

PUBLIC REPORT BY PROMTPRESS

Channel audit

Health Secrets



@zdorovex

Best health tips for you! Ad: @irina_froLovaa Admin not responsible for ads. Stay alert! Manager: @Spiral_Miya, @KrisPROTG, @Richrussianniks

SUBSCRIBERS

177 579

+770 per month

ERR (% SEE POSTS)

8.0%

daily 4.3%

REACH/POST

13.3K

ad reach 7.7K/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 177 579 —	 SUBSCRIBER REACH 7.51% avg % subs see post	 VIEWS/POST 13.3K median 13.6K · 29 days	 POSTS/WEEK 26.1 for period
 7D TREND -6.6% vs previous week	 REACTIONS/POST 117.7 total 12,952 reactions, 31,787 reposts, 0 comments	 POST LENGTH 527 chars median 541 · 29 days	 POSTS ANALYZED 110 29 days
 AD REACH 7.7K 24h avg	 CHURN / MONTH +770 last month	 CITATION RATE 1 611 citation index · 1,031 channels mentioned all time	 CHANNEL AGE 5 years 8 months created 06.10.2020

AI EDITOR SUMMARY

Channel «Secrets of Health» – 177 579 subs. Each post averages 13.3K people (8% from subs), reach is low – need to expand audience. Publishes 26 posts per week (~4/day) – active posting. Week Jun 15–21 reach dropped -6.6% to week Jun 8–14 – worth analyzing reasons.

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 110 posts in 29 days.
- 02 Dominant format — Photo (107/110 posts).
- 03 Avg post length — 527 chars (median 541).
- 04 Audience Peak Activity — Wed, 16:00 MSK.
- 05 Top posts get 2x more views than the weakest (19.7K avg top vs 10.5K worst) — among 110 posts in 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 03.06 · 11:06 PHOTO Our grandmothers never went to the pharmacy. Chamomile, plantain, wormwood, linden, St. John's wort — that was their pharmacy. And they were healthier than us. We lost...	VIEWS 19 770 REP. 282	REACTIONS 130 ER 11.1%
Nº2 03.06 · 13:00 PHOTO EVERY WOMAN MUST KNOW THIS! Look well-groomed: 12 golden rules from luxurious women. Every woman should know...	VIEWS 19 642 REP. 288	REACTIONS 114 ER 11.1%
Nº3 04.06 · 08:40 PHOTO What your organs see Health Secrets	VIEWS 19 625 REP. 696	REACTIONS 137 ER 11.1%

Nº4 04.06 · 04:23 PHOTO Men's Health Products! Need to send to hubby 😊 Health Secrets	VIEWS 19 566 REP. 597	REACTIONS 102 ER 11.0%
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Nº5 06.06 · 04:23 PHOTO Save a selection of healthy date snacks Sometimes your body craves not another chocolate bar, but a combination of foods that gives...	VIEWS 18 573 REP. 455	REACTIONS 119 ER 10.5%
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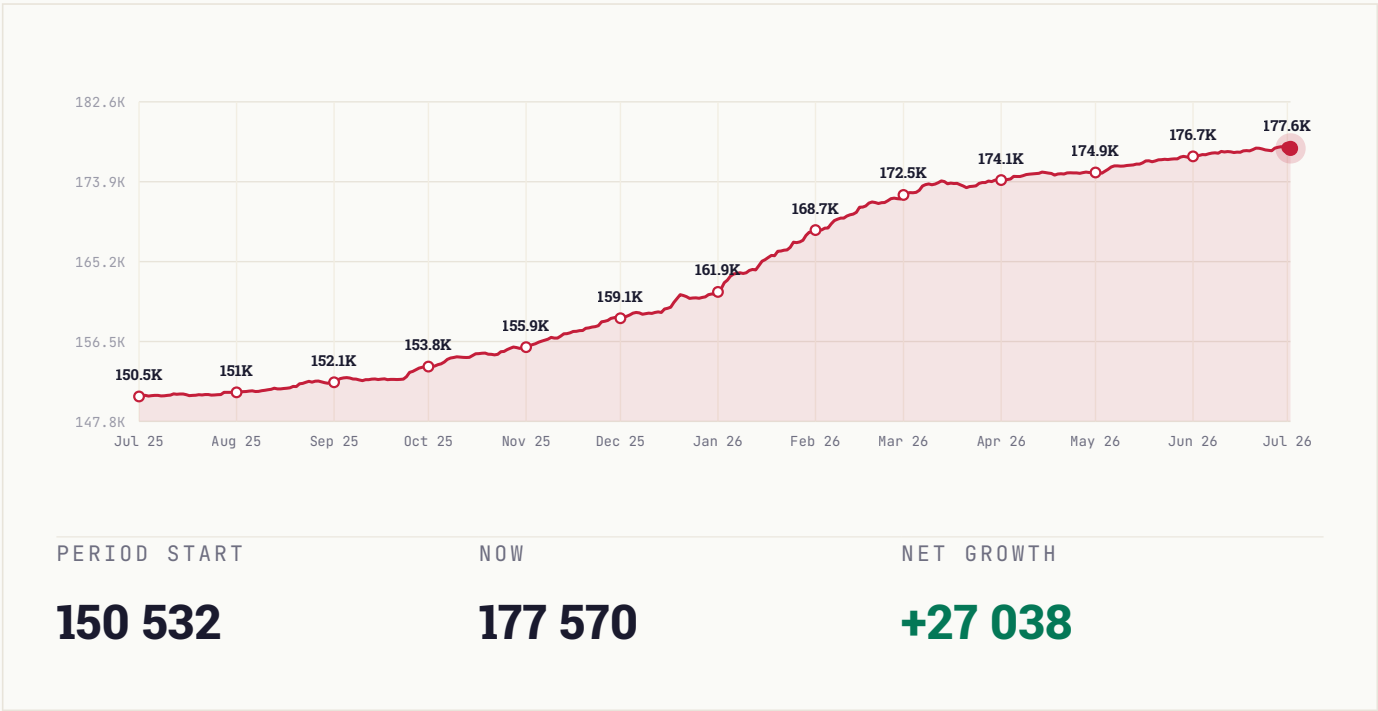
WORST 3

↓ 26.06 · 11:59 PHOTO Hawthorn herbal tea! 🌟 How to make 1 tbsp hawthorn flowers pour boiling water (1.5 cups), steep covered...	VIEWS 10 561 REP. 141	REACTIONS 67 ER 5.9%
↓ 29.06 · 15:59 PHOTO Products that help thin the blood 🌟✅ Tomatoes prevent blood clots in the cardiovascular system. It turns out that tomatoes...	VIEWS 10 534 REP. 241	REACTIONS 92 ER 5.9%
↓ 29.06 · 18:10 PHOTO All harmful substances will be removed by rice! 🌟 Take regular rice, as many tablespoons as your age. Rinse, put in a jar, pour warm...	VIEWS 10 320 REP. 213	REACTIONS 88 ER 5.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

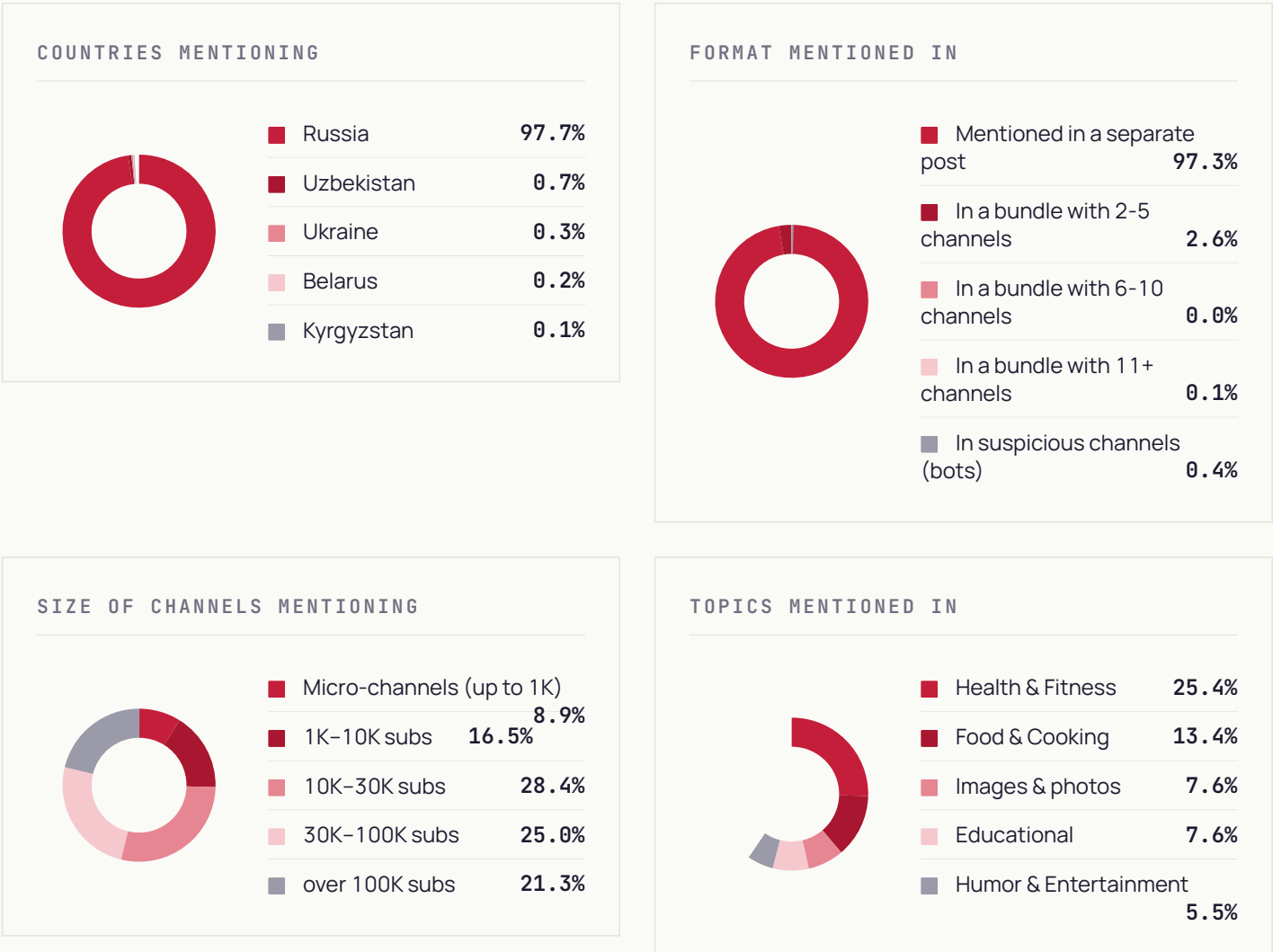
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who Mentions the Channel & How

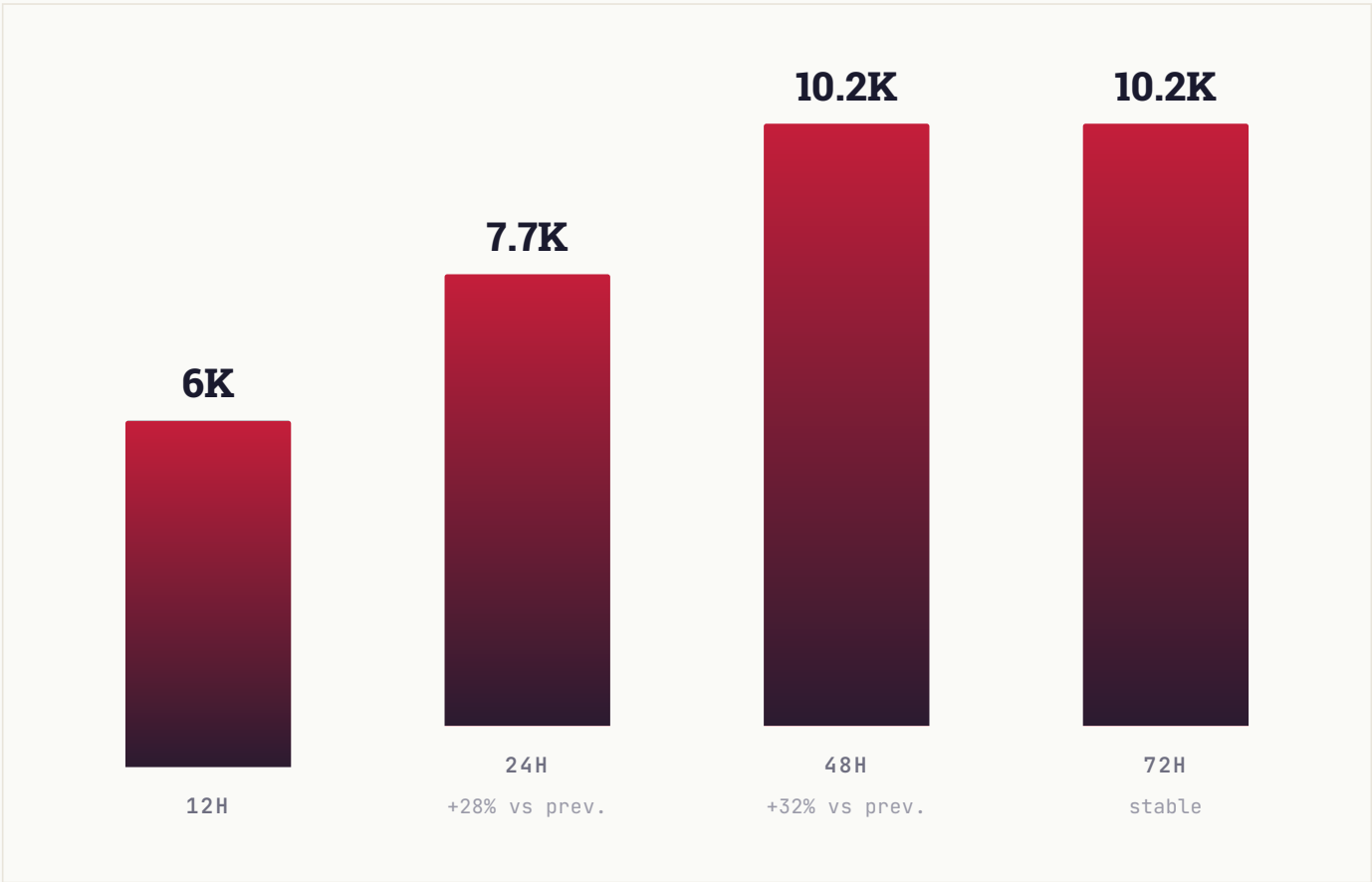
Citation index **1 611** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from 1K subs. All-time channel was mentioned **1 031** different channels.



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

CHANNEL	SUBSCRIBERS
KZ Test Purchase	770.1K
BI Biohackers	583.9K
BI Biohacking	534.2K
SL Sport Life	525.7K
VN Eternity in Tibet	494.9K
NT Our Body	482.1K
AU Ales Ulischenko Osteopath, PhD Author of face plastic	478.4K
BZ Be healthy	448.6K
ZE Healthy food	418.1K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
NW Health Secrets YOU	177.6K

COMPARATIVE INSIGHT

Channel in top half of niche (#39 of 97). Niche leader — Test Purchase (770.1K), median subs 152.2K. Aim for top quartile — realistic 6-12 month horizon.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

We record posts in other channels that mention yours monthly. Over the last **6 months** such mentions were **582**, they brought **20 070** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	229	122	6 991	
December 2025	61	60	3 390	
November 2025	98	98	3 420	
October 2025	67	49	2 527	
September 2025	59	54	2 179	
August 2025	68	53	1 563	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
582	6	20 070

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

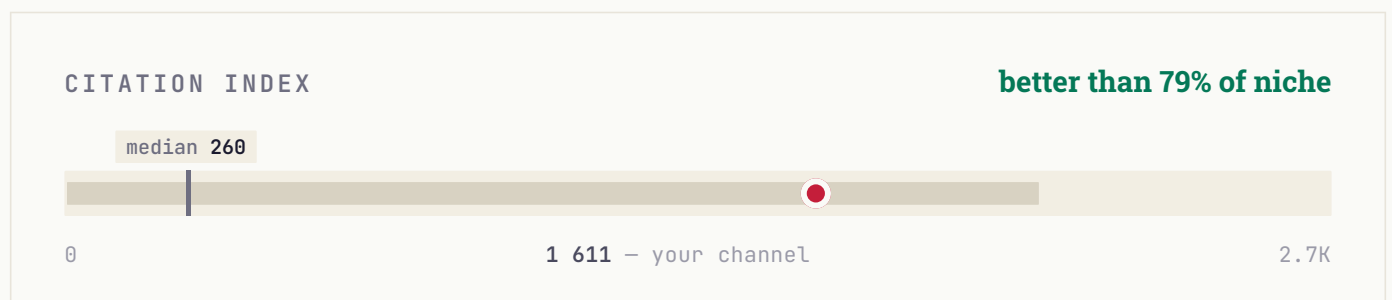
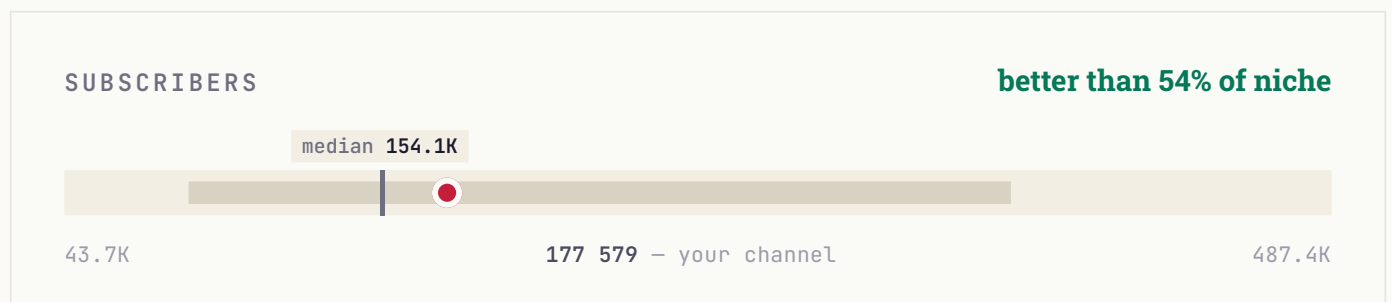
Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band = range of 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.

#39

/100

RANK IN NICHE

Channel in the top half of the ranking



— 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

Top post of the week — on Wednesday

Audience is most active on this day at 16:00 MSK.

EFFECT

**Best Time for
Important Post**

02

Increase share of video posts

Video in Telegram holds audience longer and is favored by the algorithm. Aim for 15-25%.

EFFECT

**Video retains
audience
better**

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

**+1000-3000
subs**

04

Test polls and interactive formats

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

EFFECT

+5-15% ER

05

Cross-promo with Neighbor Channels

Exchange posts quarterly with same-segment channels. Not daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
Relevant
Audience**

★ WHAT'S NEXT

Want us to do it PromptPress?

This audit is what we can do in minutes using public data. Want to go further? Run ads with 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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