

Site Health Report

Site : <https://biohealth.ca/>

Date : 08/12/2025

Time : GMT +05:30 01:00 AM

1. Critical Issue

1.1 Autoloaded Options Could Affect Performance

- **596 autoloaded options (796 KB)** are being loaded on every page load.
- These entries accumulate over time from plugins, themes, and older installations.
- Large autoload values can:
 - Slow down page loading time
 - Increase database query time
 - Add server load
 - Reduce performance for logged-in and site visitors

Recommendation:

Clean unused autoloaded options, remove old plugin data, and optimize the `wp_options` table. Use a database optimization tool or request a manual cleanup.

2. Recommended Improvements

2.1 WordPress Core Needs Updating (6.9 Available)

- A newer WordPress version is available.
- Updates provide essential performance, security, and compatibility improvements.

Recommendation:

Update to the latest stable WordPress version after testing for compatibility.

2.2 Inactive Plugins Should Be Removed

- **13 plugins need updates**
- **5 plugins are inactive**

Inactive or outdated plugins:

- Create vulnerabilities
- Slow down backend
- Increase compatibility issues
- Add unnecessary files and database entries

Recommendation:

Remove plugins not being used. Update all active plugins regularly.

2.3 Inactive Themes Installed

- **3 themes require updates**
- **2 themes are inactive**

Inactive themes:

- Still contain executable PHP files
- Pose security risks
- Add unnecessary weight to the installation

Recommendation:

Keep only the active theme + one default backup theme. Remove all others.

2.4 Older PHP Version Detected (8.2.28)

- Website is running PHP **8.2.28**
- Minimum recommended version: **PHP 8.3+**

Benefits of updating PHP:

- Faster site performance
- Improved compatibility with plugins
- Enhanced security protections
- More efficient memory usage

Recommendation:

Request hosting support to upgrade PHP to the latest stable version.

2.5 A Scheduled Event Is Late

- Delayed WP Cron task: **action_scheduler_run_queue**

This may affect:

- Scheduled posts
- Plugin automations
- Email notifications
- WooCommerce / SureForms / SureMails processes

Possible causes:

- Low traffic
- Blocked cron on hosting
- Plugin conflict
- Heavy server load

Recommendation:

Check the Cron system, ensure WP Cron is not disabled, and test plugin schedulers.

3. Compliance Issue

3.1 Plugins Not Conforming to WordPress Consent API

Many plugins have not yet declared support for the Consent API. This affects privacy and cookie consent integration.

Plugins affected include (partial list):

- Astra Addons
- Hostinger plugins
- LiteSpeed Cache
- Broken Link Checker
- Spectra Pro
- SureForms
- SureMails
- SEOPress + SEOPress Pro
- Classic Editor
- Ultimate Addons for Gutenberg
- MainWP Child Plugins
- Testimonial Pro
...and others.

Impact:

- Consent cookie banners may not properly block scripts
- May lead to incomplete GDPR / CCPA compliance

Recommendation:

Enable fallback blocking in your consent tool or wait for plugin developers to update. If your audience includes EU visitors, prioritize this fix.

4. Summary of All Issues

Your website is **mostly stable**, but several areas need improvement:

Performance Risks

- Large autoloaded options
- Outdated PHP
- Cron delays
- WordPress not updated

Security Risks

- Inactive plugins
- Inactive themes
- Outdated components

Compliance Gaps

- Many plugins not aligned with Consent API

Overall Recommendation

Addressing these issues will significantly improve:

- Website speed
- Backend performance
- Security and attack prevention
- Reliability of scheduled tasks

- Compliance with privacy laws
 - Plugin/theme compatibility
-

5. Recommended Action Plan (Priority Order)

High Priority

1. Update WordPress to latest version
2. Clean autoloaded options (database optimization)
3. Update PHP to **8.3+**
4. Remove all inactive themes and plugins
5. Update all outdated plugins

Medium Priority

6. Resolve the delayed scheduled event (Cron)
7. Monitor plugin compatibility after updates

Low–Medium Priority

8. Review Consent API compatibility (important if EU traffic)

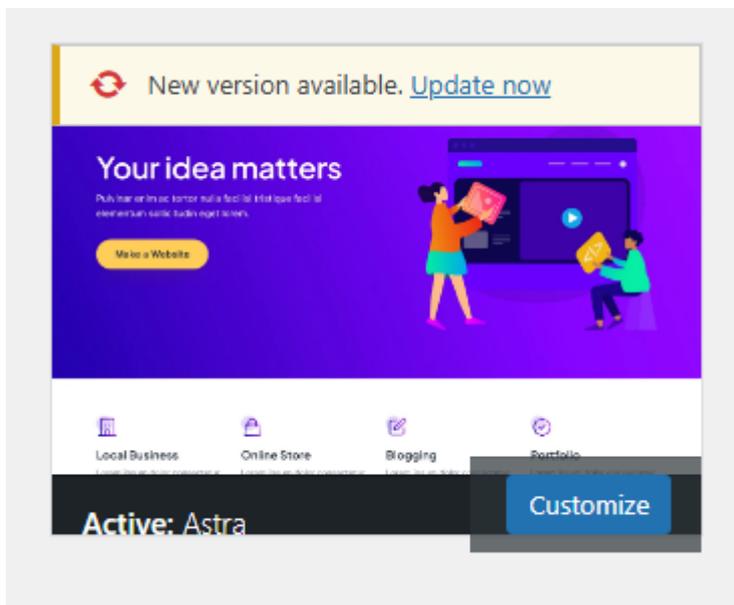
Conclusion

We reviewed your website's health and found several items that need attention. These are not causing immediate problems, but if left unfixed, they can make the website slower, less secure, and more likely to experience errors in the future.

Some parts of the website are out of date, there are unused plugins and themes that should be removed, and the system needs a few updates to keep everything running smoothly. There are also a few settings that, once cleaned up, will help the website load faster and operate more reliably.

None of the issues are urgent right now, but fixing them will prevent future problems and ensure the website stays fast, secure, and stable. We recommend addressing these items soon as part of regular website maintenance.

Need to Update



<input type="checkbox"/> Plugin	Description	Automatic Updates
<input type="checkbox"/> Admin and Site Enhancements (ASE) Pro Configure Change License Opt Out Deactivate	Easily enable enhancements and features that usually require multiple plugins. Version 7.9.10 By wpase.com View details	Enable auto-updates
<div style="border: 1px solid #ccc; padding: 5px; background-color: #fff9c4;"> There is a new version of Admin and Site Enhancements (ASE) Pro available. View version 8.1.1 details or update now.</div>		
<input type="checkbox"/> Astra Pro Settings Deactivate	This plugin is an add-on for the Astra WordPress Theme. It offers premium features & functionalities that enhance your theming experience at next level. Version 4.11.9 By Brainstorm Force View details	Enable auto-updates
<div style="border: 1px solid #ccc; padding: 5px; background-color: #fff9c4;"> There is a new version of Astra Pro available. View version 4.11.11 details or update now.</div>		
<input type="checkbox"/> Broken Link Checker Cloud Local Docs Deactivate	Easily find and fix broken links on your entire site with our Local Link checker or the new Cloud Link scanner, absolutely free! Improve user experience and SEO by ensuring all your links are working. Version 2.4.6 By WPMU DEV View details	Enable auto-updates
<div style="border: 1px solid #ccc; padding: 5px; background-color: #fff9c4;"> There is a new version of Broken Link Checker available. View version 2.4.7 details or update now.</div>		

<input type="checkbox"/>	Hostinger AI Deactivate	Hostinger AI plugin for WordPress. Version 3.0.13 By Hostinger View details Check for updates	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of Hostinger AI available. View version 3.0.17 details or update now. </div>			
<input type="checkbox"/>	Hostinger Easy Onboarding Deactivate	Hostinger Easy Onboarding WordPress plugin. Version 2.0.89 By Hostinger View details Check for updates	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of Hostinger Easy Onboarding available. View version 2.0.98 details or update now. </div>			
<input type="checkbox"/>	SEOPress Settings Configuration Wizard Docs	One of the best SEO plugins for WordPress. Version 9.1 By The SEO Guys at SEOPress View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of SEOPress available. View version 9.3.0.4 details or update now. </div>			
<input type="checkbox"/>	SEOPress PRO Settings Support License Deactivate	The PRO version of SEOPress. SEOPress required (free). Version 9.1.1 By The SEO Guys at SEOPress View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of SEOPress PRO available. View version 9.3.0.4 details or update now. </div>			
<input type="checkbox"/>	Site Kit by Google Deactivate	Site Kit is a one-stop solution for WordPress users to use everything Google has to offer to make them successful on the web. Version 1.161.0 By Google View details Rate Site Kit Support	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of Site Kit by Google available. View version 1.167.0 details or update now. </div>			

<input type="checkbox"/>	Spectra Settings Rollback Deactivate	The Spectra extends the Gutenberg functionality with several unique and feature-rich blocks that help build websites faster. Version 2.19.12 By Brainstorm Force View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of Spectra available. View version 2.19.17 details or update now. </div>			
<input type="checkbox"/>	Spectra Pro Deactivate	Enhance Spectra with new features and blocks, as well as extended functionality for existing blocks. Version 1.2.6 By Brainstorm Force View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of Spectra Pro available. View version 1.2.8 details or update now. </div>			
<input type="checkbox"/>	SureForms Settings Deactivate Get SureForms Pro	A simple yet powerful way to create modern forms for your website. Version 1.12.0 By SureForms View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of SureForms available. View version 2.1.0 details or update now. </div>			
<input type="checkbox"/>	SureMail Deactivate Settings Setup Wizard	WordPress emails often go missing or land in spam because web hosts aren't built for reliable delivery. SureMail fixes this by connecting to trusted SMTP services, so your emails reach inboxes—no more lost messages or frustrated customers. Version 1.8.1 By SureMail View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of SureMail available. View version 1.9.1 details or update now. </div>			
<input type="checkbox"/>	WP Consent API Deactivate	Consent Level API to read and register the current consent level for cookie management and improving compliance with privacy laws. Version 1.0.8 By RogierLankhorst View details	Enable auto-updates
<div style="background-color: #fff9c4; padding: 5px; border: 1px solid #ccc;">  There is a new version of WP Consent API available. View version 2.0.0 details or update now. </div>			