

PROMTPRESS PUBLIC REPORT

Channel audit

Be Healthy



@ihnthtcyj

Useful health channel Ads @yspehnost <https://gosuslugi.ru/snet/67f8cfa2888f0f6cf82cb085>

SUBSCRIBERS

31 215

-291 per month

ERR (% WHO SEE
POSTS)

6.0%

last day **3.6%**

REACH/POST

1.8K

ad reach **1.1K**/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 31 215 —	 SUBS REACH 5.89% avg % of subs see post	 VIEWS/POST 1.8K median 1.9K · 29 days	 POSTS/WEEK 29.9 for period
 7D TREND -1.4% vs previous week	 REACTIONS/POST 12.0 total 1,518 reactions, 3,395 reposts, 0 comments	 POST LENGTH 445 chars. median 456 · 29 days	 POSTS ANALYZED 127 29 days
 AD REACH 1.1K 24h average	 CHURN / MONTH -291 last month	 CITATIONS 459 citation index · 387 channels mentioned all time	 CHANNEL AGE 4 years 6 months created 30.12.2021

AI EDITOR SUMMARY

Channel «Be Healthy» — 31 215 subs. Each post averages 1.8K people (6% of subs), reach is low — consider expanding audience. Publishes 30 posts per week (~4/day) — active posting. For week Jun 29 – Jul 5 reach stable (-1.4% vs week of June 22–28).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 127 posts over 29 days.
- 02 Dominant format — Photo (99/127 posts).
- 03 Avg post length — 445 chars (median 456).
- 04 Audience peak — Thursday, 11:00 MSK.
- 05 Strongest posts get 2x more views than the weakest (2.4K avg for top vs 1.6K for worst) — among 127 posts over 29 days. Worth analyzing what the top has in common — topic, format, timing.

TOP 5 POSTS

Nº1 04.07 · 16:01 PHOTO 👉The thyroid is a vital endocrine organ producing hormones that regulate many body processes...	VIEWS 2 518 REPOSTS 67	REACTIONS 24 ER 8.1%
Nº2 23.06 · 16:46 PHOTO 10-15 min before a tasty breakfast, eat 1 tsp of natural honey (not chemical) and drink it with a glass of warm boiled...	VIEWS 2 414 REPOSTS 35	REACTIONS 10 ER 7.7%
Nº3 04.07 · 10:16 PHOTO Benefits of cardamom ✓ Powerful antioxidant potential, partially neutralizes free radicals. ✓ Most...	VIEWS 2 400 REPOSTS 48	REACTIONS 13 ER 7.7%

Nº4 26.06 • 16:01 **PHOTO**

👉 Do this simple exercise for 2-3 minutes morning and evening. It improves health and normalizes blood circulation...

VIEWS
2 371

REACTIONS
19

REPOSTS
66

ER
7.6%

Nº5 06.07 • 10:01 **PHOTO**

Black seed oil 📌 Oxidative stress & free radicals are major causes of chronic diseases. Black seed...

VIEWS
2 338

REACTIONS
17

REPOSTS
36

ER
7.5%

WORST 3

↓ 09.07 • 16:01 **PHOTO**

Sorrel is not only tasty but also healthy. It contains a lot of vitamin A, which helps prevent...

VIEWS
1 626

REACTIONS
23

REPOSTS
19

ER
5.2%

↓ 09.07 • 10:01 **PHOTO**

Broccoli, regular, cauliflower, and Brussels sprouts. ✅ Contain strong antioxidants that may reduce the risk of...

VIEWS
1 594

REACTIONS
8

REPOSTS
18

ER
5.1%

↓ 09.07 • 04:01 **PHOTO**

WHAT TO REPLACE MAYONNAISE WITH? Mayonnaise has a worthy replacement - a sauce that is not inferior to mayonnaise, but on the contrary, healthier. Replace...

VIEWS
1 563

REACTIONS
20

REPOSTS
93

ER
5.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

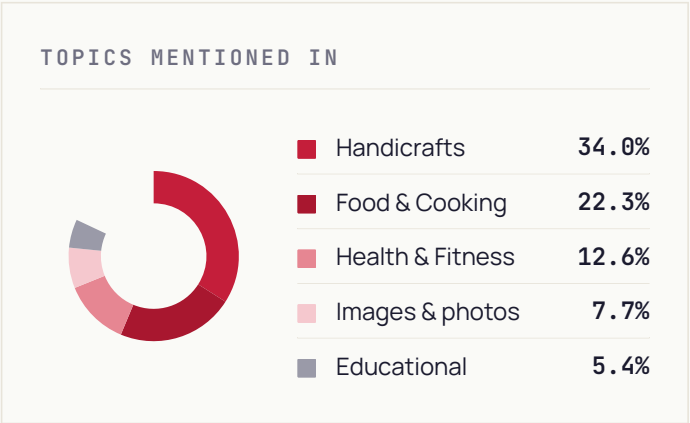
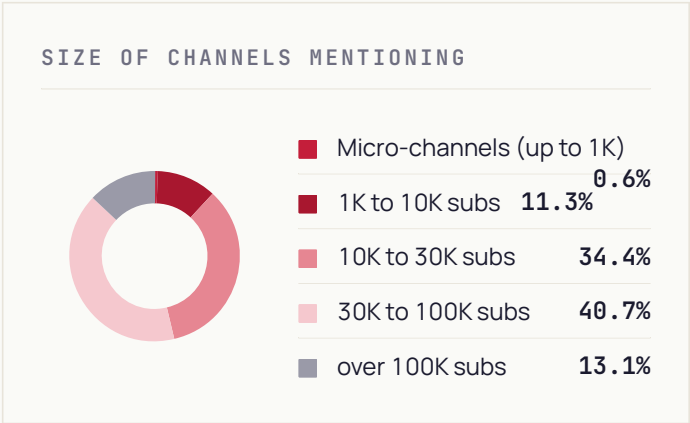
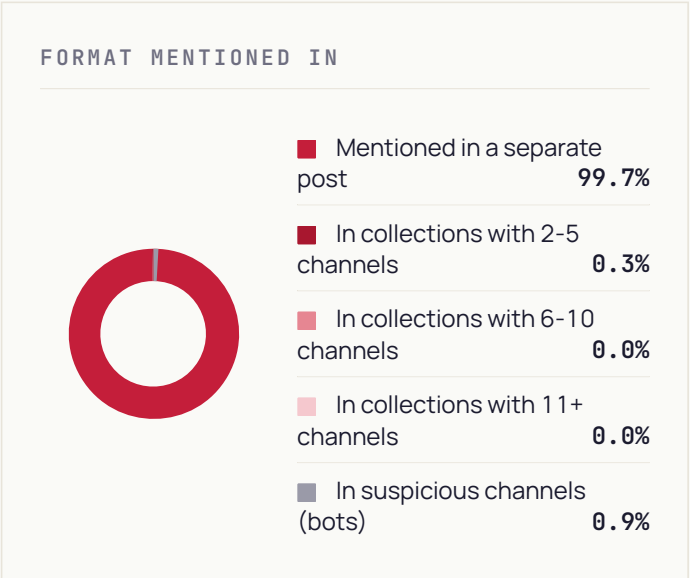
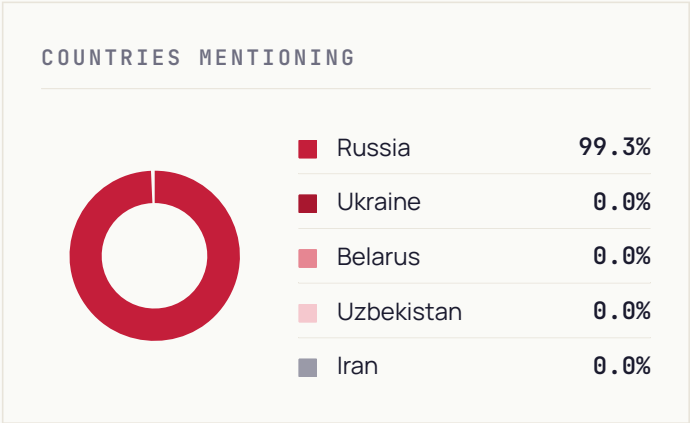
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

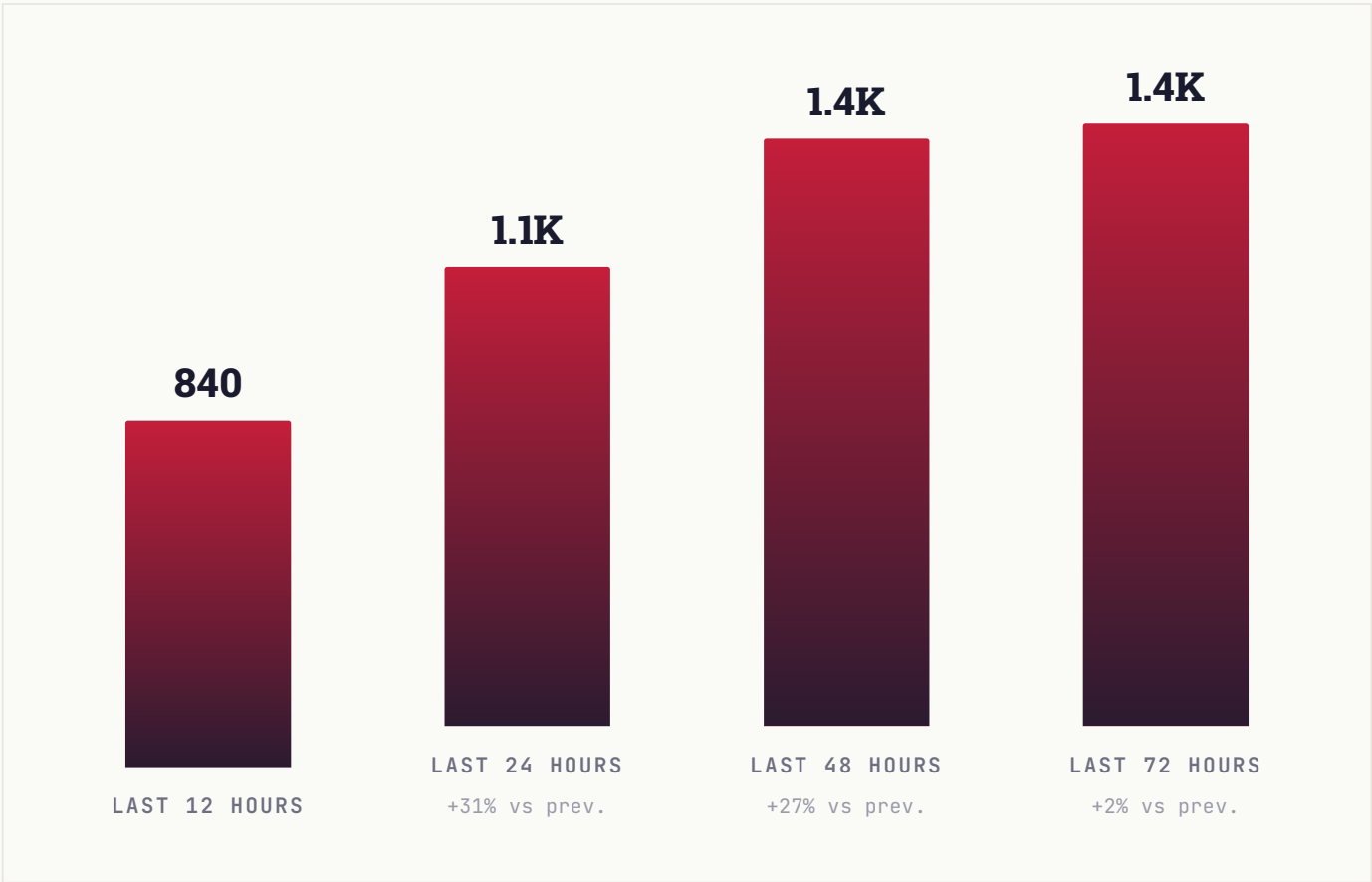
Citation index **459** – channel popularity score based on mentions. Considers not just count but also mentioner weight: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **387** different channels.



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 should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — you can see its place among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	476.4K
BZ Be Healthy	447.3K
BZ Be Healthy YOU	31.2K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal: break into top-97 via systematic traffic & content work.

SECTION 07 · MENTION TRENDS

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 **79**, they brought **4 046** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	11	11	573
December 2025	10	10	551
Nov 2025	4	4	35
Oct 2025	19	18	767
September 2025	17	17	698
August 2025	18	18	1 422

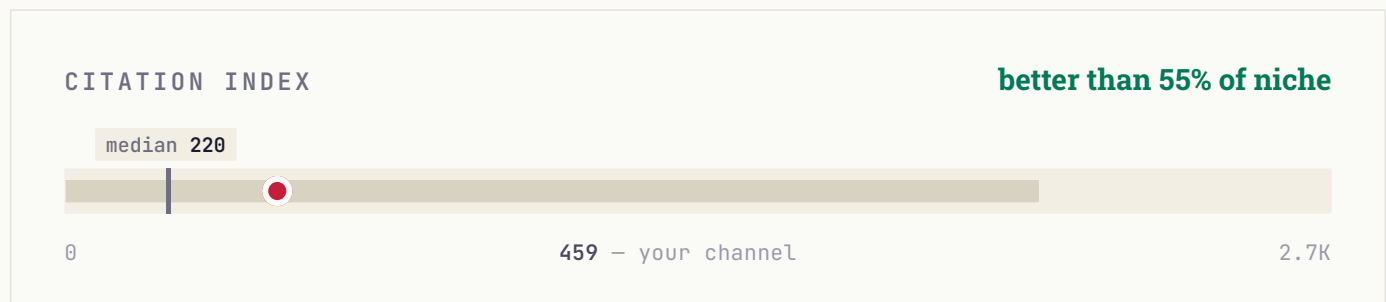
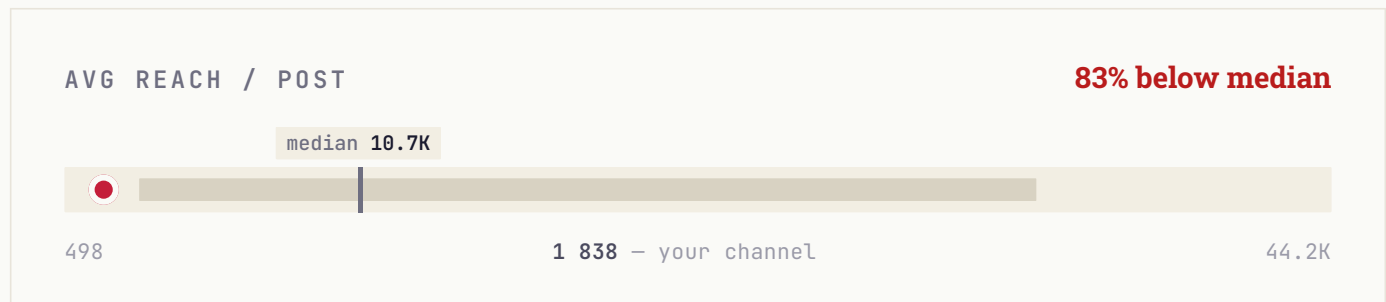
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
79	6	4 046

Where the channel stands in its league

SUBSCRIBERS 82% below median

A horizontal bar chart comparing a channel's subscriber count to a median. The median is 170.4K, represented by a vertical line. The channel's count is 31,215, represented by a red dot on the left. The bar is divided into two segments: a light blue segment from the channel's count to the median, and a dark blue segment from the median to the maximum value of 545.2K. The text '82% below median' is displayed in red on the right.

Metric	Value
Median	170.4K
Channel Count	31 215
Minimum	53.2K
Maximum	545.2K



— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — Thursday

Audience is most active on this day at 11:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 5.89% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+1.1pp ER

03

Systematic traffic buying

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

EFFECT

+1K-3K subs

04

Test polls and interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER

05

Cross-promo with nearby channels

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. To go further — run ads through us and close 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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