Press kit

garmlink

garmlink.ai/press

garmlink connects a Garmin account to 12 AI assistants, among them Claude, ChatGPT, Gemini and Perplexity, which then answer questions about training, sleep and recovery from that person's own data. Everything on this page may be reused freely to write about it.

Press contact, interviews and questions: sebastien@garmlink.ai.

Key facts

What it is	A hosted connector (an MCP server) between Garmin Connect and AI assistants
Assistants	12, including Claude, ChatGPT, Perplexity, Gemini, Le Chat, and Grok
Price	Free; an optional contribution of any amount
Access	Read-only: nothing is ever written to the Garmin account
Garmin password	Used once to sign in, never stored
Relationship with Garmin	Independent: neither affiliated with nor endorsed by Garmin
Languages	English, French, German, Spanish, and Italian
Online since	August 2026
Origin	Built in France
Founder	Sébastien Vassaux

What it does

- Links a Garmin account once, then keeps its activities, sleep, HRV, training load and recovery in sync.
- Lets an AI assistant answer from those numbers: how the training week went, why sleep dropped, whether a rest day is due.
- Works with 12 assistants through the Model Context Protocol (MCP), the open standard they use to read outside data, with the same address for all of them.

How it works

Garmin watch → Garmin Connect → **garmlink** → AI assistant

The watch syncs to Garmin Connect as usual. garmlink reads that account, with its owner's consent, and answers the assistant's questions. Nothing goes back to Garmin.

The founder



Sébastien Vassaux

Sébastien Vassaux is a French entrepreneur. He founded FoodMeUp, management software for the food trade, and FilterWise, which sorts property listings with AI. To meet his own need for advanced analysis, he built garmlink, which connects Garmin data to AI assistants: a fast-growing use that answers what many athletes have been asking for.

> *My watch recorded everything, but answering a simple question — am I recovering well? — meant going through ten screens. Now I just ask, and the answer comes from my own numbers, not from an average.*

For an interview, a question or a fact to check, the founder answers personally at sebastien@garmlink.ai.