

— PROMTPRESS PUBLIC REPORT

Channel audit

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in Russia) Resource...

SUBSCRIBERS

479 041

-5664 per month

ERR (% WHO SEE
POSTS)

5.0%

daily 2.1%

REACH/POST

22K

ad reach 10.2K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 479 041 —	 SUBSCRIBER REACH 4.59% avg % subs see post	 VIEWS/POST 22K median 22.5K · 28 days	 POSTS/WEEK 8.7 for period
 7D TREND -8.1% vs previous week	 REACTIONS/POST 413.8 14,895 reactions, 6,755 reposts, 606 comments	 POST LENGTH 808 chars median 999 · 28 days	 POSTS ANALYZED 36 28 days
 AD REACH 10.2K 24h avg	 CHURN / MONTH -5664 last month	 CITATION RATE 11 citation index · 160 channels mentioned ever	 CHANNEL AGE 4 years 8 months created Oct 25, 2021

AI EDITOR SUMMARY

Channel «Ales Ulishchenko | Osteopath, PhD | Author of face plastic surgery» — 479 041 subs. Avg views per post: 22K people (5% from subs), reach low — expand audience. Publishes 9 posts/week (~1/day) — regular. Week Jun 8–14 reach dropped -8.1% to week Jun 1–7 — worth analyzing.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **36** posts in 28 days.
- 02 Dominant format — **Video** (22/36 posts).
- 03 Avg post length — **808** chars (median 999).
- 04 Peak audience activity — **Friday**, 14:00 MSK.
- 05 Top posts get **2x** more views than the weakest (29.9K avg for top vs 15.7K for worst) — among 36 posts over 28 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 31.05 · 09:01 VIDEO (post without caption — video)	VIEWS 30 632 REP. 160	REACTIONS 132 ER 6.4%
Nº2 05.06 · 11:23 PHOTO 📄 WHAT HAPPENS IF YOU DON'T MOVE? Hit 📄 if you need a technique for swelling in summer! Dear friends, age is shown not only by wrinkles. It's visible by...	VIEWS 30 389 REP. 132	REACTIONS 387 ER 6.3%
Nº3 06.06 · 09:32 VIDEO 📄PARASITES: MYTHS AND REALITY 📄 Made timestamps so you can jump right to what you need: 0:00 – Why people fear parasites and what...	VIEWS 28 532 REP. 357	REACTIONS 341 ER 6.0%

Nº4 31.05 · 09:02 TEXT	VIEWS 27 336	REACTIONS 1 458
☒ THE LIVER SEES THROUGH THE EYES! Dear friends, did you know that human eyes are directly connected to the liver? How? See pictures📱☒ ☒Eyes...	REP. 171	ER 5.7%
Nº5 28.05 · 15:23 VIDEO	VIEWS 27 329	REACTIONS 871
☒ AN EXERCISE EVERYONE NEEDS! ➤ Relaxes back ➤ Improves internal organ function ➤ Relieves emotional tension ➤ Helps...	REP. 630	ER 5.7%

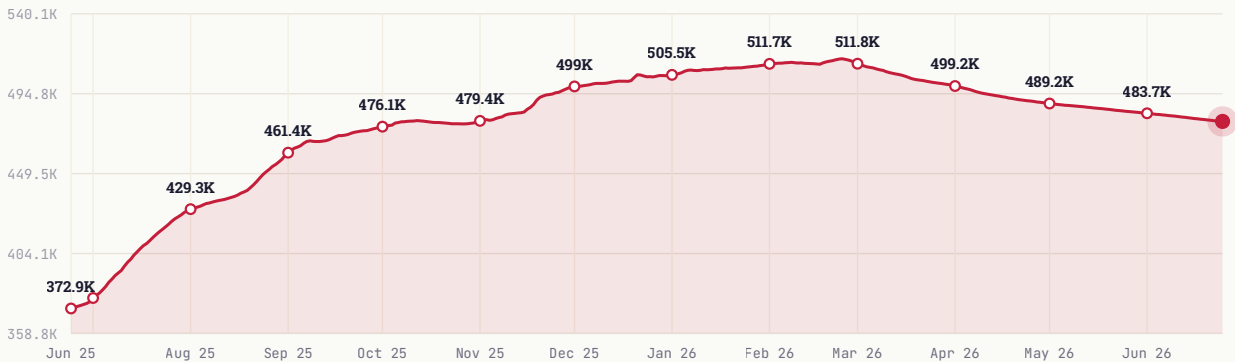
WORST 3

↓	18.06 · 09:07	PHOTO	(post without caption – photo)	VIEWS	15 982	REACTIONS	101
				REP.	16	ER	3.3%
↓	21.06 · 09:01	VIDEO	✂Get rid of puffiness and dark circles under eyes! Dear friends, today is Medical Worker's Day. And for me as a doctor, this...	VIEWS	15 793	REACTIONS	380
				REP.	295	ER	3.3%
↓	20.06 · 06:26	VIDEO	☒MEDITATION-tuning: how to enter a neutral state. Dear friends, nowadays we face a worrying news background...	VIEWS	15 445	REACTIONS	315
				REP.	308	ER	3.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel grew and which it lost subs.



PERIOD START

372 938

NOW

479 045

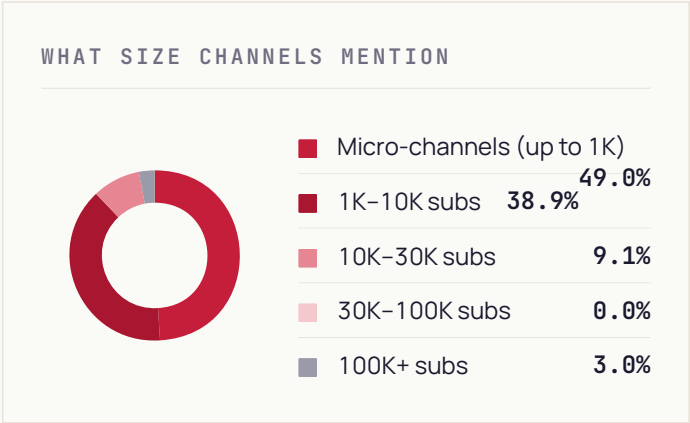
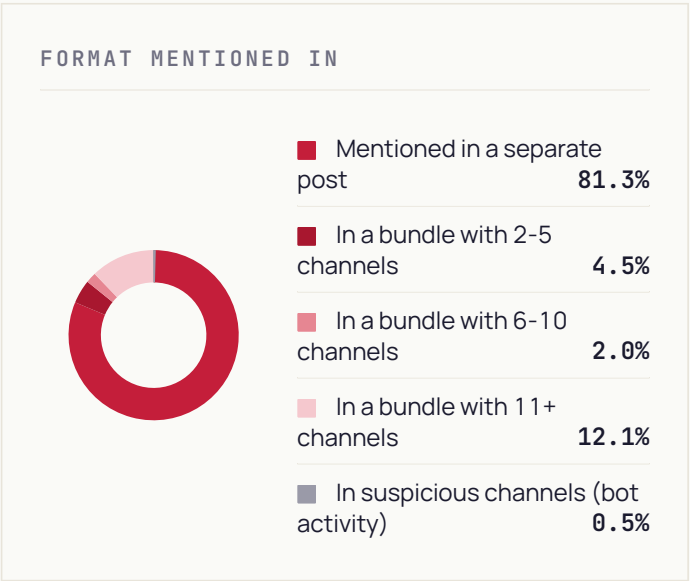
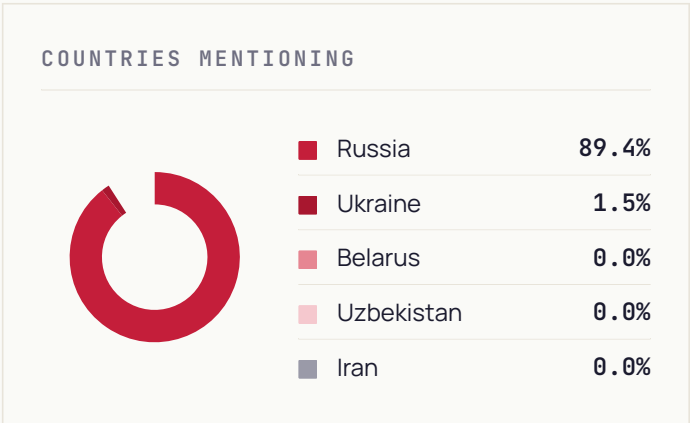
NET GROWTH

+106 107

SECTION 04 · MENTIONS

Who & how mentions the channel

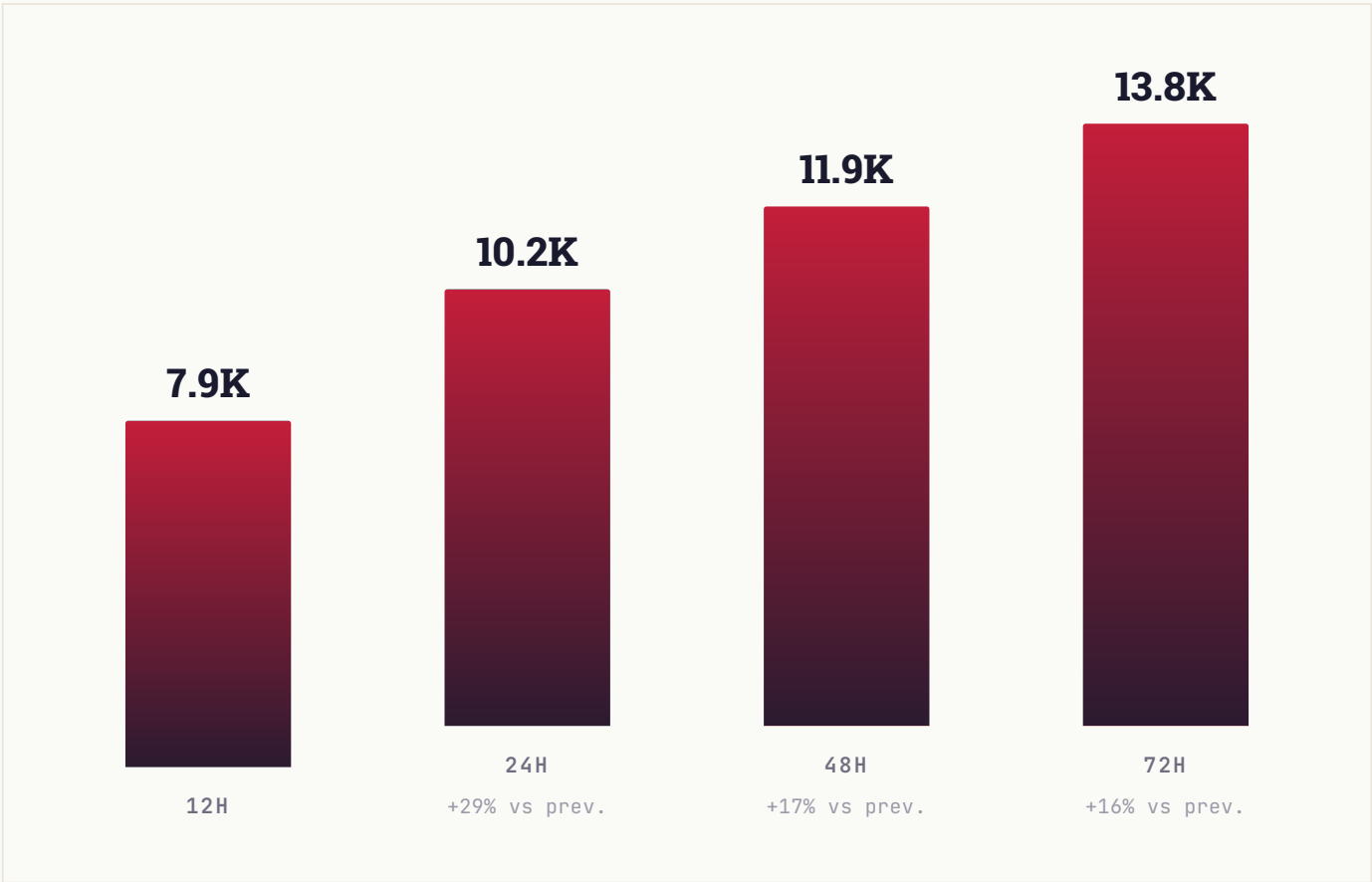
Citation index **11** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **160** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

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 Алесь Улиценко Врач-остеопат, канд. мед. наук Автор фейспластики YOU	479K
BZ Stay Healthy	449.1K
ZE Healthy Food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
HS Homo Sapiens	368.2K

COMPARATIVE CONCLUSION

Channel in top 10 niche (#7 of 96). Strong position. Niche leader — Test purchase (772.4K), room to grow to #1. Mutual cross-promos with other top-10 channels as equals.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions: **28**, they brought **132 382** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	2	2	7 935
Nov 2025	20	20	20 206
Oct 2025	1	1	4 955
September 2025	2	2	16 429
August 2025	2	2	31 186
July 2025	1	1	51 671
TOTAL MENTIONS			
28			
MONTHS OF DATA			
6			
GAINED SUBSCRIBERS			
132 382			

SECTION 08 · NICHE COMPARISON

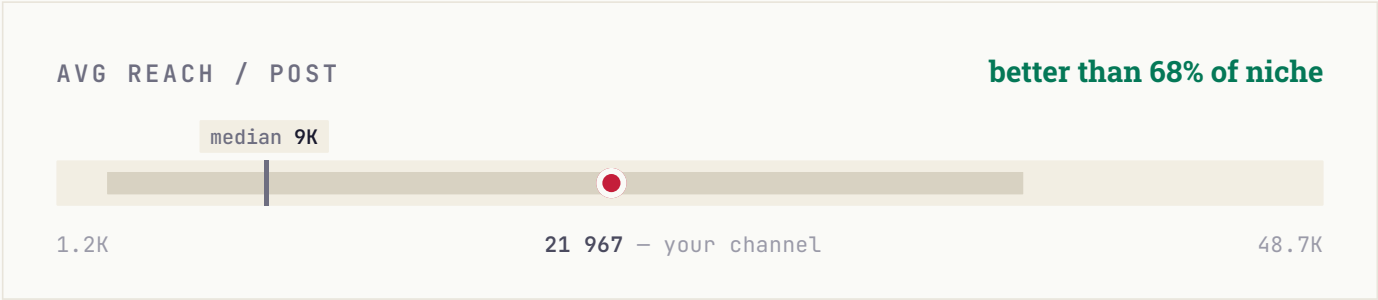
Where the channel stands in its league

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

#7 /100

POSITION IN NICHE

Channel in top 7% Health & Fitness Russia



— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — on Friday

Audience is most active on this day at 14:00 MSK.

EFFECT

**Best window
for important
post**

02

ER below niche benchmark — rethink formats

Current ER 4.59% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+2.4pp 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 & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy win.

EFFECT

+5-15% ER

05

Cross-promo with adjacent channels

Swap posts quarterly with same-segment channels. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes from public data. Want more? Run ads with us and hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
