

Hedy + OMI Wearable Integration: Hands-Free AI Meeting Coaching

Stream live transcripts from your OMI pendant into Hedy for real-time AI suggestions, summaries, and follow-ups. Hands-free meeting capture without pulling out your phone.

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A professional in a casual conversation wearing an OMI pendant device, with their iPhone resting on the table nearby

Quick answer OMI is now a supported transcript source in Hedy. The wearable captures audio and runs its own speech recognition; transcripts stream into your Hedy session for real-time AI coaching, summaries, and follow-ups. Connect via Settings !' OMI in the Hedy app. Available on iOS, Android, macOS, and Windows with Cloud Sync enabled.

OMI is a small AI wearable worn around the neck that captures audio and runs its own speech recognition. Hedy is an AI meeting coach that turns conversations into real-time suggestions, transcripts, summaries, and follow-ups. Now they work together. If you already use an OMI device, you can stream its live transcripts straight into any Hedy session, then keep using Hedy the way you always have.

Why connect a wearable to your AI meeting coach

A phone on the table reads as "this is being recorded." A pendant doesn't. For coffee chats, walking meetings, hallway pull-asides, brainstorming, and quick check-ins, a wearable gives Hedy a path that doesn't ask you to manage hardware while you're talking.

Three things the integration changes:

- Hands-free input. No need to wake your phone, find the Hedy app, or worry about microphone position. Start a session in Hedy, then forget your phone.
- Mobility. Walk between rooms. Step outside. Your input travels with you.
- One source of truth. Whether the transcript came from on-device speech recognition or from your OMI wearable, you end up in the same Hedy session, with the same automatic suggestions, summaries, and exports.

How the OMI integration works

OMI captures audio and runs its own speech recognition on the wearable side. Instead of Hedy listening to a microphone, OMI sends finished transcripts to Hedy through the cloud. From there, the rest of Hedy's pipeline runs as usual: automatic AI suggestions during the conversation, summaries after, highlights, to-dos, topic linking, and webhooks if you've wired them up.

You'll need:

- An OMI device and the OMI app installed on your phone.
- The native Hedy app on iOS, Android, macOS, or Windows. The integration is not available in the web app.
- Cloud Sync turned on in Hedy (Settings !' Cloud Sync). OMI transcripts are routed through Hedy's servers, so Cloud Sync has to be on.

Setting it up

Open Hedy and go to Settings !' OMI . Tap Connect OMI . Hedy gives you a 10-minute window to finish the link. In the OMI app, find Hedy in the OMI app store and install or enable it. When OMI prompts you to sign in, the Hedy web app opens in your browser and confirms the link. Back in Hedy, the OMI settings page should now show Connected .

Full step-by-step instructions, including troubleshooting for the most common errors, are in the help article: [Connect Your OMI Wearable to Hedy \(/help/omi-wearable-integration/\)](/help/omi-wearable-integration/) .

Using OMI in a session

When you start a new session in Hedy, you'll see OMI as an option under audio source, alongside This Device . Pick OMI, start the session, put on your wearable, and start talking. Within a few seconds, the transcript OMI sends back appears in the Hedy session. Automatic suggestions kick in just like they would with any other input.

A few things to know:

- You can't pause an OMI session. If you need a break, end the session and start a new one.
- The Hedy app shows a sensor icon during an OMI session instead of a waveform, since the audio capture happens on the wearable.
- AI summaries, detailed notes, chat, and transcript editing all behave the same as with any other Hedy session.

What Hedy adds on top of OMI

OMI on its own already captures audio, transcribes it, and produces summaries. Hedy isn't a replacement for any of that. What Hedy adds is the layer above the transcript:

- Real-time coaching during the conversation. Hedy's automatic suggestions appear while you're still talking, with prompts tailored to the kind of session you've started: a sales call, a job interview, a journalism interview, a coaching session, a negotiation, a lecture. Most transcription tools, including OMI's own app, are retrospective. Hedy is in the moment.
- Topics that connect sessions over time. Group sessions by client, project, or course. Hedy generates topic-level overviews and uses prior sessions as context for the next one. The value compounds as you accumulate sessions.
- No hardware lock-in. Hedy works with the phone in your pocket, your laptop microphone, your Apple Watch, and now OMI. You're never tied to a single capture device.

If you already own an OMI, this integration plugs it into the rest of the Hedy stack. If you don't, Hedy works the same on the device you already have.

When OMI is the right pick

OMI is a useful pick when:

- Pulling out a phone would be awkward. Coffee chats, walks, hallway pull-asides.
- Long days with many conversations. A wearable removes the friction of picking your phone up between every meeting.
- Field work, on the move. Journalists, sales reps in the field, coaches doing walk-and-talks.

When you want maximum control, on-device speech recognition, or speaker identification on Apple Silicon Macs, the phone or laptop microphone path is still the better choice.

Turning it on

Update Hedy on your device, open Settings !' OMI , and tap Connect OMI . If you've tried the integration and want to share how it's going, reply to the release email or post in the Slack community.

Frequently Asked Questions

Do I need to keep my phone with me when using OMI?

You'll need the Hedy app running somewhere — phone, laptop, or desktop — to start the session, see live suggestions, and review the transcript afterward. The OMI device handles audio capture, so your phone doesn't need to be near you while you're talking. Just make sure it's online.

Does OMI replace the Hedy app?

No. The Hedy app is still where you start sessions, read the live transcript, see automatic suggestions, and review summaries. OMI provides the live transcript instead of your microphone. Everything else in Hedy works the same.

Can I switch between my phone microphone and OMI mid-session?

The input source is locked when you start a session. To switch, end the current session and start a new one with the other source selected.

Will OMI sessions trigger my Zapier, n8n, and webhook automations?

Yes. OMI sessions trigger the same webhook events (session.created , session.ended , highlight.created , todo.exported , etc.) as any other Hedy session, so your existing Zaps, n8n workflows, and webhook subscriptions keep working.

Where does the OMI audio go?

Audio is captured by the OMI device and converted to text by OMI's speech recognition. The resulting transcripts flow through Hedy's cloud, which is why Cloud Sync has to be on for this integration. On the Hedy side, audio data is transient: not stored, not used to train models. EU data residency is available for new accounts that select it during onboarding. See trust.hedy.ai (<https://trust.hedy.ai>) for the full data handling details on the Hedy side, and OMI's own privacy documentation for theirs.

Can I disconnect OMI later?

Yes. Go to Settings !' OMI in Hedy and tap Disconnect . Transcripts from your OMI device will stop flowing into Hedy. You can reconnect any time.

Pick the input that fits the moment. Hedy handles the rest.

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