NYITCOM MED-AI

Install a MED-AI skill

Setup instructions for ChatGPT and Claude

A skill gives your AI assistant a set of instructions it can reuse. Download one from the MED-AI website, then add it to ChatGPT or Claude.

Download your skill

1 Choose a skill

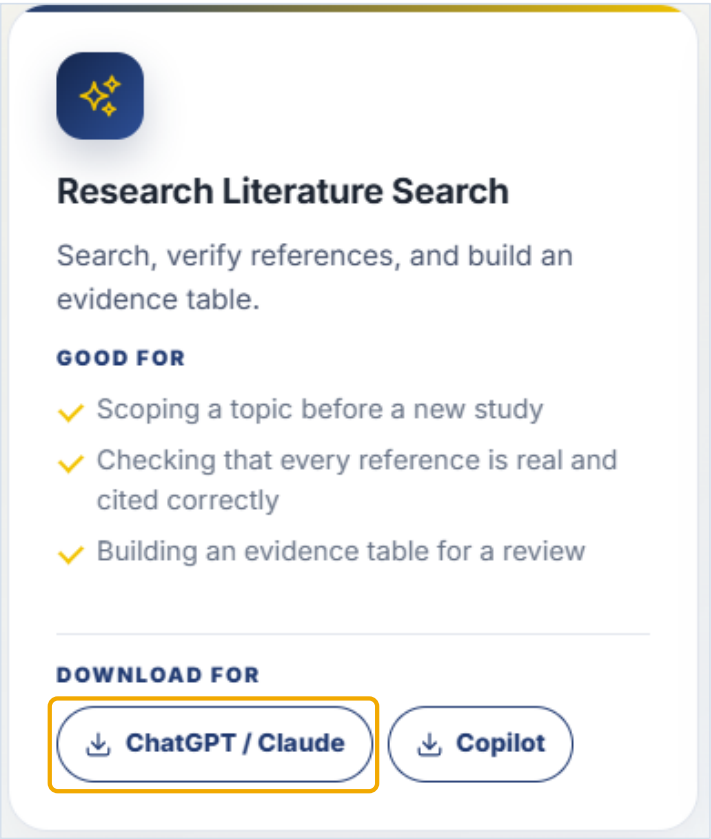
On the MED-AI Skills page, find a skill you want to use.

2 Download the file

On the skill card, click **ChatGPT / Claude**.

3 Find your download

Look in your Downloads folder. If you downloaded a ZIP file, leave it zipped for upload.



Example skill card on the MED-AI website

Choose where to install it

ChatGPT
Setup instructions · Page 2 ›

Claude
Setup instructions · Page 3 ›

NYITCOM MED-AI

Open ChatGPT ›

Install in ChatGPT

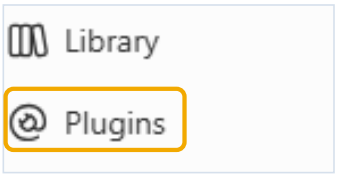
Add the skill to your ChatGPT workspace and try it in a new chat.

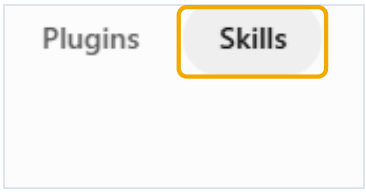
Check your workspace

Skills are available in eligible Business, Enterprise, Healthcare, and Edu workspaces. If **Skills** or the upload option is missing, check with your workspace admin.

1 Open Skills

Sign in to ChatGPT. Select **Plugins** in the sidebar, then open the **Skills** tab.



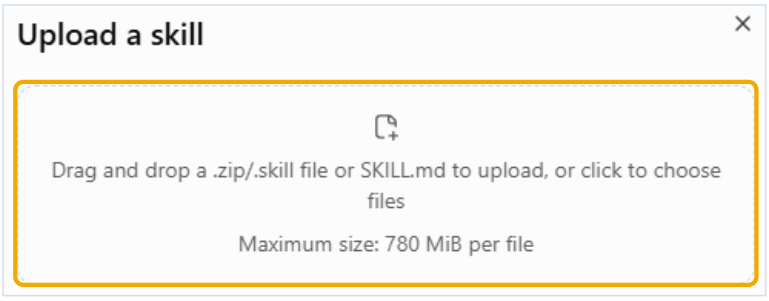


2 Upload the skill

Select **Create** or **Add**, then **Upload from your computer**. Choose your MED-AI download and follow the prompts. Look for the skill under **Installed**.

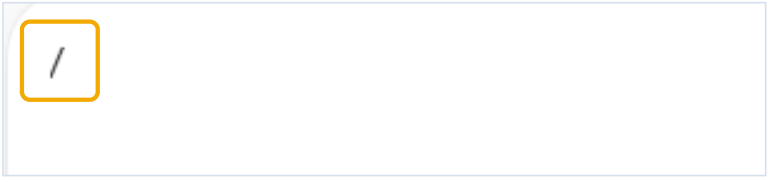


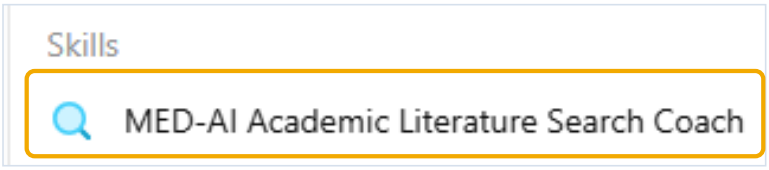
This version shows Add.



3 Use the skill

Start a new chat. Type **/** in the message box, select your skill from the menu, and enter your request. You can also ask for the skill by name.





Try this after choosing the skill

“Help me build a literature search on walking breaks during prolonged sitting.”

OpenAI Help Center · Skills in ChatGPT

NYITCOM MED-AI

Open Claude ›

Install in Claude

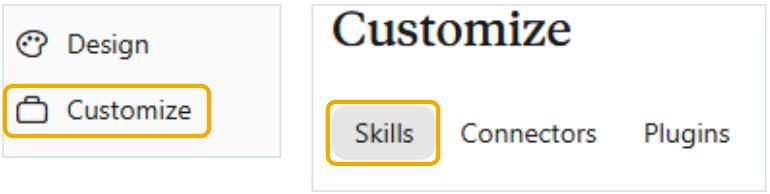
Upload the skill to Claude and turn it on.

Check your settings

Claude Skills require code execution. If Skills are unavailable, check **Settings** for code execution or ask your workspace admin about access.

1 Find the skills menu

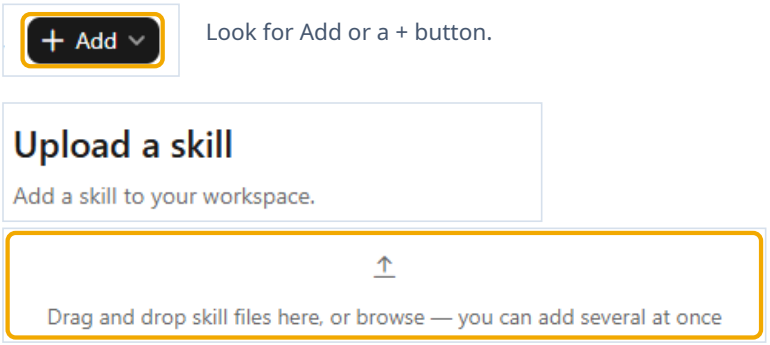
Sign in to Claude. In the sidebar, open **Plugins** and look for the **Skills** filter. If your sidebar says **Customize**, select it and open **Skills**.



Earlier Claude menu shown.

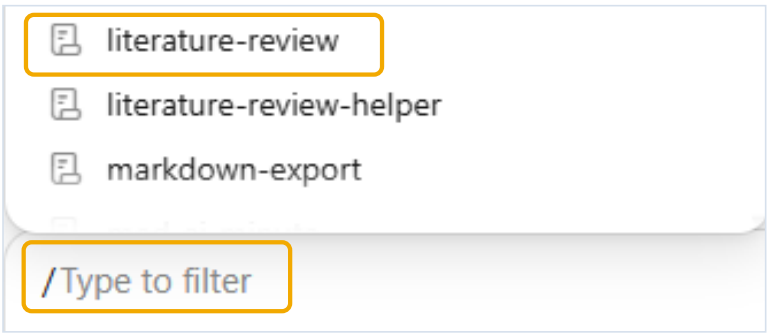
2 Upload the ZIP file

Click **Add (+)** and look for **Upload a skill**. If you see **Create skill**, open it first. Select the MED-AI ZIP file. Find the skill in your list and make sure it is enabled.



3 Use the skill

Start a new chat. Type **/** or click **+** in the message box. Select your skill and enter your request. You can also ask Claude to use the skill by name.



Try this after choosing the skill

“Help me build a literature search on walking breaks during prolonged sitting.”

Claude Help Center · Use skills

Claude Help Center · Plugins menu