MCP SERVER | NO CODE | CLOUD HOSTED

Withings MCP

Analyze your body's numbers, instantly.

Withings MCP connects your AI agent directly to health and fitness data from Withings devices, including smart scales, watches, and medical monitors. Pull detailed records on weight trends, body fat percentage, blood pressure (systolic/diastolic), heart rate variability, sleep cycles, and workout logs. You can also set up instant webhooks for alerts when new readings are recorded.

A+ Quality Score 100/100

connected-health | biometric-tracking | sleep-analytics | cardiovascular-health | health-data | wearable-integration

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vinkius.com/mcp/withings

SCAN TO VIEW

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.

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.

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.

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	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	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.

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.

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.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken 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.

Agent Activity

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

FinOps

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

Tool Health

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

Firewall & DLP

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

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.

Withings MCP

10 tools available
Cloud-hosted on Vinkius

Need to understand what your biometric data actually means? This MCP lets you connect your AI client to Withings hardware, giving you deep insights into your health journey. Instead of manually logging numbers from multiple sources, your agent pulls everything together—sleep scores, daily steps, and blood pressure readings—and presents clear trends over time. You can ask complex questions like, 'How did my sleep quality change when I started cycling?' The system handles the data retrieval, letting you focus on what to do next. Because this MCP is hosted on Vinkius, you connect once from any compatible client and get access to all your health tracking tools in one place.

Core Capabilities

01 — Analyze Vital Sign Trends

Check how metrics like weight, blood pressure, or body fat change over weeks or months.

02 — Assess Sleep Quality

Get a breakdown of your sleep stages (deep, light, REM) and overall daily sleep scores.

03 — Track Activity Metrics

Analyze cumulative step counts, active calories burned, and high-frequency movement patterns throughout the day.

04 — Review Exercise Logs

Pull comprehensive details on specific recorded workouts, including distance, duration, and calorie expenditure for running or swimming sessions.

05 — Set Up Instant Alerts

Configure the system to send immediate notifications whenever a new measurement (like a morning weigh-in) is completed.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/withings** — connect your AI agent in three steps.

01 Subscribe to this MCP on Vinkius.

02 Go to the Withings Developer Portal and generate an OAuth Access Token for your application.

03 Use your AI client to query specific data points, like querying weight trends or sleep details.

The bottom line is, you give your agent permission via a token, and it starts pulling raw health numbers directly from Withings into conversation.

Built For

This connector is for anyone who treats their body like a data set. Think personal trainers needing client compliance reports or researchers tracking long-term physiological changes. It solves the problem of having to download and manually correlate dozens of CSV files.

Personal Trainer

Reviews a client's weekly activity data, checking for consistency in both steps and workout completion rates.

Health Researcher

Analyzes physiological trends across a cohort of participants to identify correlations between sleep deprivation and blood pressure changes.

Quantified Self Enthusiast

Asks the agent, 'Did my high-intensity workout yesterday affect my deep sleep last night?' to find immediate feedback loops in personal health data.

What Changes When You Connect

01 Correlate different metrics easily. Instead of checking a spreadsheet to see if weight changes match sleep quality dips, you can ask the agent directly for the relationship between `get_measurements` and `get_sleep_details`.

02 Avoid missing data points. By setting up webhooks using `subscribe_notifications`, you get instant alerts when critical readings occur—like a high blood pressure spike or a morning weigh-in.

03 Analyze movement patterns beyond just steps. The `get_intraday_activity` tool lets you see precise, moment-by-moment activity data that simple step counts miss.

04 Get full context on your fitness routine. You can pull detailed workout logs using `get_workouts`, which gives more than just a type; it provides distance and duration for running, swimming, or cycling.

05 Keep track of everything in one place. The MCP centralizes access to weight (via `get_measurements`), activity summaries (`get_activity`), and sleep metrics, eliminating the need for multiple logins.

Real-World Applications

Investigating a Stressful Week

A user asks their agent to analyze data from the past seven days. The agent uses `get_sleep_summary` and cross-references it with heart rate measurements using `get_heart_rate`. It finds that every night they had over 6 hours of work, their sleep score dropped by an average of ten points.

Client Compliance Check

A personal trainer needs to see if a client is meeting goal parameters. The agent uses `get_user_goals` and compares that data against the activity logs retrieved using `get_workouts`, flagging any time the client missed their weekly cycling target.

Long-term Health Monitoring

A researcher tracks participants over a year. They programmatically pull weight and blood pressure readings via `get_measurements` to build statistical models, identifying subtle trends that would be impossible to spot by hand.

Pre-Workout Readiness Check

Before a big race, an athlete asks the agent for their current status. The MCP quickly checks `get_sleep_details` and compares it against recent activity levels (`get_activity`) to give them a readiness score.

Patterns to Avoid

Comparing incompatible data types

✗ AVOID

A user tries to correlate the total calories burned (a cumulative metric) with the detailed REM sleep stages (a time-based event). The result is a confusing, uninterpretable number.

✓ INSTEAD

Group your analysis. First, use `get_sleep_details` to establish baseline sleep metrics for the night. Then, separately pull daily activity totals using `get_activity`. This keeps your data correlation clean and actionable.

Relying on manual exports

✗ AVOID

Downloading a month's worth of weight logs into Excel, then manually creating pivot tables to find the average monthly trend.

✓ INSTEAD

Instead, let your agent run `get_measurements` for all necessary dates. It compiles and analyzes those trends instantly within your conversation thread.

Asking vague questions

✗ AVOID

Just asking, 'How am I doing?' The agent can't provide a useful answer without knowing which metrics to compare.

✓ INSTEAD

Be specific. Ask the agent to analyze the correlation between `get_workouts` (like running) and subsequent days of sleep quality (`get_sleep_summary`).

The Right Fit

Use this MCP if your goal is longitudinal trend analysis across disparate health metrics, or if you need real-time alerts on physiological changes. You must be tracking specific, quantified data points like blood pressure, body fat %, and sleep cycles.

Don't use it if you simply need to track a single metric (e.g., just counting steps for a week). For basic logging, an app or spreadsheet works fine. However, if your goal is complex analysis—like determining how running distance affects deep sleep quality—this MCP is essential because it provides the necessary tool access (`get_workouts` , `get_sleep_details` , `get_measurements`).

Sifting Through Health Data Is a Full-Time Job.

Think about how you currently track health. You check your watch for steps, log blood pressure on one app, and download sleep data from another. To get a full picture of wellness, you end up copy-pasting numbers into spreadsheets, spending hours just trying to align the dates and formats.

With this MCP, you stop copying and pasting. You ask your agent once, 'Give me my complete health summary for last week.' It pulls weight data via `get_measurements`, analyzes sleep details with `get_sleep_details`, and summarizes activity—all in one response.

Get a Complete View of Your Body's Metrics with Withings.

The manual steps you lose are the cross-app logins, the CSV file exports, and the hours spent cleaning data. You no longer have to decide which number belongs to which day or what metric is missing from a sheet.

This MCP makes correlation automatic. It doesn't just give you numbers; it gives you context, letting you see how changing one habit impacts your sleep score.

Withings: 10 Tools for Biometric Data Management

These tools give you direct access to every piece of data—from activity counts to detailed blood pressure readings—allowing your agent to build comprehensive health profiles.

#	TOOL	DESCRIPTION
01	`get_activity`	Pulls a daily summary of steps and total calories burned.
02	`get_heart_rate`	Retrieves specific heart rate measurements taken at certain times.
03	`get_intraday_activity`	Gathers detailed, high-frequency activity readings throughout a day.
04	`get_measurements`	Collects key physiological data points like weight, body temperature, and blood pressure for specific dates.
05	`get_sleep_details`	Provides a granular breakdown of sleep stages (deep, light, REM) over the night.
06	`get_sleep_summary`	Generates an overall summary and score for the previous night's rest.
07	`get_user_devices`	Lists all Withings hardware devices linked to your account.
08	`get_user_goals`	Retrieves the health and fitness goals you have set for yourself or a client.
09	`get_workouts`	Gets detailed records of completed exercises, including type, distance, and duration.
10	`subscribe_notifications`	Sets up automated alerts for new data entries like weigh-ins or activity spikes.

See It in Action

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

U Retrieve my weight and body fat measurements for the last 30 days.

I've retrieved your measurements. Your weight started at 82.5kg 30 days ago and is currently 81.2kg. Your body fat mass trended down from 19.4% to 18.8%.

U What was my sleep score and total sleep time last night?

Last night you slept for a total of 7 hours and 12 minutes, achieving a Sleep Score of 88 (Good). You fell asleep in just 8 minutes but woke up 3 times during the night.

U Analyze my activity levels over the weekend. Did I hit my step goals?

Looking at your activity data: On Saturday you took 12,450 steps and burned 2,400 calories (Goal met!). On Sunday, you took 6,200 steps and logged a 45-minute Cycling workout burning 450 calories, keeping your activity high despite lower steps.

Frequently Asked Questions

01 **How often can I use the Withings MCP to get_measurements?**

You can query this tool frequently. It's designed for continuous data analysis, allowing you to pull historical readings of weight and blood pressure whenever your project requires it.

02 **Does the Withings MCP help me track my body fat percentage?**

Yes, `get_measurements` handles body composition tracking. You can request history for both weight and body fat percent over a specified time range.

03 **Can I use get_workouts to compare different exercise types?**

Absolutely. This tool pulls full details on specific workouts, allowing you to compare the distance and calorie burn between cycling sessions versus running sessions in one place.

04 **What if I want notifications for when my weight changes? Does subscribe_notifications handle that?**

Yes. By using `subscribe_notifications` with the appropriate code, you can configure instant alerts to fire whenever a new weigh-in measurement is recorded on your device.

05 **Is get_sleep_summary better than get_sleep_details?**

They serve different purposes. Use `get_sleep_summary` for the quick, overall score and total time. Use `get_sleep_details` when you need to analyze the specific duration of REM versus deep sleep stages.

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 `"withings": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → 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

Withings 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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