

PUBLIC PROMTPRESS REPORT

Channel audit

My Health



@moe_zdorovie_now

12 of your friends subscribed... Best health tips! Feedback:

@ishift_admin Admin - @general_maksimuss Manager:

@Spiral_Miya, @Diggsale,

SUBSCRIBERS

83 821

-773 per month

ERR (% WHO SEE
POSTS)

4.0%

daily **2.1%**

REACH/POST

2.9K

ad reach **1.8K**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle shows the period it covers.

SUBSCRIBERS 83 821 —	SUBSCRIBER REACH 3.49% avg % subs see post	VIEWS/POST 2.9K median 3.1K · 29 days	POSTS/WEEK 44.4 over period
7D TREND -8.0% vs previous week	REACTIONS/POST 16.9 total 3,161 reactions, 6,269 reposts, 0 comments	POST LENGTH 230 chars median 49 · 29 days	POSTS ANALYZED 187 29 days
AD REACH 1.8K 24h avg	CHURN / MONTH -773 last month	CITATION RATE 1 003 citation index · 849 channels mentioned all time	CHANNEL AGE 1 year 10 months created 22.08.2024

AI EDITOR SUMMARY

Channel «My Health» — 83 821 subs. Each post avg views 2.9K people (3% from subs), reach low — expand audience. Publishes 44 posts/week (~6/day) — active. Week Jun 15–21 reach dropped -8.0% to week Jun 8–14 — analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **187** posts over 29 days.
- 02 Dominant format — **Photo** (126/187 posts).
- 03 Avg post length — **230** chars (median 49).
- 04 Audience peak — **Sunday**, 11:00 MSK.
- 05 Top posts get **2x** more views than weakest (top avg 3.9K vs worst 2.2K) — across 187 posts in 29 days. Analyze common traits: topic, format, timing.

TOP 5 POSTS

Nº1 30.05 · 19:01 PHOTO Mood-boosting foods! Fatty fish (e.g., salmon) contains Omega-3s, which positively affect mood, and also...	VIEWS 3 949 REPOSTS 27	REACTIONS 38 ER 4.7%
Nº2 31.05 · 10:01 PHOTO Why you must eat lard? Lard is rich not only in vitamin D and B, but also in vitamins A and E. And it contains...	VIEWS 3 937 REPOSTS 73	REACTIONS 48 ER 4.7%
Nº3 31.05 · 19:01 PHOTO Eat broccoli often? No? Too bad! A small portion of broccoli has as much vitamin C as a whole orange. Also...	VIEWS 3 857 REPOSTS 41	REACTIONS 31 ER 4.6%

Nº4 31.05 · 08:10 PHOTO Best time for meals My Health	VIEWS 3 833 REPOSTS 61	REACTIONS 38 ER 4.6%
Nº5 31.05 · 13:01 VIDEO Cutting toenails right My health	VIEWS 3 806 REPOSTS 35	REACTIONS 23 ER 4.5%

|

WORST 3

↓ 24.06 · 12:10 VIDEO Don't forget to sleep on time My Health	VIEWS 2 203 REPOSTS 17	REACTIONS 11 ER 2.6%
↓ 24.06 · 07:10 PHOTO Appetite-suppressing foods My Health	VIEWS 2 163 REPOSTS 18	REACTIONS 13 ER 2.6%
↓ 24.06 · 15:01 PHOTO How to identify disease by sweat smell? My Health	VIEWS 2 120 REPOSTS 36	REACTIONS 20 ER 2.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

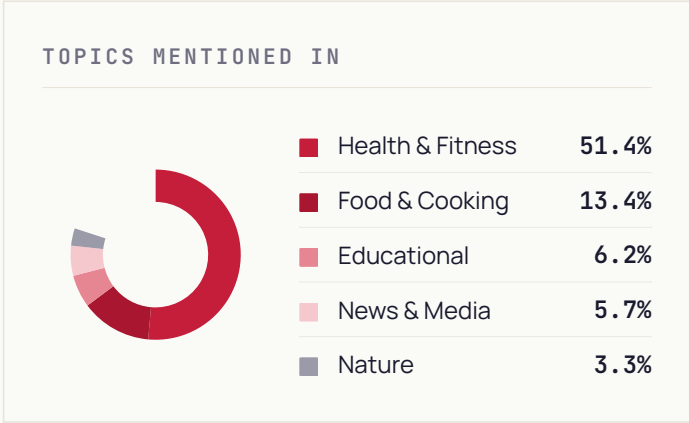
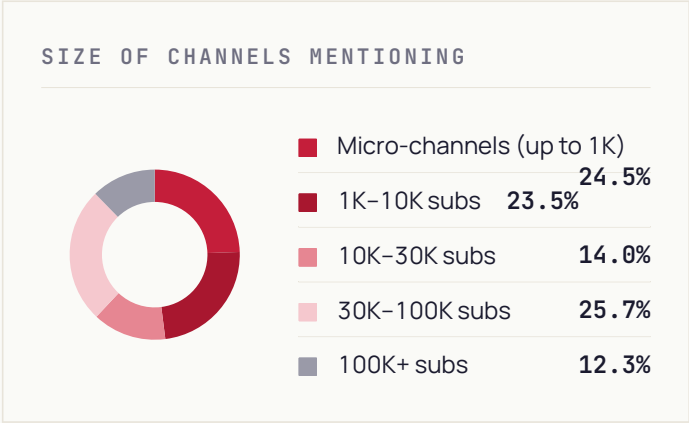
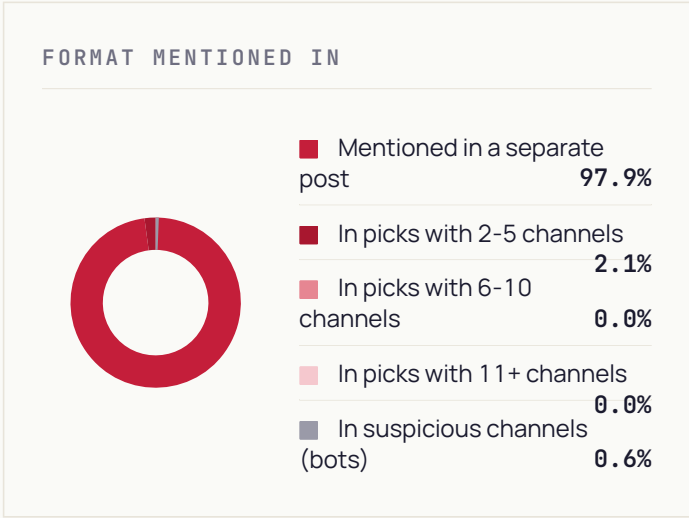
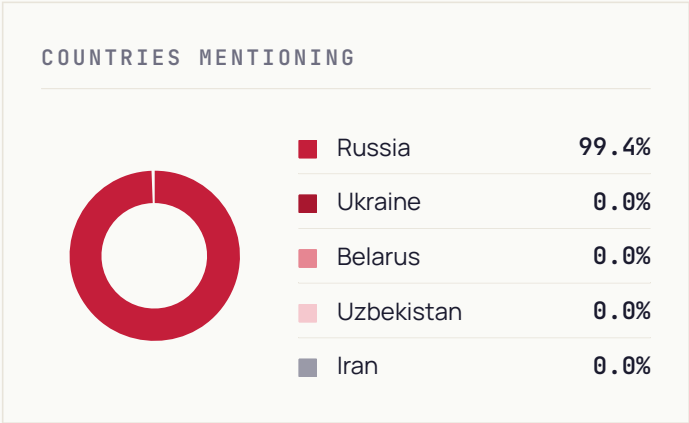
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

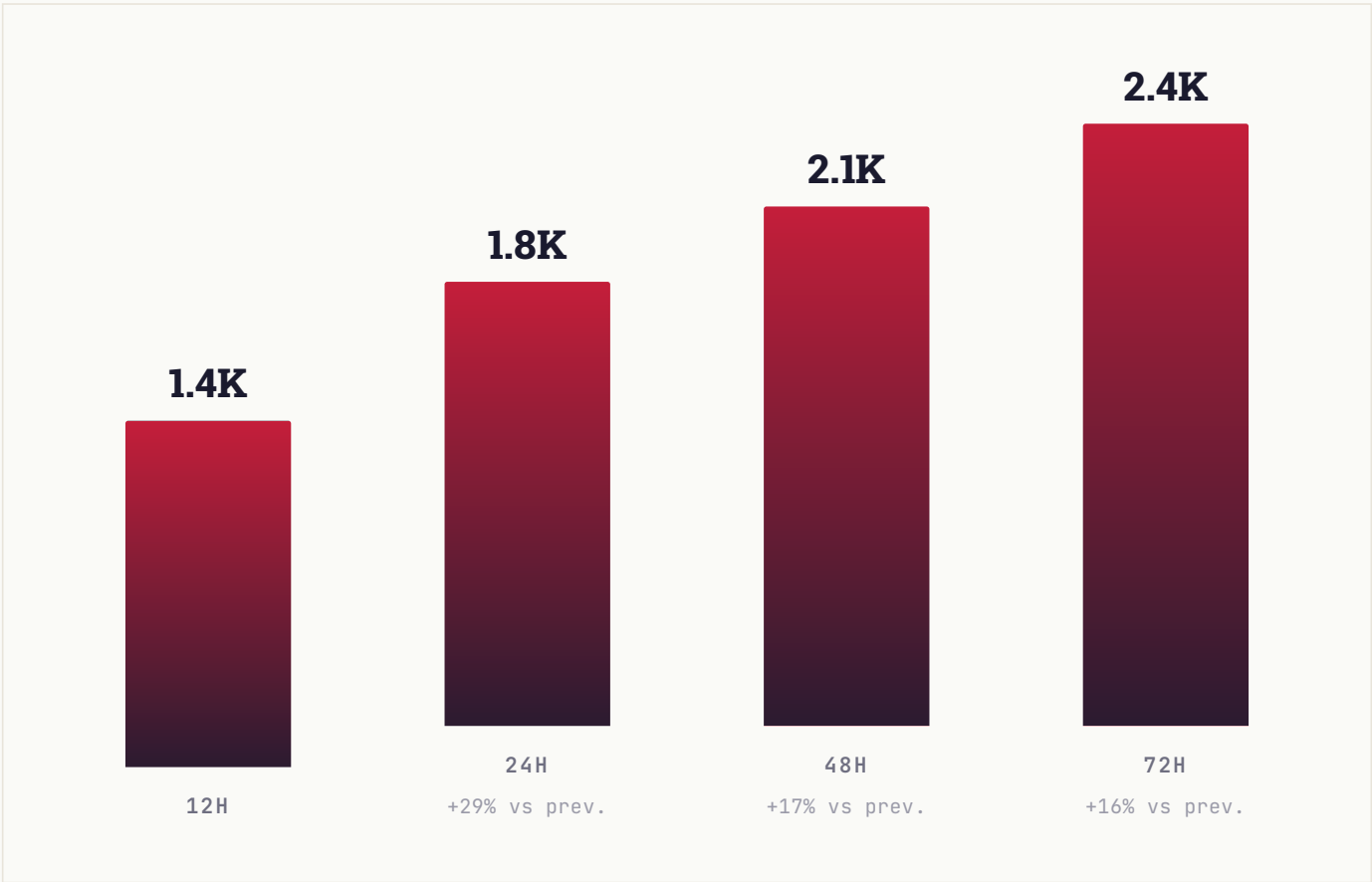
Citation index **1 003** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel 'weighs' more than from a 1K one. All-time channel mentions: **849** different channels.



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 is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
KZ 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
VN Eternity in Tibet	495.4K
NT Our Body	482.5K
AU Ales Ulischenko Osteopath, PhD Author of faceplastics	478.7K
BZ Stay healthy	448.8K
MH My Health YOU	83.8K

COMPARATIVE INSIGHT

Channel not yet outside niche top 96 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M), top-96 median: 163.3K. First goal — enter top-96 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **805**, they brought **6 786** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	193	76	0	
Nov 2025	86	72	0	
Oct 2025	131	69	1 314	
Sep 2025	145	68	2 169	
August 2025	123	60	1 543	
July 2025	127	76	1 760	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
805	6	6 786

SECTION 08 · NICHE COMPARISON

Where 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 to p90). Black vertical — median. Red dot — your channel.



— SECTION 09 · STRATEGY

What to do right now

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

01

Top post of the week — Sunday

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

EFFECT

**Best window
for key posts**

02

ER below niche benchmark — rethink formats

Current ER 3.49% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+3.5pp 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 usually boost ER by +5-15%.
One weekly poll on a hot topic — easy win.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Swap posts with same-niche channels once a quarter.
No need daily — 2-3 collabs bring relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is 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
