

## PROMPT GUIDE

# The Rewind MCP Prompt Guide

## How to make the most out of the Rewind MCP

The Rewind MCP lets you ask about your backups in plain English. Here are the prompts that work best, organized by what you're trying to do.

● ● ● claude · rewind mcp

> What is Rewind backing up for us?

Calling `rewind_list_accounts`

Reading the most recent backup job for each account

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# Know what's protected

Start here. These prompts tell you what Rewind covers and whether the last backup actually worked.

## 💡 HOW TO ASK

- Name the platform or site when you can.
- Ask about the most recent backup job when you want the true result.
- Name the item exactly when you're asking about backed-up content.
- For ongoing monitoring, save the prompt as a scheduled task.

## 🛡️ Check what's protected

- > What is Rewind backing up for us?
- > List every service you're backing up, with its platform and last backup time.
- > Is anything connected to Rewind that isn't actually being backed up right now?

## 🏠 Check backup health

- > For each of my accounts, check the most recent backup job and flag any that didn't complete cleanly.
- > When did my Jira site last back up successfully, and how many items did it capture?
- > Which of my sites hasn't had a successful backup in the last 48 hours?

# Investigate and recover

Look back through backup history and read what an item said in an earlier backup.

**NOTE** MCP reads your backups, it does not restore them. Run restores in the Rewind app.

## 🕒 Review history and investigate

- > Show me the last 10 backups for my Confluence site, with their status and item counts.
- > Have any backups failed or only partially completed in the past week? Which accounts?
- > Compare the item counts across the last 7 backups for my Shopify store, is anything shrinking?
- > Which of my accounts holds the most backed-up items?

## 📄 Read a past version of a page or issue ADVANCED / ENTERPRISE

- > Show me every backed-up version of PROJ-142, with the date each one was captured.
- > What did the Confluence page 'Incident response runbook' look like in our July 30 backup?
- > Pull the exact text of PROJ-142 as it was backed up on August 1, I need it for an audit.

## ↶ Retrieve content that was changed or deleted ADVANCED / ENTERPRISE

- > The Confluence page 'Q3 launch plan' was deleted, show me the last version Rewind backed up.
- > Someone overwrote the page 'Release checklist'. What did it say in the previous backup?
- > PROJ-142 was deleted from Jira. What did it contain?

## ↔ See how something changed over time ADVANCED / ENTERPRISE

- > Compare the last two backed-up versions of PROJ-142 and tell me what changed.
- > How has the page 'Incident response runbook' changed across its backups this month?
- > Walk me through the history of 'Release checklist', what changed at each capture, and when?

# Automate, report, and get help

Turn checks into reports, run them before risky work, and let them run on a schedule.

## Audit and compliance

- > Summarize my Rewind audit-log activity for the last 30 days by event type.
- > Pull a clean record of backup activity for last quarter that I can attach to a SOC 2 review.
- > Have any restores been triggered recently, and on which accounts and when?

## Reporting and summaries

- > How much data has Rewind protected for us this year, item counts and coverage across all our tools?
- > Give me a plain-English summary of our current backup posture that I could share with leadership.

## Before a big change (pre-flight)

- > Confirm last night's backup for my Jira site completed, then trigger a fresh one before I bulk-edit these issues, tell me when it's safe to proceed.
  - > Back up my Shopify store now.
- then > Did that backup finish?

## Turn any check into a standing watcher

- > Every morning, check all my accounts and message me only if a backup failed, only partially completed, or a site hasn't backed up in the last 24 hours.
- > Every Monday, summarize last week's backup success rate and any audit-log events worth noting, and post it to me.

## Get help (no API key needed)

- > How does Rewind handle Jira backup retention?
- > How do I contact Rewind support?