

PROMTPRESS PUBLIC REPORT

Channel audit

MEDICAL SECRET



@medical_secretcy

The truth about medicine you won't hear elsewhere. Only health-beneficial info! Ads: @J_A_Sh Collabs: @Spiral_Miya, @swaymedia
Exchange: [telega.in/c/+Hg42OVb0TptiMDgy](https://t.me/Hg42OVb0TptiMDgy) RKN:...

SUBSCRIBERS

281 054

-2208 per month

ERR (% WHO SEE
POSTS)

3.0%

per day 1.5%

REACH/POST

7.6K

ad reach 4.2K/24h

— CONTENTS · 2026

What's inside the report

01 Channel Snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · insights

03 Subscriber dynamics

Year chart · growth

04 Ad potential

How long a post brings reach

05 Competitors

Niche neighbors · your place

06 Mention dynamics

6 months · monthly

07 Niche Comparison

Rank in «Health & Fitness»

08 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 281 054 —	 SUBS REACH 2.71% avg % subs see a post	 VIEWS/POST 7.6K median 8.1K · 29 days	 POSTS/WEEK 23.0 over period
 7D TREND -11.4% vs previous week	 REACTIONS/POST 36.9 total 3,579 reactions, 10,358 reposts, 0 comments	 POST LENGTH 124 chars. median 76 · 29 days	 POSTS ANALYZED 97 29 days
 AD REACH 4.2K 24h avg	 CHURN / MONTH -2208 last month	 CITATION RATE 1 662 citation index · 1,905 channels mentioned ever	 CHANNEL AGE 6 years 2 months created 08.04.2020

AI EDITOR SUMMARY

Channel «MEDICAL SECRET» – 281 054 subs. Each post gets avg 7.6K people (3% from subs), reach is low – consider expanding audience. Publishes 23 posts per week (~3/day) – active posting. For week Jun 15–21 reach dropped -11.4% vs week Jun 8–14 – analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **97** posts over 29 days.
- 02 Dominant format — **Video** (93/97 posts).
- 03 Avg post length — **124** chars (median 76).
- 04 Peak audience activity — **Thursday**, 16:00 MSK.
- 05 Top posts get **2×** more views than the weakest (9.9K avg top vs 5.8K worst) — among 97 posts in 29 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 29.05 · 05:11 VIDEO Lemon and garlic for heart and vascular health Medical Secret 🇷🇺 We are in MAX	VIEWS	REACTIONS
	10 127	72
	REPOSTS	ER
	251	3.6%
Nº2 31.05 · 17:11 VIDEO Scoliosis: 3 back exercises Medical Secret 🇷🇺 We're on MAX	VIEWS	REACTIONS
	9 846	44
	REPOSTS	ER
	197	3.5%
Nº3 30.05 · 05:11 VIDEO How to reduce lower back pain and eliminate the cause Medical Secret 🇷🇺 We are in MAX	VIEWS	REACTIONS
	9 740	50
	REPOSTS	ER
	191	3.5%

Nº4 31.05 · 05:11 VIDEO Why wash nuts before eating? 🇷🇺 Medical Secret 🇷🇺 We are in MAX	VIEWS 9 691 REPOSTS 56	REACTIONS 55 ER 3.4%
Nº5 31.05 · 11:11 VIDEO Ear massage as a simple wellness tool Medical Secret 🇷🇺 We are in MAX	VIEWS 9 666 REPOSTS 88	REACTIONS 41 ER 3.4%

|

WORST 3

↓ 23.06 · 11:11 VIDEO Sound that relieves fatigue Certain sound vibrations help the body and nervous system relax. Even a few minutes of such...	VIEWS 5 914 REPOSTS 227	REACTIONS 48 ER 2.1%
↓ 22.06 · 17:11 VIDEO Life hack: how to easily open walnuts Sometimes the simplest solution is the most effective – for example, using hot water...	VIEWS 5 857 REPOSTS 79	REACTIONS 41 ER 2.1%
↓ 23.06 · 17:11 VIDEO Modern neck: main tension zone Neck today – one of the most overloaded body areas. Long sitting, gadgets, stress...	VIEWS 5 626 REPOSTS 107	REACTIONS 23 ER 2.0%

SECTION 03 • SUBSCRIBER DYNAMICS

How the channel grew over the year

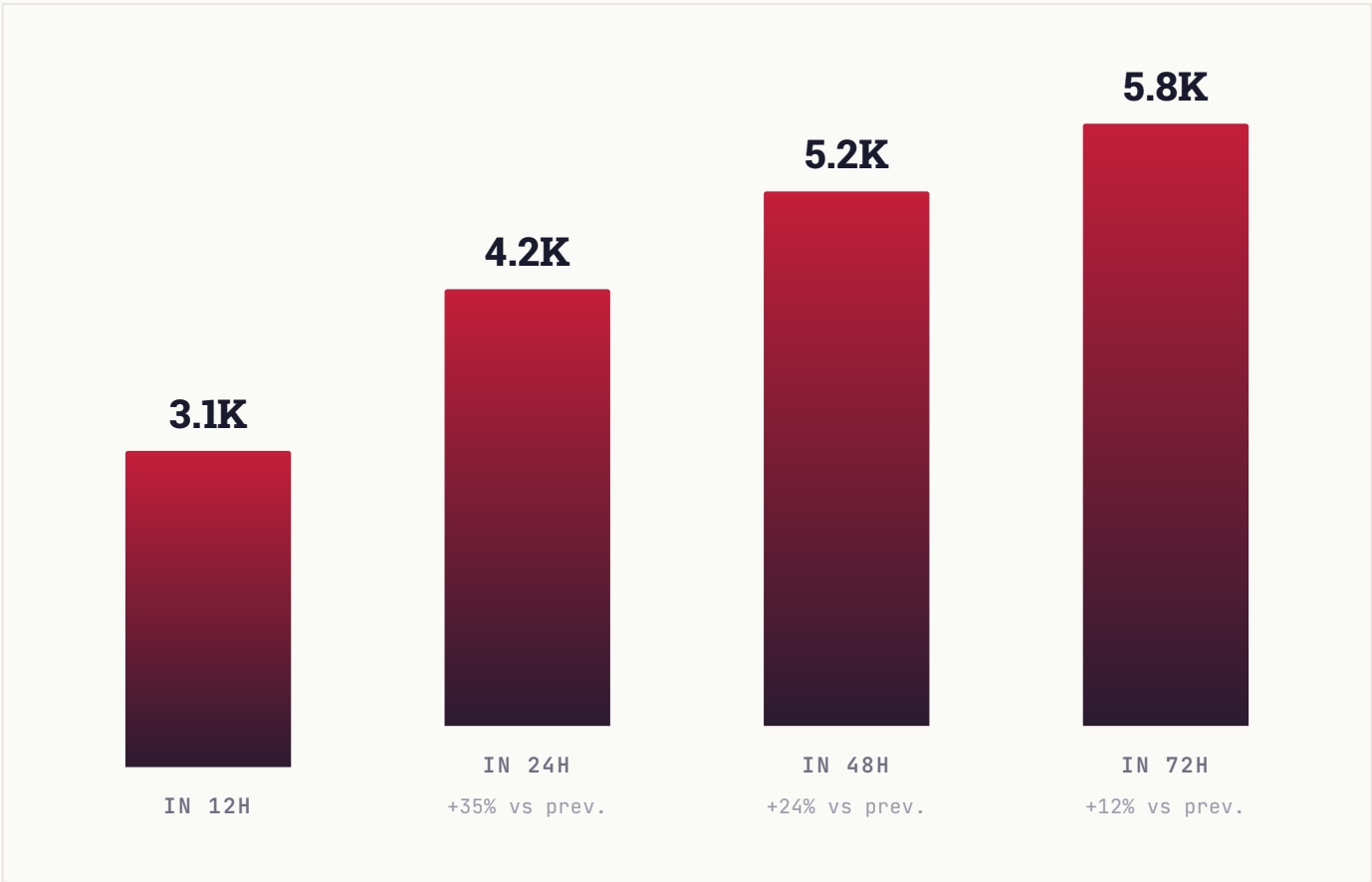
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and which it lost subs.



— SECTION 04 · AD POTENTIAL

How long a post brings reach

Avg reach of a promo post over time since publication. Helps gauge how long a placement stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
CI Test purchase	771.1K
BI Biohackers	584.6K
BI Biohacking	534.6K
GS GymDeals- Supplements & Whey Protein Offers	533.5K
SL Sport Life	526.2K
MT Eternity in Tibet	495.4K
ET Our body	482.5K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	478.7K
BZ Stay healthy	448.8K
MS MEDICAL SECRET YOU	281.1K

COMPARATIVE CONCLUSION

Channel in top quartile of niche (#21 of 96). Leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M). Goal for coming months: enter niche top-10 through systematic traffic work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **535**, they brought **17 631** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
December 2025	59	21	3 484
Nov 2025	71	17	4 734
Oct 2025	98	42	0
Sep 2025	110	36	9 065
August 2025	59	13	71
July 2025	138	30	277

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
535	6	17 631

SECTION 07 • NICHE COMPARISON

Where the channel stands in its league

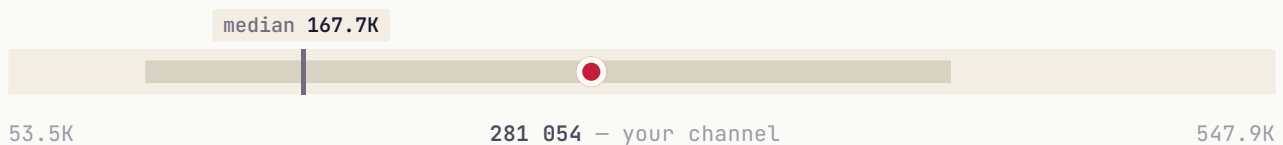
Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10-p90). Black vertical = median. Red dot = your channel.

#21/100

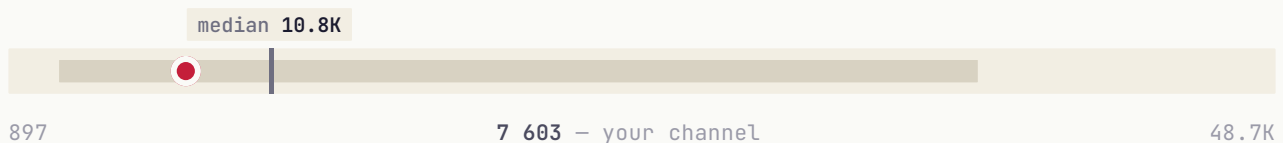
RANK IN NICHE

Channel in top 21% – strong position

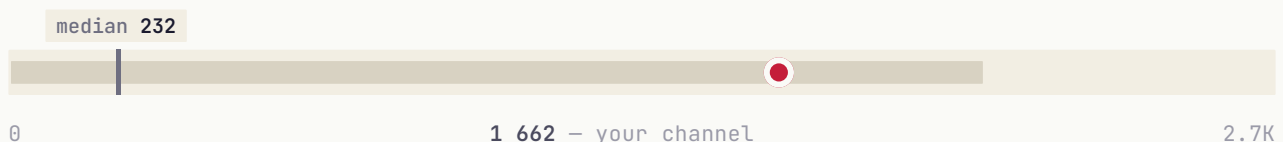
SUBSCRIBERS

better than 67% of niche


AVG REACH / POST

29% below median


CITATION INDEX

better than 80% of niche


— SECTION 08 • STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

- 01

Main post of the week — on Thursday
 On this day at 16:00 MSK audience is most active.

IMPACT
Best window for an important post
- 02

ER below niche benchmark — rethink formats
 Current ER 2.71% vs norm 7.0%. Try polls & interactive formats.

IMPACT
+4.3pp 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.

IMPACT
+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 is an easy win.

IMPACT
+5-15% ER
- 05

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

IMPACT
Growth from relevant audience

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads through us & 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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