

Spike Technologies launches Spike MCP Server: AI-Powered Personal Health Insights for Any LLM

Spike Technologies launches MCP server, enabling developers to connect any LLM directly to real-time health data for personalized AI coaching experiences.

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EINPresswire.com/ -- Imagine users asking their fitness app, "How well did I sleep last night?" and receiving detailed analysis of sleep patterns, duration, and personalized recommendations based on their actual health data.

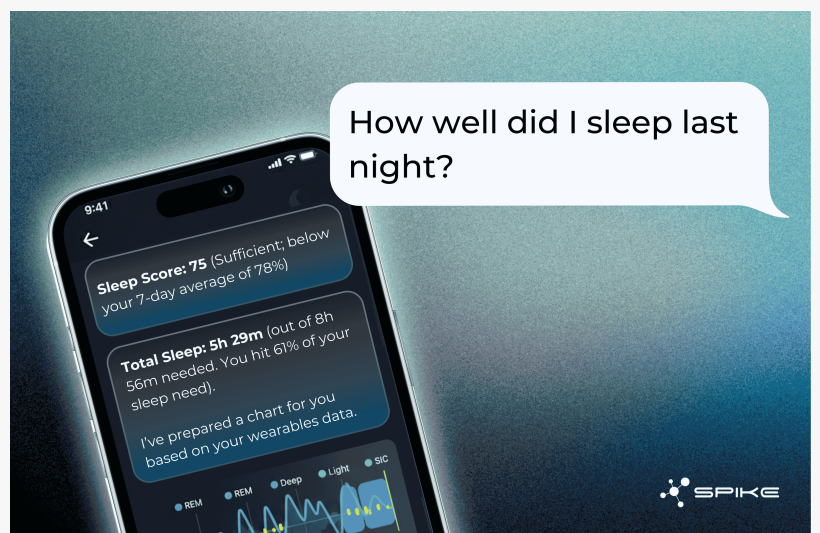
[Spike MCP Server makes this possible](#) by leveraging the Model Context

Protocol (MCP) to create live connections between health applications and AI models like Claude, OpenAI, and others.

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Health data combined with AI's analytical capabilities creates unprecedented opportunities for personalized wellness and preventive care”

*Povilas Gudzius, co-founder
and CEO of Spike Technologies*



Spike MCP server with AI Agents

Instead of basic data visualization, health apps can now become intelligent personal health coaches, fitness analysts, and wellness advisors that act on users' real-time data. By connecting Spike's comprehensive health data to AI via MCP, developers can unlock AI-powered insights that understand users' unique patterns, goals, and lifestyle.

TRANSFORMING HEALTH APPS INTO AI-POWERED WELLNESS COACHES

The Model Context Protocol is an open standard that enables health applications to securely connect to external data sources and AI tools. Unlike traditional integrations that require custom APIs and complex authentication, MCP creates a standardized, real-time connection between health data and AI models.

"Health data combined with AI's analytical capabilities creates unprecedented opportunities for personalized wellness and preventive care," said Povilas Gudzius, co-founder and CEO of Spike Technologies.

BUILT FOR DEVELOPERS, DESIGNED FOR INTELLIGENT USER EXPERIENCES

For developers, Spike MCP Server provides:

- Standardized integration – one protocol works with multiple AI providers
- Reduced complexity – no custom APIs or constant data synchronization
- Streaming support – real-time responses via server-sent events
- Advanced capabilities – beyond basic data visualization to intelligent coaching

For end users, the experience transforms health apps into:

- Personal health coaches – AI analyzes patterns and provides tailored recommendations
- Intelligent fitness advisors – workout adjustments based on recovery metrics
- Proactive wellness assistants – trend detection and anomaly identification

UNLOCKING AI-POWERED HEALTH USE CASES

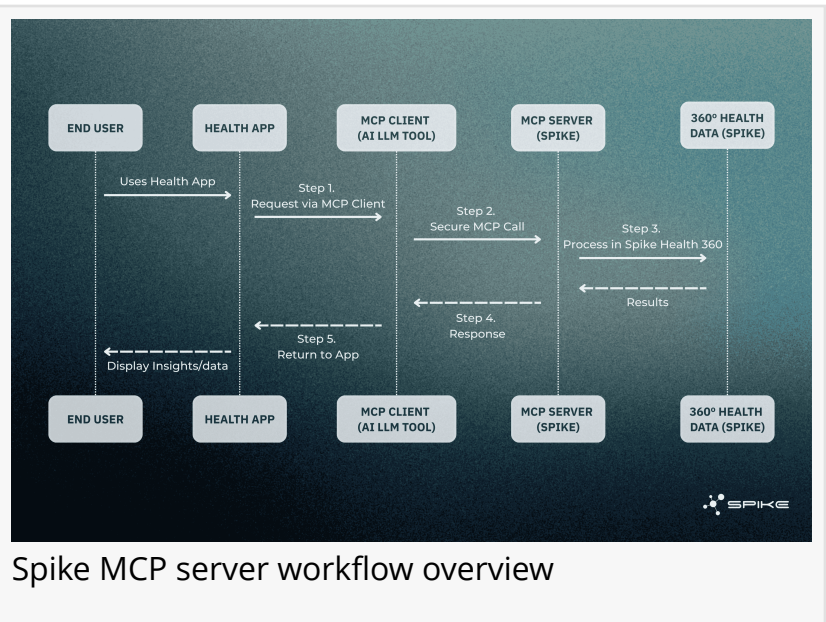
Spike MCP Server enables sophisticated wellness experiences. Instead of showing raw sleep charts, apps can now deliver insights like: "Based on your last 30 days, you're averaging 6.8 hours of sleep with a quality score of 82. Your best sleep scores occur when you sleep 7.5-8 hours – adding 30 minutes to your sleep schedule could boost your energy levels by 15%."

AVAILABILITY

Spike MCP Server is available now for developers building AI-powered health applications. The server integrates seamlessly with existing Spike Health 360° API implementations and works with major LLM providers including Claude, OpenAI, and others.

For implementation guides, visit Spike's documentation or [schedule a demo](#) to see how AI-powered health insights can transform your application.

ABOUT SPIKE TECHNOLOGIES



Spike Technologies Inc. is a B2B health data and artificial intelligence (AI) startup founded in late 2022, split between San Francisco, California, and Vilnius, Lithuania. Spike provides a Health 360° Data API for wearables and IoT devices, along with AI-powered solutions that unlock the full potential of health data and elevate enterprise performance with generative AI. The company serves a diverse client base across healthcare systems, digital health companies, fitness professionals, nutrition services, and insurance providers. Visit spikeapi.com to learn more.

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