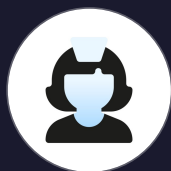


PUBLIC PROMTPRESS REPORT

Channel audit

Health, Beauty



@zdorovye5krasota

Everything you need to know about women's health. For all questions: @rebarekpetr RKN: vk.cc/clwBgM

SUBSCRIBERS

13 471

-124 per month

ERR (% SEE POSTS)

2.0%

in 24 hrs **0.7%**

REACH/POST

148

ad reach **91**/24h

— CONTENTS · 2026

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Rank in «Medicine» category

09 Strategy

5 priority actions

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 13 471 —	SUBSCRIBER REACH 1.1% avg % subs see post	VIEWS/POST 148 median 158 · 29 days	POSTS/WEEK 30.3 over period
7D TREND -13.0% vs previous week	REACTIONS/POST 0.3 only 37 reactions, 300 reposts, 0 comments	POST LENGTH 326 chars median 74 · 29 days	POSTS ANALYZED 128 29 days
AD REACH 91 24h avg	CHURN / MONTH -124 last month	CITATION RATE 203 citation index · 214 channels mentioned all time	CHANNEL AGE 5 years 8 months created 14.11.2020

AI EDITOR SUMMARY

Channel «Health, Beauty» – 13 471 subs. Each post averages 148 people (1% from subs), reach is low – consider expanding audience. Publishes 30 posts per week (~4/day) – active posting. For week Jul 6–12 reach dropped -13.0% by week Jun 29 – Jul 5 – worth analyzing why.

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 **128** posts over 29 days.
- 02 Dominant format — **Photo** (61/128 posts).
- 03 Avg post length — **326** chars (median 74).
- 04 Peak audience activity — **Monday**, 20:00 MSK.
- 05 Strongest posts get **2×** more views than the weakest (204 avg for top vs 113 for worst) — among 128 posts over 29 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 20.06 · 12:16 PHOTO How Omega-3 deficiency manifests 📌 Dry and irritated skin, rash, acne. Omega-3 PUFAs support cell membrane health and help...	VIEWS 206 REPOSTS 4	REACTIONS — ER 1.5%
Nº2 30.06 · 17:15 PHOTO 🌿 Cleanse Joints of Salt Deposits It's believed that over time, unwanted substances can accumulate in joints, causing...	VIEWS 204 REPOSTS 6	REACTIONS — ER 1.5%
Nº3 30.06 · 12:16 PHOTO ⚡ Top Reasons for Irritability 1Lack of sun — less UV = fewer 'happiness hormones' (serotonin & melatonin). 2..	VIEWS 203 REPOSTS 3	REACTIONS — ER 1.5%

Nº4 23.06 · 09:16 VIDEO WE'RE IN MAH  subscribe	VIEWS 199 REPOSTS 4	REACTIONS — ER 1.5%
Nº5 27.06 · 12:16 VIDEO WE'RE IN MAH  subscribe	VIEWS 197 REPOSTS 3	REACTIONS — ER 1.5%

|

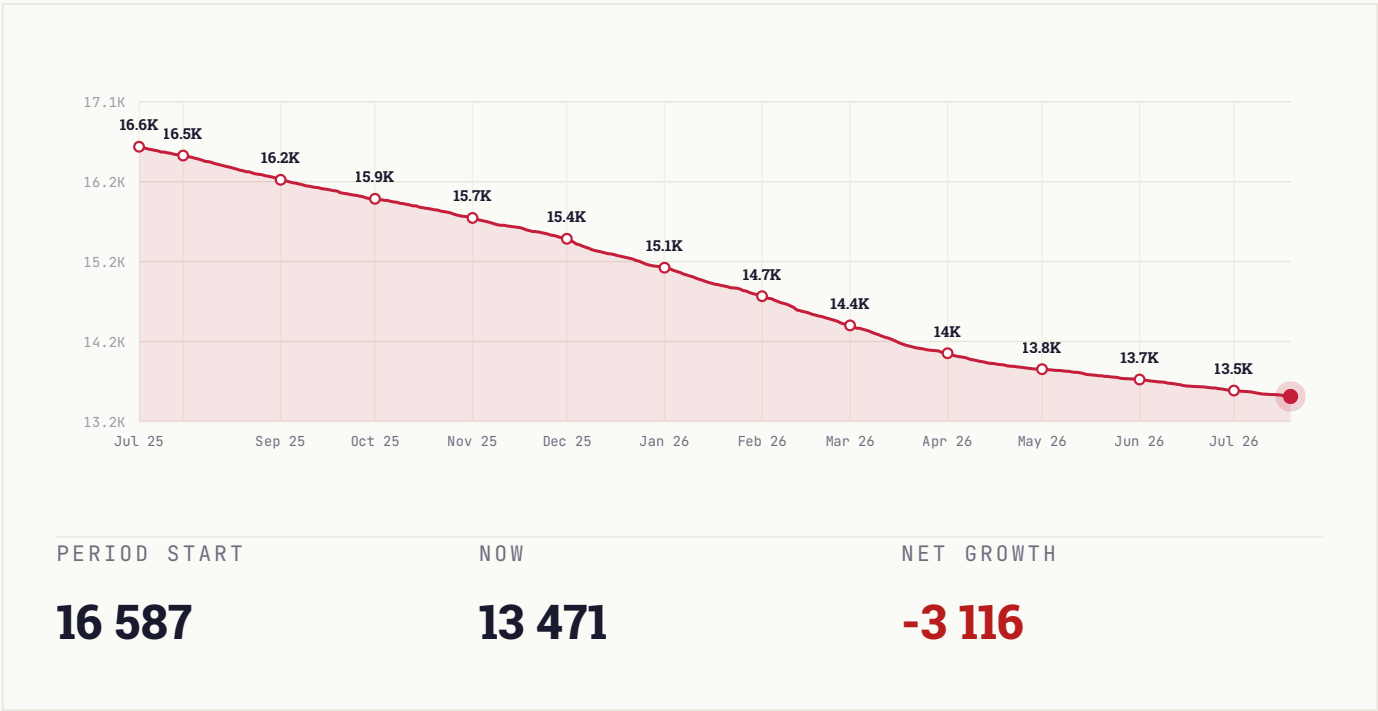
WORST 3

↓ 15.07 · 17:15 VIDEO Interesting finds WE'RE IN MAH  subscribe	VIEWS 120 REPOSTS 2	REACTIONS — ER 0.9%
↓ 16.07 · 04:20 VIDEO  Every organ has its favorite drinks! *  Milk → Teeth: rich in calcium and phosphorus, which help keep teeth strong. *...	VIEWS 119 REPOSTS 2	REACTIONS — ER 0.9%
↓ 16.07 · 09:15 VIDEO WE'RE IN MAH  subscribe	VIEWS 100 REPOSTS 1	REACTIONS — ER 0.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

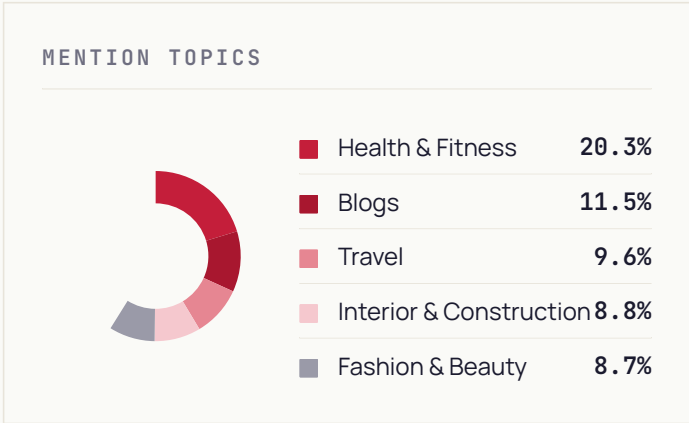
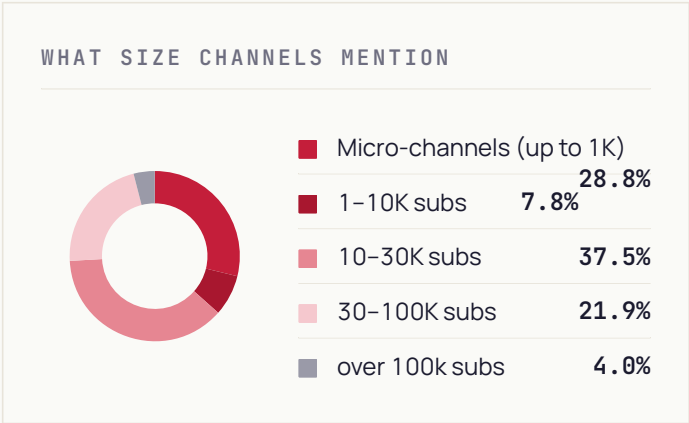
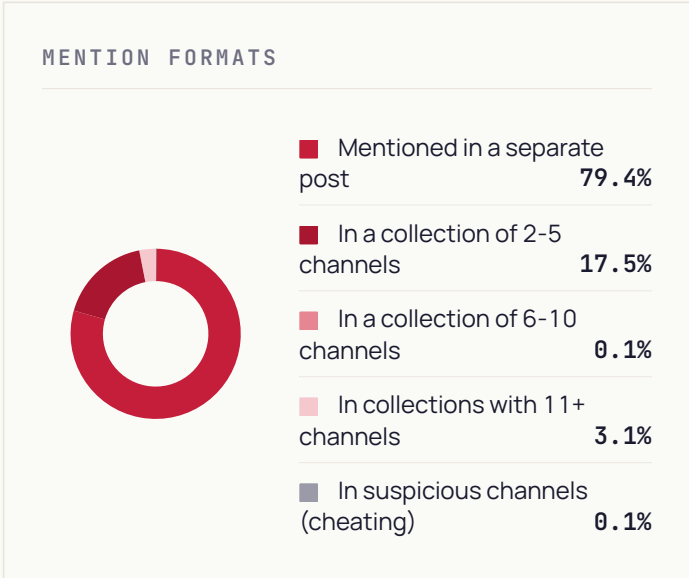
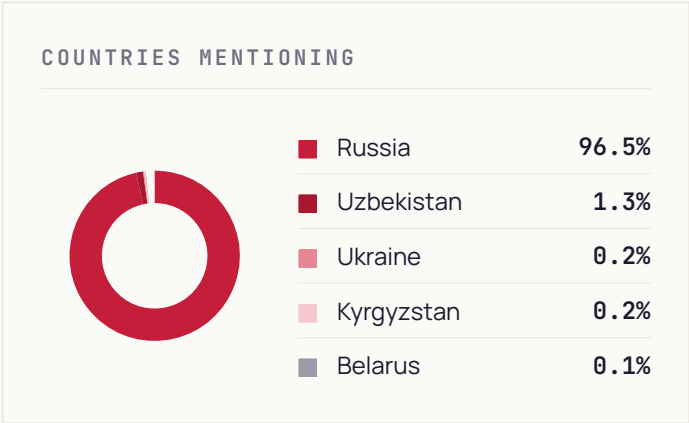
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and lost subscribers.



SECTION 04 · MENTIONS

Who and how mentions the channel

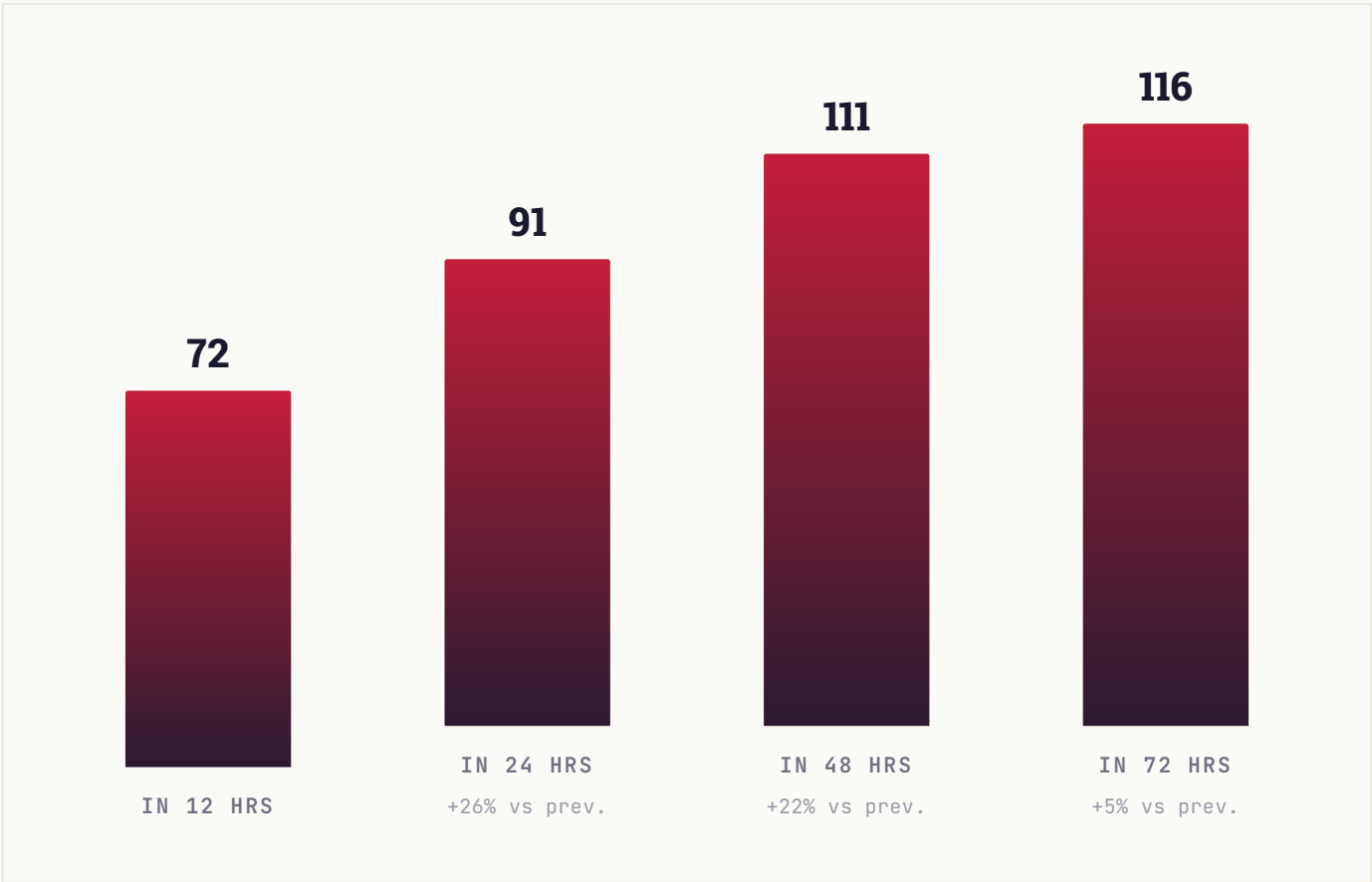
Citation index **203** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **214** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the Morgue	354.1K
تا تعليم اللغة الإنجليزية 	328.2K
ا الجراحة  Surgery  - Crypto currency	318.4K
EM Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
ش  Folk Medicine 	235.1K
Health HealthControl	222.2K
Beauty Health, Beauty YOU	13.5K

COMPARATIVE INSIGHT

Channel not yet outside niche top 97 — early growth stage. Niche leader — Dr Tel (755.5K), median top-97: 103.2K. First goal: enter top-97 through systematic traffic & content work.

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 were **0**, they brought **1** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	0	0	0
December 2025	0	0	0
Nov 2025	0	0	1
Oct 2025	0	0	0
Sep 2025	0	0	0
August 2025	0	0	0
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS	
0	6	1	

Where the channel stands in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart has a light beige background bar representing the range of values in the niche, a darker beige bar representing the range of values for the top 100 channels, and a vertical line indicating the median value. A red dot marks the channel's performance, and a green dot marks the median.

SUBSCRIBERS

87% below median

median 105.1K

36.2K 13 471 — your channel 284.7K

AVG REACH / POST

98% below median

median 8.4K

58 148 — your channel 34.5K

CITATION INDEX

better than 53% of niche

median 61

0 203 — your channel 2K

Metric	Channel Value	Niche Median	Comparison
Subscribers	13,471	105.1K	87% below median
Avg Reach / Post	148	8.4K	98% below median
Citation Index	203	61	better than 53% of niche

— SECTION 09 · STRATEGY

What to do right now

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

- 01

Main post of the week — on Monday

On this day at 20:00 MSK audience is most active.

EFFECT

Best window for an important post
- 02

ER below niche benchmark — rethink formats

Current ER 1.1% vs norm 5.5%. Try polls and interactive formats.

EFFECT

+4.4pp ER
- 03

System traffic buy

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 weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER
- 05

Cross-promo with neighboring channels

Swap posts with same-segment channels once a quarter. 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 minutes using public data. Want to go further? Run ads through us and hit your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
