





Website Analysis: litmedical.net

Generated on June 17 2025 19:11 PM


The score is 43/100



SEO Content

	Title	<p>Live Ignite Thrive – Your Path Starts Here - LIT Medical</p> <p>Length : 56</p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	Description	<p>Welcome To LIT Medical. Here at LIT Medical, our goal is to deliver premium patient centered healthcare. Your care is designed around a comprehensive 360° picture of you, your health, and to fit all your needs and concerns. Insights to your own health and wellness are welcome. Ultimately, it’s your health. Request Appointment Our Services</p> <p>Length : 345</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>										
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>										
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table><tr><th>Property</th><th>Content</th></tr><tr><td>locale</td><td>en_US</td></tr><tr><td>site_name</td><td>Live Ignite Thrive Medical - Living Your Best Life - Your Path Starts Here Primary Care</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Live Ignite Thrive – Your Path Starts Here - LIT Medical</td></tr></table>	Property	Content	locale	en_US	site_name	Live Ignite Thrive Medical - Living Your Best Life - Your Path Starts Here Primary Care	type	website	title	Live Ignite Thrive – Your Path Starts Here - LIT Medical
Property	Content											
locale	en_US											
site_name	Live Ignite Thrive Medical - Living Your Best Life - Your Path Starts Here Primary Care											
type	website											
title	Live Ignite Thrive – Your Path Starts Here - LIT Medical											

SEO Content

		<div>description</div> <p>Welcome To LIT Medical. Here at LIT Medical, our goal is to deliver premium patient centered healthcare. Your care is designed around a comprehensive 360° picture of you, your health, and to fit all your needs and concerns. Insights to your own health and wellness are welcome. Ultimately, it's your health. Request Appointment Our Services</p>												
		<div>url</div> <p>https://litmedical.net/</p>												
		<div>image</div> <p>https://litmedical.net/wp-content/uploads/2022/03/LIT-final-merged-w-tag-copy.jpg</p>												
		<div>image:secure_url</div> <p>https://litmedical.net/wp-content/uploads/2022/03/LIT-final-merged-w-tag-copy.jpg</p>												
		<div>image:width</div> <p>1936</p>												
		<div>image:height</div> <p>787</p>												
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>2</td><td>7</td><td>59</td><td>14</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none">• [H1] Welcome To LIT Medical.• [H1] Stay Up to Date• [H2] In-Network Health Insurance• [H2] Our Medical Services• [H2] Premium Patient Centered Healthcare• [H2] Your Primary Care Provider• [H2] Areas of Treatment• [H2] Our Latest News• [H2] Schedule An appointment Below!• [H3] Aetna• [H3] Anthem• [H3] Blue Cross Blue Shield• [H3] United Healthcare• [H3] Medicare• [H3] Cash• [H3] Primary Care• [H3] Sports Injuries• [H3] Joint Injections• [H3] Men’s Health• [H3] Blood Pressure• [H3] Diabetes• [H3] High Cholesterol• [H3] Thyroid disorders• [H3] Work Physicals• [H3] Sports Physicals• [H3] Nutritional Plans• [H3] Weight Loss• [H3] Metabolic Health• [H3] DOT Physicals• [H3] Virtual Visits• [H3] Premium Patient Centered Healthcare• [H3] Experience and Professionalism	H1	H2	H3	H4	H5	H6	2	7	59	14	0	0
H1	H2	H3	H4	H5	H6									
2	7	59	14	0	0									

SEO Content

- [H3] A Medical Team Who Cares
- [H3] Adam Weldzius, NP
- [H3] TRT
- [H3] Virtual Visits
- [H3] DOT Physicals
- [H3] Metabolic Health
- [H3] Weight Loss
- [H3] Nutritional Plans
- [H3] Sports Physicals
- [H3] Work Physicals
- [H3] Thyroid disorders
- [H3] High Cholesterol
- [H3] Diabetes
- [H3] Blood Pressure
- [H3] Ellen S.
- [H3] Jacqueline B.
- [H3] Tom R.
- [H3] Tracee S.
- [H3] Nicole A.
- [H3] Andrea M. G.
- [H3] Michelle F.
- [H3] Jamie P.
- [H3] Ian G.
- [H3] David B.
- [H3] Sal C.
- [H3] Judith C.
- [H3] Daniel S.
- [H3] 6 Ways How Processed Food Effect Your Body
- [H3] 10 Reasons Women Should Lift Weights
- [H3] Can I maintain my “gains” while doing Keto?
- [H3] Can Insulin Resistance & Diabetes lead to infertility?
- [H3] Does Carb restriction help with fatty liver disease?
- [H3] Does Exercise and Diet Prevent Diabetes?
- [H3] LIT Medical
- [H3] Our Hours
- [H3] Testosterone Replacement Therapy Now Available!
- [H4] Verified Patient
- [H4] Verified Patient
- [H4] Verified Patient
- [H4] Verified Patient
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- [H4] Verified Patient
- [H4] Verified Patient
- [H4] Verified Patient
- [H4] Verified Patient
- [H4] Verified Patient
- [H4] Sign up for our newsletter!






Images





We found 83 images on this web page.

45 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.

SEO Content

	Text/HTML Ratio	Ratio : 10% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 73 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 49.32% Internal Links 50.68%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Home	Internal	Passing Juice
News	Internal	Passing Juice
Services	Internal	Passing Juice
Red Cross Training	Internal	Passing Juice
Contact Us	Internal	Passing Juice
Patients	Internal	Passing Juice

In-page links

Patient Registration Forms	Internal	Passing Juice
Logout	External	Passing Juice
Appointment	Internal	Passing Juice
#LitMedical	External	Passing Juice
#medicalpractice	External	Passing Juice
#nursepractitioner	External	Passing Juice
#localbusiness	External	Passing Juice
#smallbusiness	External	Passing Juice
#medicaloffice	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
#internationalwomensday	External	Passing Juice
#supportlocal	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
#independantpractice	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
#familyowned	External	Passing Juice
#independantnursepracritioner	External	Passing Juice
#np	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
#medicalclinic	External	Passing Juice
#funkopop	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
#AmericanHeartMonth	External	Passing Juice

In-page links

#healthawareness	External	Passing Juice
#familybusiness	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
View on Facebook	External	Passing Juice
Share	External	Passing Juice
Primary Care	Internal	Passing Juice
Sports Injuries	Internal	Passing Juice
Joint Injections	Internal	Passing Juice
Men's Health	Internal	Passing Juice
Blood Pressure	Internal	Passing Juice
Diabetes	Internal	Passing Juice
High Cholesterol	Internal	Passing Juice
Thyroid disorders	Internal	Passing Juice
Work Physicals	Internal	Passing Juice
Sports Physicals	Internal	Passing Juice
Nutritional Plans	Internal	Passing Juice
Weight Loss	Internal	Passing Juice
Metabolic Health	Internal	Passing Juice
DOT Physicals	Internal	Passing Juice
Virtual Visits	Internal	Passing Juice
Our Health Mission	Internal	Passing Juice
Experience and Professionalism	Internal	Passing Juice
A Medical Team Who Cares	Internal	Passing Juice

In-page links

Adam Weldzius, NP	Internal	Passing Juice
TRT	Internal	Passing Juice
Adam Weldzius, NP	Internal	Passing Juice
6 Ways How Processed Food Effect Your Body	Internal	Passing Juice
Adam Weldzius, NP	Internal	Passing Juice
10 Reasons Women Should Lift Weights	Internal	Passing Juice
Can I maintain my "gains" while doing Keto?	Internal	Passing Juice
Can Insulin Resistance "Diabetes lead to infertility?	Internal	Passing Juice
Does Carb restriction help with fatty liver disease?	Internal	Passing Juice
Does Exercise and Diet Prevent Diabetes?	Internal	Passing Juice



SEO Keywords

	Keywords Cloud	care medical facebook health more comments share see patient view
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
share	46	✖	✖	✖	✖
more	34	✖	✖	✖	✖
see	29	✖	✖	✖	✖
comments	28	✖	✖	✖	✖
facebook	27	✖	✖	✖	✖












Usability

	Url	Domain : litmedical.net Length : 14
	Favicon	Great, your website has a favicon.





Usability

	Printability	Great. We have found a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.




Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 45 Warnings : 69
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Too bad, your website does not take advantage of gzip.</div>

Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div>http://litmedical.net/sitemap.xml https://litmedical.net/sitemap.xml https://litmedical.net/sitemap.rss</div>
	Robots.txt	<p>http://litmedical.net/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p>