AI STACK SIGNAL

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PLAIN-ENGLISH GUIDE · COMPOSIO PLUGIN FOR CHATGPT

LET CHATGPT WORK INSIDE YOUR APPS WITH ONE PLUGIN

Composio is a plugin in ChatGPT's plugin directory. Once it is installed and you connect your accounts, you can ask ChatGPT to do multi-step jobs across apps like Gmail, Slack and Notion in one message. Composio says it connects more than 1,500 apps.

Inside: what it is, the setup step by step, prompts to try, what ChatGPT shares with it, what the free plan covers and what Pro costs, the approval setting to use, and a safety checklist.

01

Install the plugin

Plugins in ChatGPT, search Composio, Install plugin.

02

Sign in, allow access

Log in to Composio and allow ChatGPT to use it.

03

Connect your apps

Sign in to each app and approve what it can do. Then type @Composio and ask.

!

The catch

Relevant chats and memories may be shared. Free plan limits. Keep approvals on Always ask.

SOURCES: OPENAI HELP CENTER, CHATGPT PLUGIN PAGE, COMPOSIO DOCS + PRICING

01 START HERE
PLUGINS, APPS + COMPOSIO

ChatGPT now has a **Plugins** directory. OpenAI's help center says a plugin can include **connected apps** (links to services like Google Drive or Slack), **skills** (instructions), or both. Installing a plugin may start a sign-in flow, and it never skips the app's own permissions.

WHAT THE COMPOSIO PLUGIN SAYS IT DOES

From its listing in ChatGPT's plugin directory: Composio "coordinates multi-step work across the user's authorized services." It finds the tools a request needs, runs the steps across apps, and combines the results into one answer.

Composio itself is an integration company. Its site describes it as a platform "that connects AI agents with hundreds of business tools."

1,500+
Apps, by Composio's own count

2.0.1
Plugin version on its ChatGPT page

$0
Composio Hobby plan, no card needed

@
Type @Composio to call it in a chat

ABOUT THAT 1,500 NUMBER

The "1,500+" figure comes from Composio's own pages. The same Composio page also says "500+ apps" in another spot, and its pricing page says "1000+ tools". Treat 1,500 as the company's marketing claim, not an independent count.

WHO MAKES IT

The ChatGPT plugin page lists the developer as **Sampark Inc**, category Productivity, with the MCP server address connect.composio.dev/mcp. AI Stack Signal is not connected to Composio or OpenAI.

! **Built-in apps first.** ChatGPT already has its own apps for services like Google Drive, Slack, Notion, GitHub and Outlook. If one of those covers you, you may not need a third-party plugin at all. Composio is for doing jobs across many apps at once, or apps ChatGPT does not connect to directly.

02 STEP BY STEP SET IT UP STEP BY STEP

These steps follow OpenAI's "Plugins in ChatGPT" help article and Composio's own ChatGPT page. Menu names can change, so look for the closest match on your screen.

1 Open the plugin directory

In ChatGPT on the web, desktop or phone, open **Plugins** in the sidebar (or Settings, then Plugins). Very old phone app versions may still say Apps.

2 Find Composio and install it

Search for **Composio**, open its page, read what it includes, and select **Install plugin**.

3 Sign in to Composio and allow access

Composio's page says the plugin asks you to log in to Composio and click **Allow access**. If you have no Composio account, you create one here. The Hobby plan needs no credit card.

4 Connect each app you want it to use

Composio connects through OAuth: you sign in to each app (for example Gmail) and approve specific permissions. Read the permission list before you approve. Connect only the apps you need.

5 Use it

Start a chat and type **@Composio** followed by your request, or pick it from the **+** menu. ChatGPT may also use installed plugins on its own when they fit your request.

WORK OR SCHOOL ACCOUNT?

In a Business, Enterprise or Edu workspace, an admin controls which plugins and apps you can use. A plugin can show **Disabled by admin**. Ask your admin first.

WHICH CHATGPT PLANS?

OpenAI says the plugin directory is on every ChatGPT plan, but whether you can install a given plugin depends on your plan, workspace, role and region. Composio's page only says you need "a ChatGPT account". We could not confirm the free ChatGPT plan works, so check your own screen.

03 START SMALL THINGS TO ASK IT

The plugin's own page shows three example jobs. Here they are in our words, plus a few safe first tries. **Start with read-only jobs** (find, summarize, list) before you let it send or change anything.

INBOX FROM THE LISTING

Find unread customer emails, summarize them, log bugs, post links in Slack

One request that touches email, an issue tracker and a chat app.

MEETINGS FROM THE LISTING

Summarize today's meetings, pull related Notion docs, send a brief in Slack

Calendar, docs and chat in one go.

CODE FROM THE LISTING

Find pull requests waiting for my review, summarize them, make follow-up tasks

GitHub plus a task app.

SAFE FIRST TRIES (READ-ONLY)

- ✓ @Composio list my unread emails from this week and summarize them in 5 bullets.
- ✓ @Composio what is on my calendar tomorrow, and which Notion pages mention those meetings?
- ✓ @Composio which of my connected apps are active right now?

THEN, WITH CARE (THESE SEND OR CHANGE THINGS)

- Draft a reply, but show it to me before sending.
- Post a recap in a Slack channel I name.
- Create tasks from this email thread.

Composio's own guide advises keeping write actions, like sending messages or editing drafts, reviewed by a human.

✓ **Tip:** name the app and the exact place ("the #team channel", "my work Gmail"). Clear requests mean fewer surprises.

04 READ BEFORE YOU CONNECT
WHAT GETS SHARED

CHATGPT TO COMPOSIO

The plugin page says: "When connected to Composio, ChatGPT may share relevant chats and memories with this app to help provide context for your requests." Composio's use of that data follows Composio's own terms and privacy policy.

OpenAI's help center adds that apps you enable may also see basic info such as your IP address, device or browser type, language, region and approximate location.

APPS TO CHATGPT

ChatGPT can use information from a connected app as context. If Memory is on, ChatGPT may remember relevant information it read from an app, unless that app blocks it.

Training: for ChatGPT Free, Go, Plus and Pro, OpenAI may use information accessed from apps to train its models if your "Improve the model for everyone" setting is on. For Business, Enterprise and Edu it does not by default. You can turn that setting off.

APPROVAL SETTINGS (CHATGPT)

SETTING	WHAT IT MEANS
Always ask	ChatGPT asks you before it reads or acts. Our pick to start.
Allow read actions	Reading can happen without asking each time.
Allow low-risk actions	Low-risk actions run; sensitive actions may still need approval or be denied.
Allow all actions	OpenAI says this "carries elevated risk because supported actions may run without another confirmation".

Changing this setting only changes when ChatGPT asks. It does not add or remove access. To remove access, disconnect the app.

! **Prompt injection.** OpenAI warns that connecting untrusted servers can raise security risks, including prompt injection: text hidden in an email or web page that tries to steer the AI. Another reason to keep approvals on.

05 WHAT IT COSTS

COMPOSIO PRICING PAGE, NOV 3, 2026

This is **Composio's** price list. It is separate from your ChatGPT plan. Composio counts "tool calls": each action it runs in an app counts once.

$0

Hobby. 100,000 tool calls a month, but only **20,000** of those can use Composio-managed apps (the ready-made connections you get without setting up your own app keys). On Hobby, managed-app use is "20K free, then stops" until next month. No credit card. Hard-capped, so no surprise bill.

$29

Pro, per month. Includes $29 of monthly credits (unused credit does not roll over), then pay per use. After the free 20,000 managed-app calls, each call costs by app: for example $0.002 for Gmail, Google Calendar or Slack, $0.01 for apps like Salesforce or YouTube.

Custom

Enterprise. Custom pricing, SSO, contracts and support.

IS 20,000 A LOT?

For one person trying a few requests a day, probably yes. One request can use several tool calls (one per action), so a busy daily automation uses more.

PRICES CHANGE

Composio's page says its per-app pricing for managed apps applies to signups on or after November 3, 2026, and older third-party sites still show older plans. Check composio.dev/pricing before you upgrade.

BEFORE AND AFTER YOU CONNECT

SAFETY CHECKLIST

- [ ] **Connect only what you need**
  Start with one or two apps. Skip banking, health or other very sensitive accounts.
- [ ] **Read every permission screen**
  Composio advises least-privilege access and reviewing what each app asks for before you approve.
- [ ] **Keep approvals on Always ask**
  Especially for anything that sends, posts, deletes or edits.
- [ ] **Decide on training and Memory**
  Check "Improve the model for everyone" and Memory in ChatGPT settings.
- [ ] **Know how to disconnect**
  Settings, then Plugins, then the app: disconnect. Each app (like Google) also has its own "connected apps" page.

SOURCES (ALL READ NOV 3, 2026)

1. ChatGPT plugin page for Composio: chatgpt.com/plugins/plugin_asdk_app_6a58503580c08191b78cc5bdaf4eba6e
2. OpenAI, Plugins in ChatGPT: help.openai.com/en/articles/20001256-plugins-in-chatgpt
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5. Composio, How to connect Composio with ChatGPT: composio.dev/toolkits/composio/framework/chatgpt
6. Composio pricing: composio.dev/pricing

Not affiliated with Composio or OpenAI. Plans, menus and prices change; this guide reflects the pages above on Nov 3, 2026.

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