

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

Eye Strain Index MCP

Track and reduce digital eye fatigue in real time.

Eye Strain Index MCP gives your AI client the ability to monitor your ocular health. It calculates fatigue risk based on your screen time, lighting, and distance, then provides actionable advice to prevent strain. You can use it to track your adherence to eye health rules and get custom rest schedules to keep your eyes healthy during long work sessions.

A+ Quality Score 100/100

eye-health

ergonomics

screen-time

wellness

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

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

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

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 — connect your AI agent in under 60 seconds.

Eye Strain Index MCP

4 tools available

Cloud-hosted on Vinkius

If you spend your entire day staring at a monitor, you know how much your eyes can ache by the afternoon. This MCP helps you manage that fatigue by giving your AI client the data it needs to assess your ocular health. You can check your current risk level by providing details about your workspace, such as how far you sit from the screen or the brightness of your room. Instead of guessing when you need a break, your agent can calculate a personalized rest schedule for you. It also tracks how well you follow the 20-20-20 rule, so you can stay on top of your eye health habits. If your environment is causing issues, the MCP provides specific ergonomic adjustments to help lower the load on your eyes. It turns your AI client into a proactive wellness monitor that helps you work longer without the typical end-of-day eye strain.

Core Capabilities

01 — Risk Assessment

Your agent calculates your current eye fatigue level based on your environment.

02 — Habit Tracking

The MCP monitors how well you stick to eye health protocols like the 20-20-20 rule.

03 — Custom Scheduling

Your AI client generates specific break times based on your personal strain data.

04 — Workspace Optimization

The tool suggests physical changes to your desk setup to reduce eye load.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/eye-strain-index — connect your AI agent in three steps.

- 01 Connect the Eye Strain Index MCP to your preferred AI client via Vinkius.
- 02 Provide your current work stats like screen distance and lighting to your agent.
- 03 The agent uses the MCP tools to calculate your strain and compliance.
- 04 Receive personalized break schedules or ergonomic tips directly in your chat.

Connecting this MCP to your AI client allows you to turn environmental data into health insights.

Built For

This MCP is built for anyone spending significant hours in front of digital displays. It helps professionals maintain focus by managing physical fatigue.

Software Developers

They hand off screen time and distance data to the AI to manage long coding sessions.

Digital Artists

They use the tool to monitor ocular load during high-precision visual work.

Data Analysts

They track compliance with eye health rules during intense periods of data review.

What Changes When You Connect

- 01 Reduces eye fatigue through data driven rest schedules.
- 02 Monitors adherence to the 20-20-20 eye health rule.
- 03 Provides specific ergonomic fixes for your workspace.
- 04 Calculates real time risk levels based on your environment.

Real-World Applications

Managing Long Coding Sessions

An engineer provides their screen distance and time worked to get a custom break schedule.

Tracking Eye Health Habits

A user checks their compliance score to see if they are actually taking enough breaks.

Optimizing Home Offices

A remote worker uses ergonomic advice to adjust lighting and screen distance.

Immediate Risk Detection

A designer gets a high risk warning when their environment causes sudden eye strain.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_break_recommendation	This tool generates a custom rest schedule tailored to your current fatigue levels. It tells you exactly when to step away from the screen to recover.
02	get_compliance_score	This tool measures how consistently you follow the 20-20-20 rule. It gives you a score to track your eye health habits over time.
03	get_ergonomic_advice	This tool provides specific environmental changes to help you. It suggests adjustments to your workspace to lower ocular load.
04	get_strain_assessment	This tool calculates your immediate eye strain risk. It uses your current screen time, distance, and lighting to determine your fatigue level.

See It in Action

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

U I've been working for 4 hours, I've taken 2 breaks, I'm 50cm from the screen, the light is 300 lux, and blue light is 0.5. How is my eye strain?



Your Eye Strain Index is 65, which falls into the High risk category. You should take a break immediately.

U I've been on screen for 60 minutes and I've followed the 20-20-20 rule 3 times. What is my compliance?



Your compliance score is 100%, which means you are fully compliant with the 20-20-20 rule.

U My eye strain index is 40 and I've been working for 3 hours. What should my break schedule look like?



You should take a break every 30 minutes for a duration of 120 seconds. Your next break is scheduled shortly.

Frequently Asked Questions

01 How do I use this MCP with Claude or Cursor?

You connect to the MCP through the Vinkius platform. Once connected, your AI client can automatically call the tools when you provide your workspace details.

02 What data do I need to provide for a strain assessment?

To get an accurate score, you should tell your agent your current screen time, how far you are from the screen, the lighting levels, and blue light exposure.

03 What is the 20-20-20 rule?

It is a standard eye health practice where you look at something 20 feet away for 20 seconds every 20 minutes. This MCP helps you track how well you follow it.

04 Can this MCP suggest physical changes to my desk?

Yes, the `get_ergonomic_advice` tool provides specific environmental adjustments to help reduce the load on your eyes.

05 Does this MCP require any setup?

No, Vinkius hosts and manages the MCP. You just connect your client and start using the tools immediately.

Go Live in 60 Seconds

Get your connection token from 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
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"eye-strain-index": { "url": "..."} </code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	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

Eye Strain Index is live on Vinkius Cloud.

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

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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