

PROMTPRESS PUBLIC REPORT

Channel audit

Stay Healthy



@bzdorov

Secrets of strong health! @redcat — ad t.me/redcatmedia/77 — price (commerce) Channel link: https://t.me/+z_AvqdhDEUQ2MTUy
RKN: <https://clck.ru/3RDUQu>

SUBSCRIBERS

449 076

-2970 per month

ERR (% WHO SEE
POSTS)

4.0%

last day **2.1%**

REACH/POST

15.3K

ad reach **9.3K/24h**

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 449 076 —	 SUBSCRIBER REACH 3.4% avg % subs see post	 VIEWS/POST 15.3K median 16.1K · 29 days	 POSTS/WEEK 35.0 for period
 7D TREND -2.8% vs previous week	 REACTIONS/POST 84.2 12,378 reactions, 31,187 reposts, 0 comments	 POST LENGTH 369 chars median 257 · 29 days	 POSTS ANALYZED 147 29 days
 AD REACH 9.3K 24h avg	 CHURN / MONTH -2970 last month	 CITATION RATE 2 038 citation index · 1,452 channels mentioned all time	 CHANNEL AGE 5 years 7 months created 09.11.2020

AI EDITOR SUMMARY

Channel «Stay Healthy» — 449 076 subs. Each post averages 15.3K people (3% from subs), reach is low — consider expanding audience. Publishes 35 posts per week (~5/day) — active publishing. For week Jun 8–14, reach stable (-2.8% vs week 1–7 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 147 posts over 29 days.
- 02 Dominant format – Video (74/147 posts).
- 03 Avg post length – 369 chars (median 257).
- 04 Peak audience activity – Sunday, 18:00 MSK.
- 05 Strongest posts get 2x more views than the weakest (19.7K avg for top vs 11.9K for worst) – among 147 posts in 29 days. Analyze what top posts share: topic, format, time.

TOP 5 POSTS

Nº1 25.05 · 16:47 PHOTO !! How soda affects the body? ☒ After 10 min The body gets a lot of sugar. Phosphoric acid partially...	VIEWS 20 602 REP. 397	REACTIONS 127 ER 4.6%
Nº2 27.05 · 12:49 VIDEO ⚠ A habit many consider harmless We do it almost daily without realizing how much it can...	VIEWS 19 240 REP. 567	REACTIONS 92 ER 4.3%
Nº3 25.05 · 10:49 PHOTO ☒ Massage for liver diseases! ☒ Not just the pinky finger is used for health issues. In Chinese practices, index fingers...	VIEWS 19 117 REP. 287	REACTIONS 74 ER 4.3%

Nº4 07.06 · 15:33 VIDEO Why not sleep next to your phone? We're at MAX	VIEWS 18 482 REP. 427	REACTIONS 69 ER 4.1%
Nº5 30.05 · 16:42 VIDEO Simple way to check blood vessel reaction at home This method is not a precise diagnosis and can't replace an exam...	VIEWS 18 304 REP. 405	REACTIONS 125 ER 4.1%

WORST 3

↓ 20.06 · 08:17 VIDEO Don't trim fat from meat: your body needs it too We're at MAX	VIEWS 12 401 REP. 203	REACTIONS 89 ER 2.8%
↓ 20.06 · 06:04 PHOTO One vacation a year isn't the best way to recover, experts say. For mental health, regular rest is more important than...	VIEWS 12 233 REP. 59	REACTIONS 69 ER 2.7%
↓ 20.06 · 06:35 PHOTO What every woman needs to know Don't forget to subscribe!	VIEWS 11 216 REP. 347	REACTIONS 80 ER 2.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

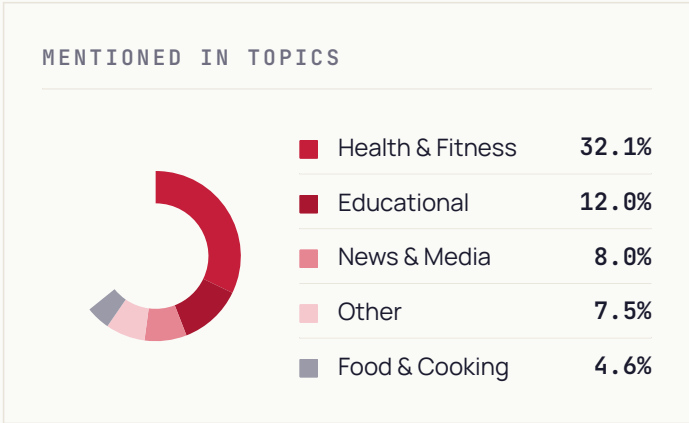
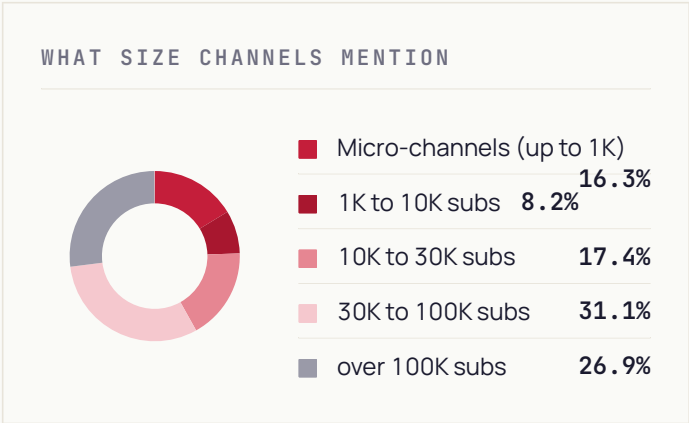
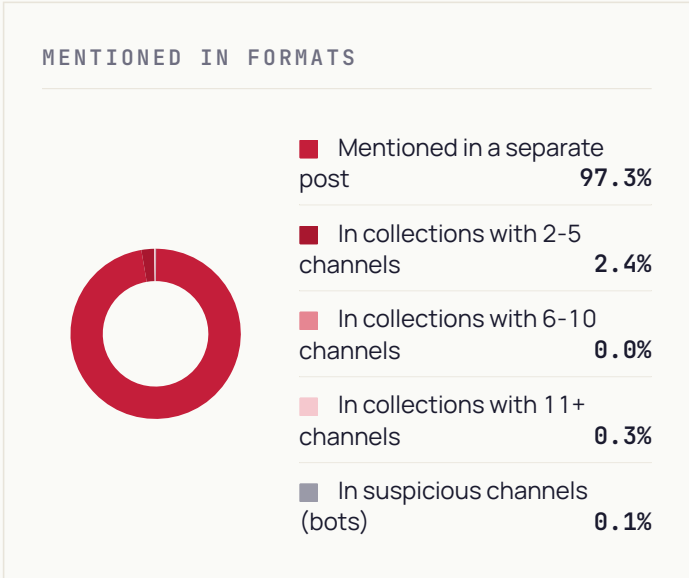
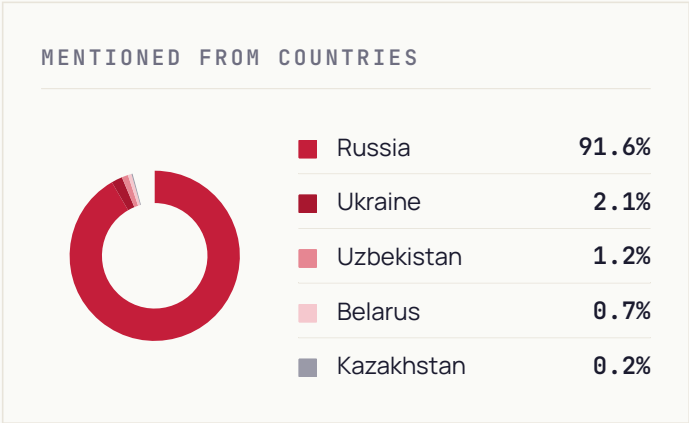
Subscriber growth chart over the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

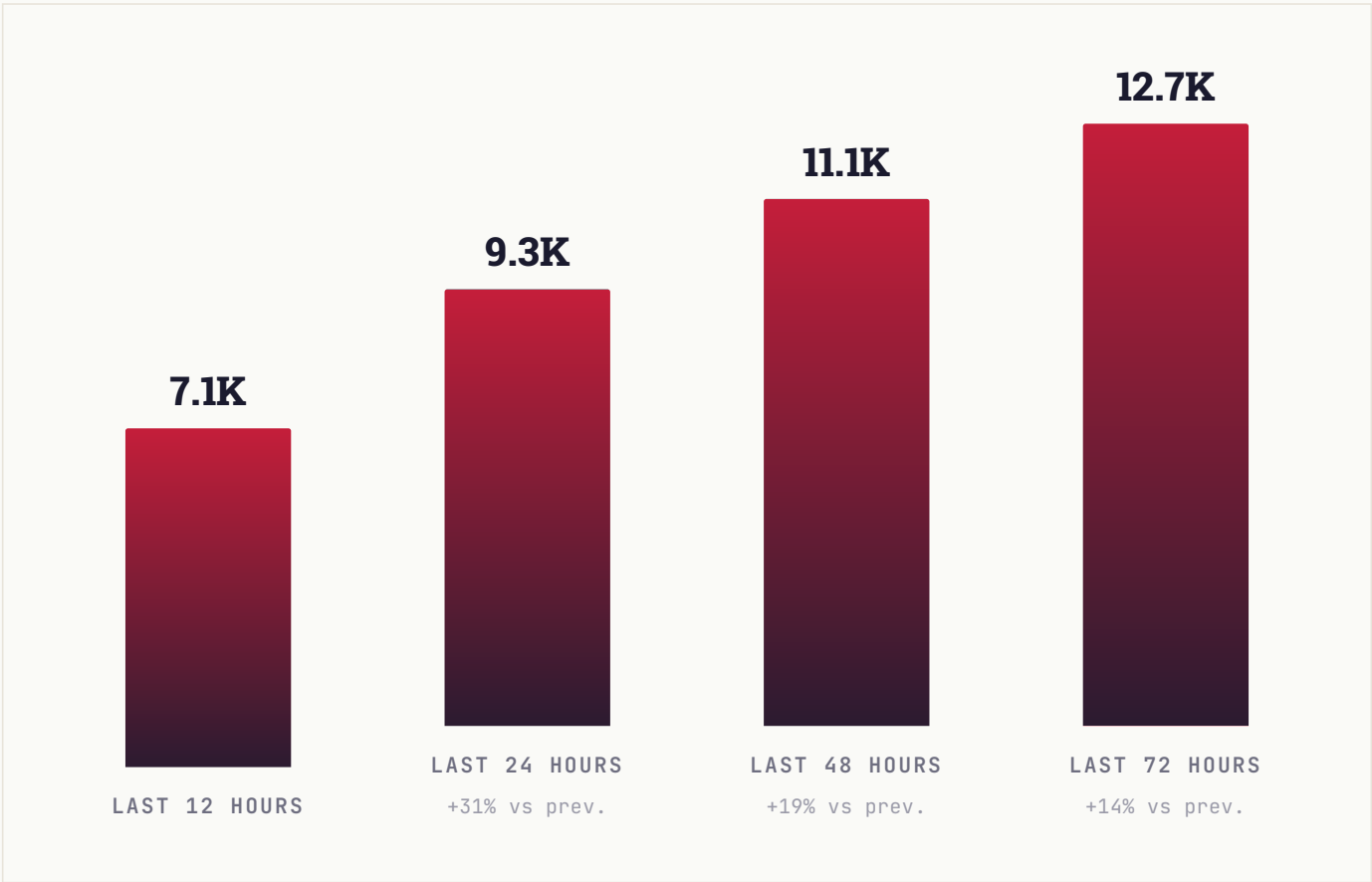
Citation index **2 038** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **1 452** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps estimate how long placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulischenko Osteopath, PhD Author of faceplastics	479.3K
BZ Stay Healthy YOU	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
HS Homo Sapiens	368.2K

COMPARATIVE CONCLUSION

Channel in niche top 10 (#8 of 96). Strong position. Niche leader: Test purchase (772.4K), room to grow to #1. Mutual exchanges with other top-10 channels as equals.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **415**, they brought **4 601** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	80	16	0	
November 2025	74	11	406	
October 2025	56	15	34	
September 2025	78	13	0	
August 2025	92	16	1 971	
July 2025	35	12	2 190	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
415	6	4 601

SECTION 08 · NICHE COMPARISON

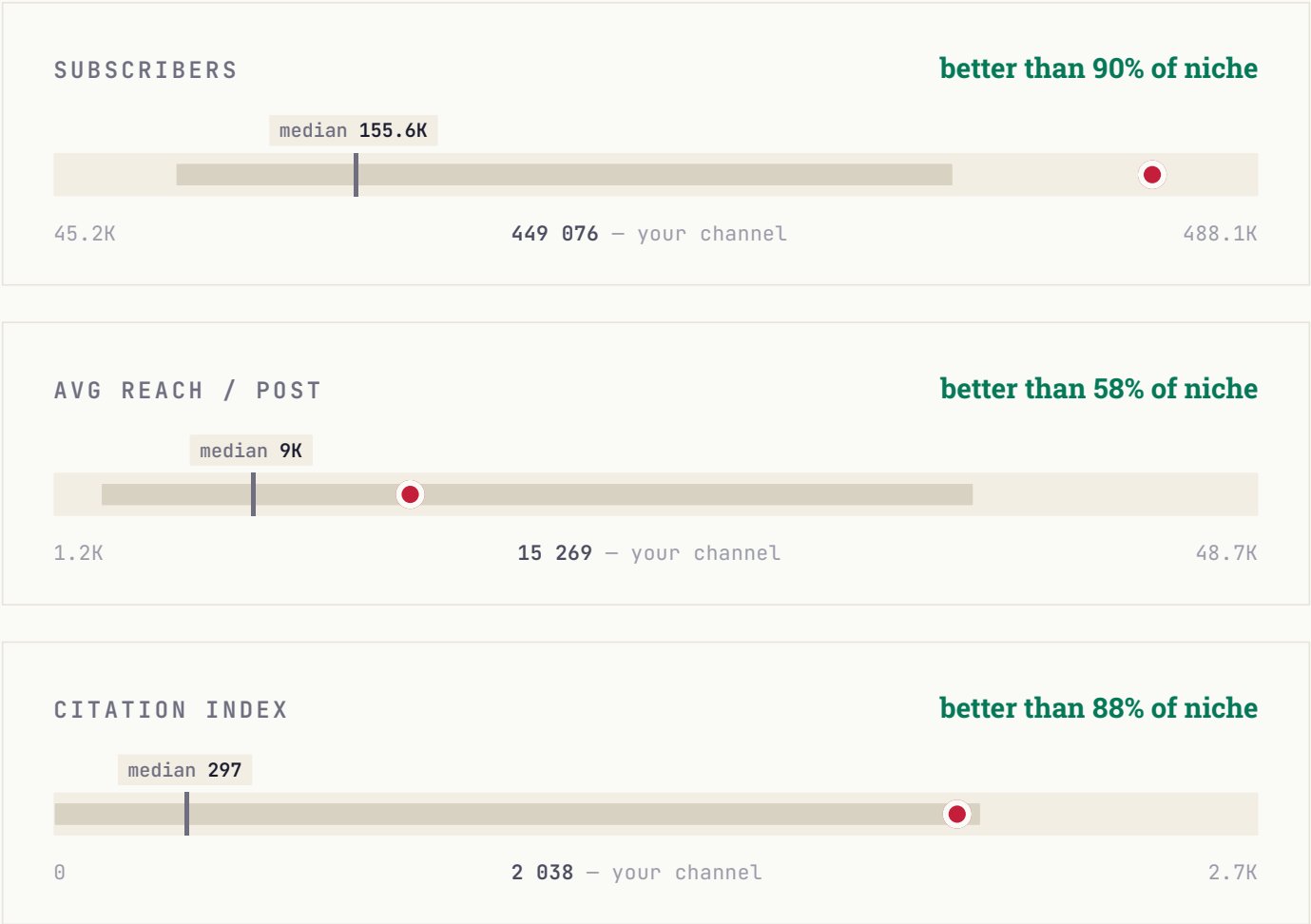
Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band = range of 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.

#8/100

POSITION IN NICHE

Channel in top 8% Health & Fitness Russia



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check them off and revisit this report in a month.

01

Top post of the week — Sunday

Audience is most active on this day at 18:00 MSK.

EFFECT

**Best window
for an
important post**

02

ER below niche benchmark — rethink formats

Current ER 3.4% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+3.6pp ER

03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs**

04

Test polls and interactive formats

Posts with polls/reactions typically boost ER by 5-15%.
One poll per week on a hot topic is an easy win.

EFFECT

+5-15% ER

05

Cross-promo with adjacent channels

Exchange posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes based on public data.
Want to go further — run ads through us and hit your growth plan
in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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