

M C P   S E R V E R

N O   C O D E

C L O U D   H O S T E D

# Digital Wellness Score MCP

Turn your screen time data into actionable health insights.

Digital Wellness Score MCP converts your raw device activity into clear metrics. It helps you spot compulsive usage patterns, see where your time actually goes, and get specific advice to fix your digital habits. You can connect this to your AI client to get a real-time look at your digital health.

**A+** Quality Score 100/100

wellness

screen-time

digital-health

addiction-risk

productivity



# The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

# Your AI Connections Run Through Vinkius Cloud

The world's largest  
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

*The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*

— Architecture principle

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## Four Pillars of the Vinkius Runtime

### 01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

### 03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

### 02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

### 04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

**AES-256**

Encryption at rest

**Ed25519**

PKI vault signatures

**24h TTL**

Ephemeral session keys

**V8 Isolate**

Sandboxed execution

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## One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

**MCP ENDPOINT**`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

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## Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

**01 — Ed25519 PKI Vault**

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

**02 — V8 Isolate Sandboxing**

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

**03 — SSRF Guard**

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

**05 — Cryptographic Audit Trail**

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

**04 — DLP & PII Redaction**

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

**06 — Honeypot Trap System**

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

## Emergency Kill Switch

EU AI Act Art. 14(1)  
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

**01 — Server deactivated**

The MCP server is immediately taken offline across the entire cluster.

**02 — All tokens revoked**

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

**03 — WebSocket connections killed**

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

## Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

**Control Plane**

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

**FinOps**

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

**Firewall & DLP**

PII redaction activity, sensitive data protection counters, and security event timeline.

**Agent Activity**

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

**Tool Health**

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

**Incident Log**

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at [cloud.vinkius.com](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Digital Wellness Score MCP

4 tools available

Cloud-hosted on Vinkius

You spend hours every day looking at screens, but you probably don't know how that's actually affecting your focus or mental health. This MCP changes that by turning raw usage logs into a clear picture of your digital habits. Instead of guessing how much time you waste on social media or how often you pick up your phone, you can ask your AI agent to run the numbers for you.

It looks at everything from total screen time to specific usage categories and even checks for signs of compulsive behavior. You can use it to get a high-level health score or dive deep into specific categories to see where you're losing time. If you feel like your phone usage is getting out of hand, the MCP can evaluate your addiction risk and give you practical, personalized tips to pull back. It's a way to make your digital life more intentional without having to manually track every minute of your day.

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## Core Capabilities

### 01 — Usage Pattern Analysis

Your agent uses this to identify trends in how you interact with your devices.

### 02 — Risk Assessment

Your agent runs this to check for signs of compulsive or addictive digital behavior.

### 03 — Time Distribution Mapping

Your agent uses this to categorize your screen time into specific activity groups.

### 04 — Behavioral Coaching

Your agent provides this when you ask for ways to improve your digital habits.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/en/ai-agent-connect/digital-wellness-score](https://vinkius.com/en/ai-agent-connect/digital-wellness-score) — connect your AI agent in three steps.

- 01
- Connect the Digital Wellness Score MCP to your AI client via Vinkius.
- 02
- Provide your raw screen time and usage data to your agent.
- 03
- Ask your agent to analyze the data using the available tools.
- 04
- Review the wellness scores, risk assessments, or recommendations provided by your agent.

Getting your digital health insights is a straightforward process through your AI client.

## Built For

This is for anyone looking to regain control over their digital life and understand their relationship with technology.

### Productivity Enthusiasts

People who want to minimize distractions and maximize deep work time.

### Digital Wellness Advocates

Users focused on reducing screen time to improve mental well-being.

### Data-Driven Individuals

People who want to turn their raw device logs into meaningful health metrics.

## What Changes When You Connect

- 01
- Identifies compulsive usage patterns through risk assessment.
- 02
- Categorizes screen time to show where you spend your energy.
- 03
- Provides specific, actionable advice to improve digital habits.

- 04** Converts raw activity logs into a single, easy-to-understand wellness score.
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## Real-World Applications

### Reducing Distractions

Use the category breakdown to see if social media is eating into your productive hours.

### Monitoring Addiction Risk

Check your risk level if you feel like you're picking up your phone too frequently.

### Improving Sleep Hygiene

Analyze bedtime usage to see how late-night scrolling affects your health score.

### Setting Digital Goals

Use personalized recommendations to create a plan for healthier device usage.

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## 4 Tools Available

| #  | TOOL                             | DESCRIPTION                                                                                                                                         |
|----|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 01 | assess_addiction_risk            | This tool evaluates how likely you are to be using your device compulsively. It looks for patterns that suggest a loss of control over screen time. |
| 02 | get_category_breakdown           | This tool provides a detailed look at your time distribution. It shows exactly how much time you spend in different digital activity categories.    |
| 03 | get_overall_wellness             | This tool gives you a high-level summary of your current digital health. It provides a single score to represent your overall status.               |
| 04 | get_personalized_recommendations | This tool generates specific advice based on your actual behavior. It gives you practical tips to improve your digital habits.                      |

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## See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

**U** What is my current digital health status based on 300 minutes of screen time, 50 pickups, and 20 minutes of bedtime use?



Your current health status is Healthy, with an overall wellness score of 75/100.

**U** Show me the breakdown of my screen time usage.



You spent 60% of your time in Productive categories and 40% in Leisure categories.

**U** Am I at risk of digital addiction?



Your addiction risk level is Low, as your pickups are well-distributed throughout the day.

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## Frequently Asked Questions

### 01 How does the MCP calculate my wellness score?

The MCP analyzes your screen time, pickup frequency, and usage patterns to generate a high-level health summary.

### 02 Which AI clients can I use with this MCP?

You can use this MCP with any compatible client, including Claude, Cursor, Windsurf, and VS Code.

### 03 Can this MCP help me reduce phone addiction?

Yes, it uses the `assess_addiction_risk` tool to evaluate compulsive usage and provides personalized recommendations to help you improve.

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**04 Do I need to manually enter my screen time?**

The MCP is designed to process your screen activity data to provide accurate metrics and insights.

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**05 Is this MCP hosted by Vinkius?**

Yes, Vinkius hosts and manages the MCP, so it is ready to use immediately after you connect your client.

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# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://cloud.vinkius.com), then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

| CLIENT                                                                                              | WHERE TO CONFIGURE                                                                                       |
|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  <b>Claude AI</b>  | Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint                           |
|  <b>Cursor</b>     | Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint                  |
|  <b>VS Code</b>  | Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"digital-wellness-score": {<br/>  "url": "..." }</code> |
|  <b>Windsurf</b> | MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL                                         |
|  <b>ChatGPT</b>  | Settings → Tools & plugins → Add MCP server → Paste endpoint                                             |
|  <b>Gemini</b>   | Extensions → Add MCP Server → Paste endpoint URL                                                         |

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

# Digital Wellness Score is live on Vinkius Cloud.

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Get your connection token, paste it into your AI agent, and  
start building. No SDK. No deployment. Just results.

**Start at [cloud.vinkius.com](https://cloud.vinkius.com) →**

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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DOCUMENT INFORMATION

|            |                                                   |
|------------|---------------------------------------------------|
| Generated  | September 2026                                    |
| MCP Server | Digital Wellness Score MCP                        |
| Server ID  | 01a0b5b5-dcd7-731b-af40-59d15fbbfe3d              |
| Platform   | Vinkius Cloud for AI Agents                       |
| Endpoint   | <code>https://edge.vinkius.com/{token}/mcp</code> |

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