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.

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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Inactive or outdated plugins: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.

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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.

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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

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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)

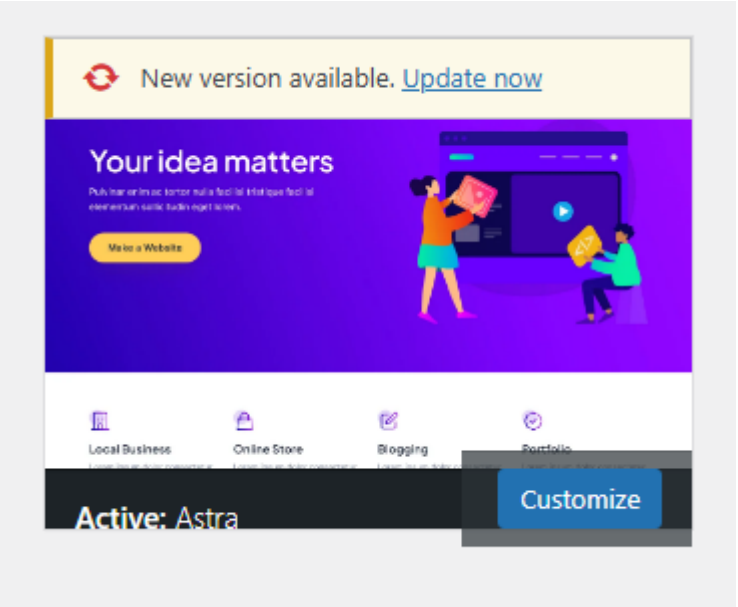
Conclusion

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.

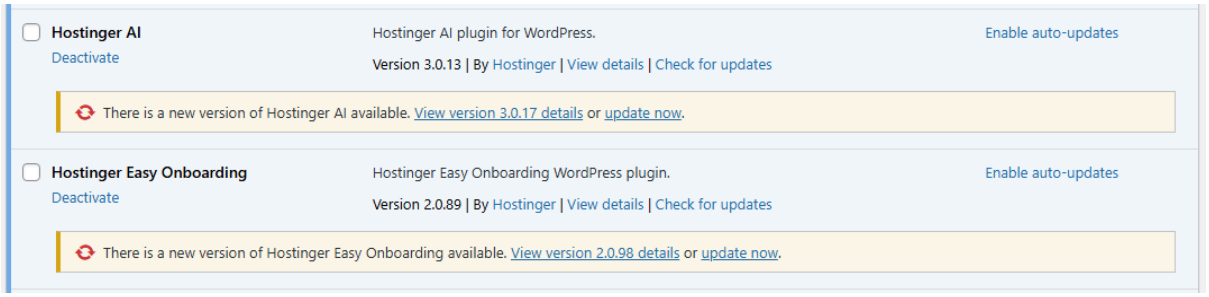
Some parts of the website are out of date, there are unused plugins and themes that should be removed, and the system needs a few updates to keep everything running smoothly. There are also a few settings that, once cleaned up, will help the website load faster and operate more reliably.

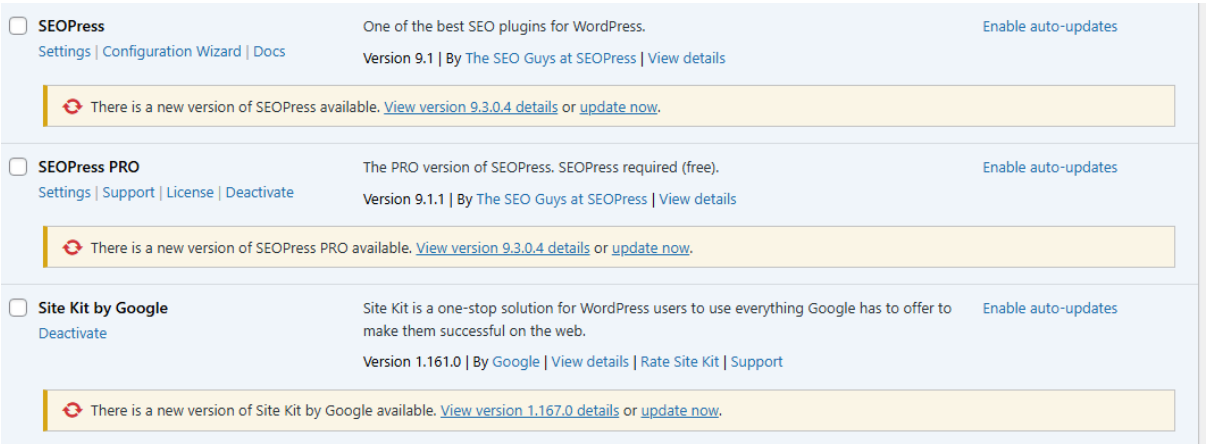
None of the issues are urgent right now, but fixing them will prevent future problems and ensure the website stays fast, secure, and stable. We recommend addressing these items soon as part of regular website maintenance.

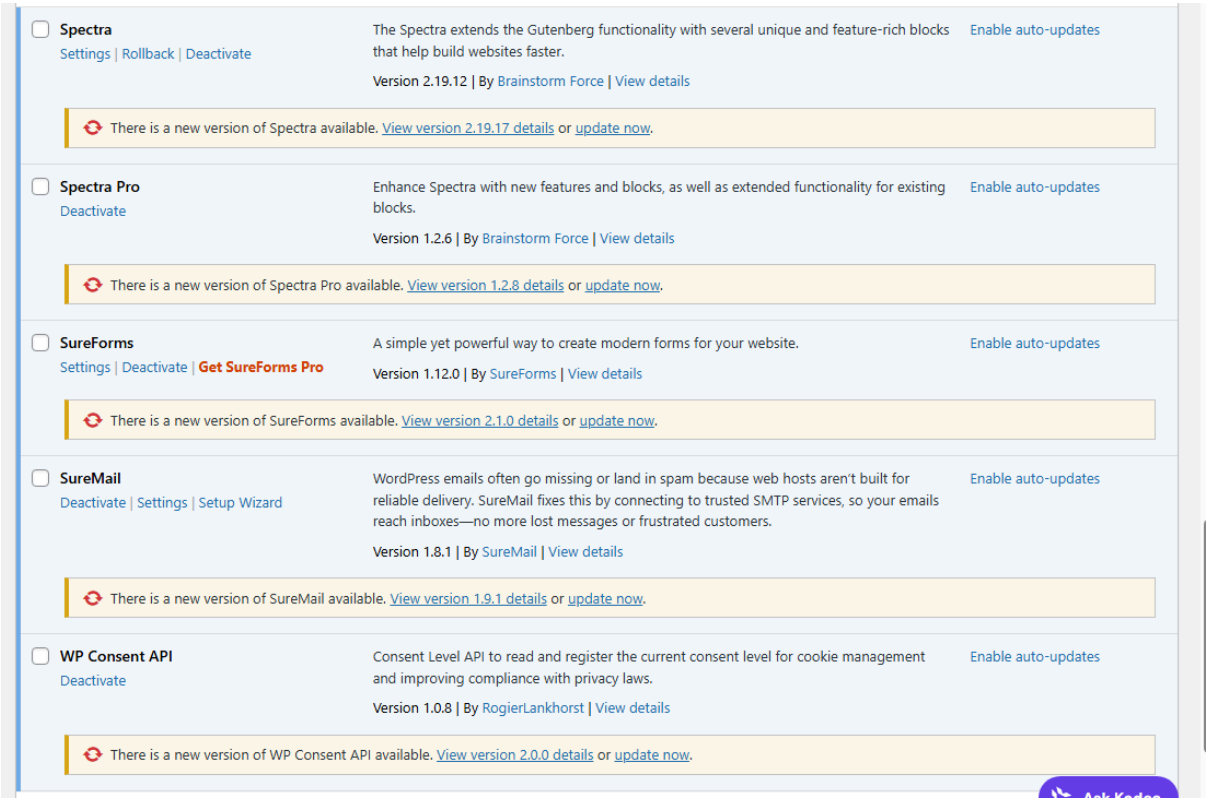
Need to Update






Hostinger AI
Deactivate
Hostinger AI plugin for WordPress.
Version 3.0.13 | By Hostinger | View details | Check for updates
Enable auto-updates
There is a new version of Hostinger AI available. View version 3.0.17 details or update now.
Hostinger Easy Onboarding
Deactivate
Hostinger Easy Onboarding WordPress plugin.
Version 2.0.89 | By Hostinger | View details | Check for updates
Enable auto-updates
There is a new version of Hostinger Easy Onboarding available. View version 2.0.98 details or update now.


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
There is a new version of SEOPress available. View version 9.3.0.4 details or update now.
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
There is a new version of SEOPress PRO available. View version 9.3.0.4 details or update now.
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
There is a new version of Site Kit by Google available. View version 1.167.0 details or update now.


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
There is a new version of Spectra available. View version 2.19.17 details or update now.
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
There is a new version of Spectra Pro available. View version 1.2.8 details or update now.
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
There is a new version of SureForms available. View version 2.1.0 details or update now.
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
There is a new version of SureMail available. View version 1.9.1 details or update now.
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
There is a new version of WP Consent API available. View version 2.0.0 details or update now.