







# Website review waytoquit.org

Generated on September 08 2024 10:27 AM






The score is 49/100







## SEO Content

	Title	<p>Free &amp; Confidential Tools to Quit Tobacco - Way to Quit</p> <p><b>Length : 59</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	Description	<p>Way to Quit offers free and confidential tools to help you quit nicotine. Quit online, by phone or text, or create a quit plan customized just for you</p> <p><b>Length : 150</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 1937"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Free &amp; Confidential Tools to Quit Tobacco - Way to Quit</td> </tr> <tr> <td>description</td> <td>Way to Quit offers free and confidential tools to help you quit nicotine. Quit online, by phone or text, or create a quit plan customized just for you</td> </tr> <tr> <td>url</td> <td>https://waytoquit.org/</td> </tr> <tr> <td>site_name</td> <td>Way to Quit</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Free & Confidential Tools to Quit Tobacco - Way to Quit	description	Way to Quit offers free and confidential tools to help you quit nicotine. Quit online, by phone or text, or create a quit plan customized just for you	url	https://waytoquit.org/	site_name	Way to Quit
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## SEO Content

	Headings	H1	H2	H3	H4	H5	H6
		1	5	8	0	0	0
		<ul style="list-style-type: none"> <li>• [H1] Free &amp; Confidential Tools to Quit Tobacco</li> <li>• [H2] Dangers of Tobacco</li> <li>• [H2] Vaping</li> <li>• [H2] Share Your Quit</li> <li>• [H2] Join Our Quit Community</li> <li>• [H2] Get Help Quitting</li> <li>• [H3] Get Free Patches and Gum!</li> <li>• [H3] Help Someone Quit</li> <li>• [H3] For Healthcare Providers</li> <li>• [H3] Understanding the Fire Hazards of Tobacco Products</li> <li>• [H3] Take charge: A guide to quitting nicotine with nicotine replacement therapy (NRT)</li> <li>• [H3] If you use nicotine, so does your pet!</li> <li>• [H3] Help Someone Quit</li> <li>• [H3] Dangers of Tobacco</li> </ul>					
	Images	<p>We found 7 images on this web page.</p> <p>2 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>					
	Text/HTML Ratio	<p>Ratio : <b>1%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>					
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>					
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>					

## 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 43 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 2.33%</p>

## SEO Links

Internal Links 97.67%

### In-page links

Anchor	Type	Juice
<a href="#">Español</a>	External	Passing Juice
<a href="#">Get Help Quitting</a>	Internal	Passing Juice
<a href="#">How to Quit</a>	Internal	Passing Juice
<a href="#">The 5 D's</a>	Internal	Passing Juice
<a href="#">Top Quit Tips</a>	Internal	Passing Juice
<a href="#">Cravings &amp; Triggers</a>	Internal	Passing Juice
<a href="#">Managing Withdrawal/Relapse</a>	Internal	Passing Juice
<a href="#">Help Someone Quit</a>	Internal	Passing Juice
<a href="#">Top Help Tips</a>	Internal	Passing Juice
<a href="#">How to Help</a>	Internal	Passing Juice
<a href="#">Supporter Type</a>	Internal	Passing Juice
<a href="#">Cravings &amp; Triggers</a>	Internal	Passing Juice
<a href="#">Help Overcome Relapse</a>	Internal	Passing Juice
<a href="#">For Healthcare Providers</a>	Internal	Passing Juice
<a href="#">Referrals</a>	Internal	Passing Juice
<a href="#">Patient Education</a>	Internal	Passing Juice
<a href="#">Medication &amp; Dosage</a>	Internal	Passing Juice
<a href="#">Learning Modules</a>	Internal	Passing Juice
<a href="#">Billing &amp; Reimbursements</a>	Internal	Passing Juice
<a href="#">Cost &amp; Coverage</a>	Internal	Passing Juice
<a href="#">Behavioral Health</a>	Internal	Passing Juice
<a href="#">Dangers of Tobacco</a>	Internal	Passing Juice
<a href="#">Health Effects</a>	Internal	Passing Juice

## In-page links

<a href="#">Cost Of Tobacco</a>	Internal	Passing Juice
<a href="#">Effects on Youth</a>	Internal	Passing Juice
<a href="#">Types of Tobacco</a>	Internal	Passing Juice
<a href="#">Benefits of Quitting</a>	Internal	Passing Juice
<a href="#">Vaping</a>	Internal	Passing Juice
<a href="#">What is Vaping</a>	Internal	Passing Juice
<a href="#">Health Effects</a>	Internal	Passing Juice
<a href="#">Vaping Devices</a>	Internal	Passing Juice
<a href="#">Safety Concerns</a>	Internal	Passing Juice
<a href="#">Why Quit?</a>	Internal	Passing Juice
<a href="#">Share your Quit</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">Community</a>	Internal	Passing Juice
<a href="#">Understanding the Fire Hazards of Tobacco Products</a>	Internal	Passing Juice
<a href="#">Take charge: A guide to quitting nicotine with nicotine replacement therapy (NRT)</a>	Internal	Passing Juice
<a href="#">If you use nicotine, so does your pet!</a>	Internal	Passing Juice
<a href="#">Learn More</a>	Internal	Passing Juice
<a href="#">≥</a>	Internal	Passing Juice
<a href="#">Terms of Use</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice

## SEO Keywords








## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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## Keywords Consistency

help	5	✗	✗	✓	✓
quit	4	✓	✗	✓	✓
tobacco	3	✓	✗	✗	✓
effects	3	✗	✗	✗	✗
vaping	3	✗	✗	✗	✓


## Usability

	Url	Domain : waytoquit.org Length : 13
	Favicon	Great, your website has a favicon.
	Printability	We could not find 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 : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.




## Document

	Speed Tips	<ul style="list-style-type: none"><li>✓ Excellent, your website doesn't use nested tables.</li><li>✗ Too bad, your website is using inline styles.</li><li>✗ Too bad, your website has too many CSS files (more than 4).</li><li>✗ Too bad, your website has too many JS files (more than 6).</li><li>✓ Perfect, your website takes advantage of gzip.</li></ul>
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## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✗ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p><a href="https://waytoquit.org/sitemap_index.xml">https://waytoquit.org/sitemap_index.xml</a></p>
	Robots.txt	<p><a href="http://waytoquit.org/robots.txt">http://waytoquit.org/robots.txt</a></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>