<iframe>` elements have a title



Screen reader users rely on frame titles to describe the contents of frames. [Learn more about frame titles.](#)

- ☐ `<html>` element has an `[xml:lang]` attribute with the same base language as the `[lang]` attribute.



If the webpage does not specify a consistent language, then the screen reader might not announce the page's text correctly. [Learn more about the lang attribute.](#)

- ☐ Input buttons have discernible text.




Adding discernable and accessible text to input buttons may help screen reader users understand the purpose of the input button. [Learn more about input buttons.](#)


- ☐ `<input type="image">` elements have `[alt]` text




When an image is being used as an `<input>` button, providing alternative text can help screen reader users understand the purpose of the button. [Learn about input image alt text.](#)

- ☐ Lists contain only `` elements and script supporting elements (`<script>` and `<template>`). 


Screen readers have a specific way of announcing lists. Ensuring proper list structure aids screen reader output. [Learn more about proper list structure.](#)

- ☐ List items (``) are contained within ``, `` or `<menu>` parent elements 


Screen readers require list items (``) to be contained within a parent ``, `` or `<menu>` to be announced properly. [Learn more about proper list structure.](#)

- ☐ The document does not use `<meta http-equiv="refresh">` 

Users do not expect a page to refresh automatically, and doing so will move focus back to the top of the page. This may create a frustrating or confusing experience. [Learn more about the refresh meta tag.](#)

- ☐ `<object>` elements have alternate text 


Screen readers cannot translate non-text content. Adding alternate text to `<object>` elements helps screen readers convey meaning to users. [Learn more about alt text for object elements.](#)

- ☐ Select elements have associated label elements. 

Form elements without effective labels can create frustrating experiences for screen reader users. [Learn more about the select element.](#)

- ☐ Skip links are focusable. 

Including a skip link can help users skip to the main content to save time. [Learn more about skip links.](#)

- ☐ Tables have different content in the summary attribute and `<caption>`. 

The summary attribute should describe the table structure, while `<caption>` should have the onscreen title. Accurate table mark-up helps users of screen readers. [Learn more about summary and caption.](#)

- ☐ Cells in a `<table>` element that use the `[headers]` attribute refer to table cells within the same table. 

Screen readers have features to make navigating tables easier. Ensuring `<td>` cells using the `[headers]` attribute only refer to other cells in the same table may improve the experience for screen reader users. [Learn more about the headers attribute.](#)

- ☐ `<th>` elements and elements with `[role="columnheader"/"rowheader"]` have data cells they describe. 

Screen readers have features to make navigating tables easier. Ensuring table headers always refer to some set of cells may improve the experience for screen reader users. [Learn more about table headers.](#)

☐ [lang] attributes have a valid value



Specifying a valid [BCP 47 language](#) on elements helps ensure that text is pronounced correctly by a screen reader. [Learn how to use the lang attribute.](#)

☐ <video> elements contain a <track> element with [kind="captions"]



When a video provides a caption it is easier for deaf and hearing impaired users to access its information. [Learn more about video captions.](#)



Best Practices

GENERAL

Uses third-party cookies — 4 cookies found



Third-party cookies may be blocked in some contexts. [Learn more about preparing for third-party cookie restrictions.](#)

Name	URL
Clarity Utility	
MR	/tag/ing6d91k4n (www.clarity.ms)
SM	/tag/ing6d91k4n (www.clarity.ms)
MUID	/tag/ing6d91k4n (www.clarity.ms)
CLID	/tag/ing6d91k4n (www.clarity.ms)

Issues were logged in the [Issues](#) panel in Chrome Devtools



Issues logged to the Issues panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the Issues panel in Chrome DevTools for more details on each issue.

Issue type
Cookie
<div>/tag/ing6d91k4n (www.clarity.ms)</div>
<div>/0.8.38/clarity.js (scripts.clarity.ms)</div>
<div>/collect (y.clarity.ms)</div>

Detected JavaScript libraries

All front-end JavaScript libraries detected on the page. [Learn more about this JavaScript library detection diagnostic audit.](#)

Name	Version
Next.js	15.4.4

Missing source maps for large first-party JavaScript

Source maps translate minified code to the original source code. This helps developers debug in production. In addition, Lighthouse is able to provide further insights. Consider deploying source maps to take advantage of these benefits. [Learn more about source maps.](#)

URL	Map URL
lacreisaude.com.br <div>1st Party</div>	
<div>...pages/_app-37b520886d559e4b.js (paciente-staging.lacreisaude.com.br)</div>	
Large JavaScript file is missing a source map	

TRUST AND SAFETY

Ensure CSP is effective against XSS attacks

A strong Content Security Policy (CSP) significantly reduces the risk of cross-site scripting (XSS) attacks. [Learn how to use a CSP to prevent XSS](#)

Description	Directive	Severity
No CSP found in enforcement mode		High

○ Ensure proper origin isolation with COOP



The Cross-Origin-Opener-Policy (COOP) can be used to isolate the top-level window from other documents such as pop-ups. [Learn more about deploying the COOP header.](#)

Description	Directive	Severity
No COOP header found		High

○ Mitigate DOM-based XSS with Trusted Types



The require-trusted-types-for directive in the Content-Security-Policy (CSP) header instructs user agents to control the data passed to DOM XSS sink functions. [Learn more about mitigating DOM-based XSS with Trusted Types.](#)

Description	Severity
No `Content-Security-Policy` header with Trusted Types directive found	High

PASSED AUDITS (12)

Hide

Uses HTTPS



All sites should be protected with HTTPS, even ones that don't handle sensitive data. This includes avoiding [mixed content](#), where some resources are loaded over HTTP despite the initial request being served over HTTPS. HTTPS prevents intruders from tampering with or passively listening in on the communications between your app and your users, and is a prerequisite for HTTP/2 and many new web platform APIs. [Learn more about HTTPS.](#)

Avoids deprecated APIs



Deprecated APIs will eventually be removed from the browser. [Learn more about deprecated APIs.](#)

Allows users to paste into input fields



Preventing input pasting is a bad practice for the UX, and weakens security by blocking password managers. [Learn more about user-friendly input fields.](#)

Avoids requesting the geolocation permission on page load



Users are mistrustful of or confused by sites that request their location without context. Consider tying the request to a user action instead. [Learn more about the geolocation permission.](#)

Avoids requesting the notification permission on page load



Users are mistrustful of or confused by sites that request to send notifications without context. Consider tying the request to user gestures instead. [Learn more about responsibly getting permission for notifications.](#)

Displays images with correct aspect ratio



Image display dimensions should match natural aspect ratio. [Learn more about image aspect ratio.](#)

Serves images with appropriate resolution



Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. [Learn how to provide responsive images.](#)

Has a `<meta name="viewport">` tag with `width` or `initial-scale`



A `<meta name="viewport">` not only optimizes your app for mobile screen sizes, but also prevents [a 300 millisecond delay to user input](#). [Learn more about using the viewport meta tag.](#)

Document uses legible font sizes — 100% legible text



Font sizes less than 12px are too small to be legible and require mobile visitors to “pinch to zoom” in order to read. Strive to have >60% of page text $\geq 12\text{px}$. [Learn more about legible font sizes.](#)

Source	Selector	% of Page Text	Font Size
Legible text		100.00%	$\geq 12\text{px}$

Page has the HTML doctype



Specifying a doctype prevents the browser from switching to quirks-mode. [Learn more about the doctype declaration.](#)

Properly defines charset



A character encoding declaration is required. It can be done with a `<meta>` tag in the first 1024 bytes of the HTML or in the Content-Type HTTP response header. [Learn more about declaring the character encoding.](#)

No browser errors logged to the console



Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. [Learn more about this errors in console diagnostic audit](#)

NOT APPLICABLE (3)

Hide

○ Redirects HTTP traffic to HTTPS



Make sure that you redirect all HTTP traffic to HTTPS in order to enable secure web features for all your users. [Learn more.](#)

○ Use a strong HSTS policy



Deployment of the HSTS header significantly reduces the risk of downgrading HTTP connections and eavesdropping attacks. A rollout in stages, starting with a low max-age is recommended. [Learn more about using a strong HSTS policy.](#)

○ Mitigate clickjacking with XFO or CSP



The X-Frame-Options (XFO) header or the frame-ancestors directive in the Content-Security-Policy (CSP) header control where a page can be embedded. These can mitigate clickjacking attacks by blocking some or all sites from embedding the page. [Learn more about mitigating clickjacking.](#)



SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more about Google Search Essentials.](#)

CONTENT BEST PRACTICES

▲ Document does not have a meta description



Meta descriptions may be included in search results to concisely summarize page content. [Learn more about the meta description.](#)

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

CRAWLING AND INDEXING

▲ Links are not crawlable



Search engines may use href attributes on links to crawl websites. Ensure that the href attribute of anchor elements links to an appropriate destination, so more pages of the site can be discovered. [Learn how to make links crawlable](#)

Uncrawable Link
a.sc-eoVZPG.dnnbIJ.sc-eNSrOW.EpDXI

To appear in search results, crawlers need access to your app.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

Hide

☐

Structured data is valid

^

Run the [Structured Data Testing Tool](#) and the [Structured Data Linter](#) to validate structured data. [Learn more about Structured Data](#).

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (6)

Hide

Page isn't blocked from indexing

^

Search engines are unable to include your pages in search results if they don't have permission to crawl them. [Learn more about crawler directives](#).

Document has a `<title>` element

^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more about document titles](#).

Page has successful HTTP status code

^

Pages with unsuccessful HTTP status codes may not be indexed properly. [Learn more about HTTP status codes](#).

Links have descriptive text

^

Descriptive link text helps search engines understand your content. [Learn how to make links more accessible](#).

Image elements have `[alt]` attributes

^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more about the alt attribute](#).

Document has a valid `hreflang`

^

hreflang links tell search engines what version of a page they should list in search results for a given language or region. [Learn more about hreflang](#).

NOT APPLICABLE (2)

Hide

- ☐

robots.txt is valid

^
- If your robots.txt file is malformed, crawlers may not be able to understand how you want your website to be crawled or indexed. [Learn more about robots.txt.](#)
- ☐

Document has a valid `rel=canonical`

^
- Canonical links suggest which URL to show in search results. [Learn more about canonical links.](#)

Captured at Nov 8, 2025, 10:50
PM GMT-3
Initial page load

Emulated Moto G Power with
Lighthouse 12.8.2
Slow 4G throttling

Single page session

Using Chromium 141.0.0.0 with
devtools

Generated by **Lighthouse** 12.8.2 | [File an issue](#)