

# Fireflies Alternative: Hedy's Botless AI Meeting Coach (2026)

Fireflies added Live Assist, but Hedy is built for botless real-time coaching across video, phone, and in-person conversations. Compare the fit.

Published by Julian Pscheid · August 21, 2025 · Updated May 8, 2026

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Woman with curly hair wearing wireless earbuds working at a laptop and monitor in a bright home office

Quick answer Fireflies is a strong meeting-recording platform for teams. Hedy is the stronger Fireflies alternative for individuals who want help while the conversation is happening: real-time coaching, live context, searchable notes, Topics, Highlights, summaries, and to-dos across video, phone, and in-person sessions, without a Notetaker bot joining the call.

## Fireflies alternative: the real decision

Fireflies has changed since older comparison pages were written. It now offers Live Assist (<https://fireflies.ai/live-assist>), with live suggestions, real-time notes, instant summaries, and Ask Fred answers during meetings. So the right comparison is not "Fireflies records later, Hedy helps live." Fireflies does have a live layer now.

The better question is: what kind of live help do you want?

Fireflies starts from team meeting capture: calendar-connected meetings, a shared archive, sales workflows, admin controls, and a Notetaker-centered system. Live Assist extends that stack.

Hedy starts from the individual in the conversation. It is a personal AI meeting coach that works across video calls, phone calls, in-person meetings, lectures, interviews, coaching sessions, and appointments, without putting another participant in the room.

If you are buying for a team archive, Fireflies may make sense. If you are buying for your own performance during high-stakes conversations, Hedy is the sharper fit.

## At a glance

### Job to be done | Better fit | Why

Real-time coaching for your own conversations | Hedy | Hedy is built around Automatic Suggestions, live context, and individual session modes.

Botless support across video, phone, and in-person meetings | Hedy | Hedy never sends a meeting bot. Fireflies can be botless in some Live Assist flows, but not all.

Searchable personal meeting memory | Hedy | Topics group sessions by client, project, course, or health journey, with prep notes and cross-session chat.

Transcripts, summaries, highlights, to-dos, and detailed notes | Hedy | Hedy covers the full AI notetaker workflow, then adds real-time coaching and Topics on top.

Shared team meeting archive | Fireflies | Fireflies is built for organization-level meeting capture and shared searchable records.

Sales-team conversation intelligence | Fireflies | Fireflies packages Live Assist, analytics, and CRM workflows around sales-team use cases.

Centralized admin, SSO, SCIM, custom retention, HIPAA BAA | Fireflies Enterprise | These are enterprise rollout requirements. Hedy is not trying to be that system.

Speech recognition that runs on-device by default | Hedy | Hedy uses on-device speech recognition by default. Conversation data is not used to train AI models.

Largest published transcription language list | Fireflies | Fireflies advertises 100+ transcription languages. Hedy supports 30+.

## Why Hedy is the stronger Fireflies alternative for individuals

Fireflies is credible. That does not make it the right tool for an individual who wants to perform better in the conversation itself.

Hedy wins the personal meeting-coach job for a few practical reasons.

### 1. Hedy is live-first, not archive-first

Fireflies added a live layer to a meeting-recording product. Hedy's core feature is live conversation support.

Hedy's Automatic Suggestions surface questions to ask, gaps to close, and points to clarify while the meeting is still happening. That matters when you are a candidate in an interview, a coach in a client session, a journalist mid-interview, a non-native speaker trying to keep up, or a patient trying to remember what to ask next.

You are not just collecting a better transcript for later. You are getting support while the moment is still recoverable.

### 2. Hedy is botless in every flow

This is the cleanest operational difference.

Hedy never sends a Notetaker to the meeting. On desktop, Hedy can capture system audio directly. On mobile, it can capture microphone audio for in-person meetings, phone calls, or laptop-speaker calls. Nothing appears in the participant list, posts in chat, or emails attendees.

Fireflies Live Assist can run without the bot in its Chrome Extension and Desktop App flows. But Fireflies' own guide says the Web Dashboard and Mobile App flows require the Notetaker to join the meeting. That is fine for team meeting capture. It is not ideal when you want quiet, personal support.

### **3. Hedy works beyond scheduled video calls**

Fireflies is strongest when the meeting fits its calendar-and-conferencing workflow.

Hedy is built for the messier reality of important conversations: a Zoom call, a phone call, a client conversation on a laptop, a lecture, a medical appointment, an interview, or a face-to-face discussion. The same product follows you across iOS, Android, macOS, Windows, web, and Apple Watch.

That matters because many high-stakes conversations do not happen inside the neat meeting stack where team notetakers work best.

### **4. Hedy gives you personal meeting memory, not just a team archive**

Fireflies is strong when a team needs a shared archive of meetings.

Hedy is stronger when one person needs continuity across recurring relationships. Topics let you group sessions by client, project, course, health journey, or ongoing conversation. Hedy can generate a Topic overview, let you chat across sessions in that Topic, and create prep notes before the next session based on prior history.

That is a different job. It is not "find a meeting in the company archive." It is "help me walk into the next conversation already oriented."

### **5. Hedy covers the full AI notetaker workflow too**

The point of Hedy is not only live coaching. Hedy also covers the core meeting record:

- live transcripts
- editable transcripts after the meeting
- detailed notes and summaries
- to-do items
- Highlights
- Topics and cross-session memory
- custom vocabulary
- custom context
- sharing by email invite or single-use expiring link
- auto-recap emails
- integrations through Zapier, n8n, ActivePieces, viaSocket, Pabbly Connect, REST API, webhooks, and an MCP server

So the tradeoff is not "Fireflies for notes, Hedy for coaching." Hedy handles notes and meeting memory. The difference is that Hedy also helps while the conversation is happening, without requiring a team meeting-capture system.

## **Where Fireflies may be the better fit**

There are situations where Fireflies is the more natural choice. They are narrower than they might look at first glance.

Choose Fireflies if you need:

- an organization-wide meeting archive
- admin-managed team rollout
- sales conversation intelligence for a sales team
- CRM-centered workflow around recorded calls
- SSO, SCIM, super admin, rules engine, custom data retention, or HIPAA BAA on an Enterprise plan
- the broadest published transcription language list

Those are real strengths. They are mostly team, admin, and sales-operations strengths. They do not make Fireflies the better personal AI meeting coach.

## Live Assist vs Hedy's Automatic Suggestions

Fireflies Live Assist and Hedy Automatic Suggestions can sound similar on a feature checklist. In use, they point to different buyers.

Fireflies Live Assist sits inside the Fireflies meeting platform. It provides meeting prep, live suggestions, sales coaching, real-time notes, live transcripts, instant summaries, and Ask Fred answers during a call. It depends on Fireflies' meeting setup: account, calendar, conferencing connection, and in some flows the Notetaker joining the meeting.

Hedy Automatic Suggestions are built for the person having the conversation. They run inside the Hedy session you start, with no meeting bot, no calendar dependency, and the same basic behavior across video calls, phone calls, and in-person conversations. Free users get the first 30 minutes of Automatic Suggestions per session. Pro users get 120 minutes per session.

The difference is not whether Fireflies can show live prompts. It can. The difference is whether you want live prompts inside a team meeting-recording system or a personal coach designed for your side of the conversation.

## Pricing and limits

Verify both pricing pages before deciding, because pricing changes.

### Hedy

- Free : \$0 per month. 5 hours of meetings per month. First 30 minutes of Automatic Suggestions per session. On-device transcription, summaries, 30+ language support.
- Pro : \$12.99 per month, or \$99.99 per year. Unlimited sessions, 120 minutes of Automatic Suggestions per session, Topics, Highlights, sharing, webhooks, API access, transcript export, custom vocabulary, specialized session modes.

See current numbers on the Hedy pricing page (</pricing/>) .

### Fireflies

Pricing on Fireflies' pricing page (<https://fireflies.ai/pricing>) at the time of writing, billed annually:

- Free : \$0. Unlimited transcription, limited AI summaries, 800 minutes of storage per seat.
- Pro : \$10 per seat per month. Unlimited transcription, unlimited AI summaries, 8,000 minutes of storage per seat.

- Business : \$19 per seat per month. Unlimited storage, video recording, multi-language mode, conversation intelligence, team analytics, admins.
- Enterprise : \$39 per seat per month, or contact pricing. Rules engine, SSO, SCIM, HIPAA compliance, private storage, custom data retention, transcript and summary only mode, super admin role.

The pricing models reflect the product difference. Fireflies prices around seats and team capacity. Hedy prices around one person's ability to run unlimited sessions, with a per-session Automatic Suggestions limit.

## Privacy, training, and bot behavior

For many individual users, the most important privacy question is concrete: who or what joins the call?

With Hedy, no meeting bot joins. Speech recognition runs on-device by default. Conversation data is not used to train AI models, and Hedy's inference partners are not allowed to train on it either. Data is protected with TLS in transit and AES-256 at rest. GDPR documentation is available at [trust.hedy.ai](https://trust.hedy.ai), EU data residency is selectable at signup for new users, and Hedy has completed an independent SOC 2 Type I examination and HIPAA assessment.

Fireflies' security page (<https://fireflies.ai/security>) advertises SOC 2 Type II, GDPR, HIPAA compliance, 256-bit AES at rest, TLS in transit, and SSO. That matters if your procurement checklist requires certified enterprise controls today. For an individual user, the bigger day-to-day difference is still workflow: Fireflies is built around a meeting-capture stack; Hedy is built around botless personal support.

A note on consent: botless does not mean consent-free. Recording laws still apply. Tell people when you are recording.

## Best fit by use case

### Sales and client calls

- Choose Hedy if you are the individual seller or consultant who wants real-time prompts, prep notes from prior conversations, and support that works on phone calls and in-person meetings too.
- Choose Fireflies if your sales team needs a shared call archive, team analytics, CRM workflow, and sales-manager visibility.

### Coaches, consultants, and advisors

- Choose Hedy if you want one Topic per client, prep notes before the next session, Automatic Suggestions during the session, and Highlights for moments worth keeping.
- Choose Fireflies if the firm needs admin-managed shared client records across a team.

### Journalists, podcasters, and researchers

- Choose Hedy if you want help catching the follow-up question while the source is still talking, plus Highlights for quotable moments.
- Choose Fireflies if your workflow is mainly post-call transcript handling inside a shared team archive.

### Job seekers and candidates

- Choose Hedy. The Job Interview (Candidate) session mode runs on the candidate's side and can surface clarifying questions and useful angles during the conversation.

- Fireflies is not the natural fit for this job. Live Assist is positioned around sales and team meetings.

## **Multilingual and non-native speakers**

- Choose Hedy if you want meeting-language Automatic Suggestions, on-device speech recognition by default, and support that helps you contribute while the meeting is happening.
- Choose Fireflies if the deciding requirement is the largest published transcription language list. Fireflies advertises 100+ languages; Hedy supports 30+.

## **Patients attending their own medical appointments**

- Choose Hedy if you are a patient attending your own appointment and want help capturing care instructions, understanding jargon, and preparing follow-up questions. Hedy's Medical Consultation mode is patient-side only and is not marketed to clinicians for clinical use.
- Choose Fireflies Enterprise only if the requirement is a clinical/team workflow that needs a HIPAA BAA.

## **Students and lifelong learners**

- Choose Hedy for lectures, course Topics, summaries, Highlights, and cross-session chat across a full class or learning path.
- Choose Fireflies if you are capturing virtual lectures inside an existing team-style meeting archive workflow.

## **Teams that need centralized admin**

- Choose Fireflies. SSO, SCIM, super admin, rules engine, custom retention, HIPAA BAA, sales analytics, and shared team archives are Fireflies' territory.
- Do not choose Hedy if your main requirement is organization-wide admin rollout. Hedy is built for the person in the room.

## **What this page does not claim**

To keep the comparison useful:

- Fireflies is not a purely post-meeting product anymore. Live Assist is real.
- Hedy is not an enterprise meeting-archive replacement for Fireflies.
- Fireflies does not own transcription, summaries, searchable records, notes, or AI meeting memory. Hedy provides those too.
- Hedy's compliance status is stated accurately. GDPR documentation is active; an independent SOC 2 Type I examination and HIPAA assessment are complete.
- Transcription accuracy claims are not ranked here. Real accuracy depends on audio quality, language, accent, vocabulary, and environment.
- Customer testimonials, awards, and adoption numbers are not used as proof on this page.

## **Frequently asked questions**

### **Is Hedy a good Fireflies alternative?**

Yes, if you want botless real-time coaching for your own conversations rather than a team meeting archive with admin controls. Fireflies is useful for organization-wide meeting capture, sales-team workflows, and enterprise administration. Hedy is the sharper fit for individuals who want help during the conversation, across video calls, phone calls, and in-person meetings, without a Notetaker joining.

## Does Fireflies have real-time AI during meetings now?

Yes. Fireflies launched Live Assist, which provides real-time prompts, notes, summaries, and Ask Fred-style answers during meetings. That matters, but it does not make Fireflies the same kind of product as Hedy. Fireflies adds live assistance to a team meeting-recording system. Hedy is built around personal real-time coaching from the start, with no bot in any flow.

## Does Hedy join meetings as a bot?

No. The macOS and Windows apps capture system audio directly. The iOS and Android apps capture microphone audio for in-person meetings, phone calls, or laptop-speaker calls. Nothing appears in the participant list, nothing posts a realtime-notes link in the chat, and nothing emails meeting attendees on your behalf.

## How does Hedy's pricing compare to Fireflies?

Hedy Free is \$0 for 5 hours per month, with the first 30 minutes of Automatic Suggestions per session. Hedy Pro is \$12.99 per month or \$99.99 per year, with unlimited sessions and 120 minutes of Automatic Suggestions per session. Fireflies Free is \$0 with 800 minutes of storage per seat and limited AI summaries. Fireflies Pro is \$10 per seat per month annual. Business is \$19 per seat per month annual. Enterprise is \$39 per seat per month annual or contact pricing.

## Does Hedy or Fireflies support more languages?

Fireflies advertises 100+ languages for transcription. Hedy supports 30+ transcription languages. If raw language breadth is the deciding factor, Fireflies has the larger published list. If you also want botless coaching, on-device speech recognition by default, and Automatic Suggestions in your meeting language, Hedy is the better fit for many multilingual professionals.

## Can I try Hedy free before switching from Fireflies?

Yes. Hedy Free includes 5 hours of meetings per month, the first 30 minutes of Automatic Suggestions per session, AI summaries, and 30+ transcription languages. No credit card. That is enough to test Hedy in real meetings before deciding.

## How to choose

Choose Hedy if you want help during the conversation itself, for one person, across video, phone, and in-person meetings, with no bot joining the call. Hedy gives you live coaching, transcripts, summaries, Highlights, to-dos, Topics, prep notes, sharing, integrations, on-device speech recognition by default, and no model training on your conversation data.

Choose Fireflies if your priority is an admin-managed team meeting archive with sales workflow, CRM packaging, SSO/SCIM, custom retention, HIPAA BAA, and enterprise controls.

If you want to test the difference, run Hedy in one real meeting where the stakes are high enough that live support matters.

Related Hedy pages:

- AI meeting assistant for business professionals (/ai-meeting-assistant-coach/)
- Best AI meeting assistants for 2026 (/post/top-5-ai-meeting-assistants/)

- [Hedy vs. Otter.ai \(/post/hedy-vs-otter-ai-comparison/\)](/post/hedy-vs-otter-ai-comparison/)
  - [Hedy privacy settings for AI meetings \(/post/ai-meeting-privacy-settings-explained/\)](/post/ai-meeting-privacy-settings-explained/)
- Try Hedy free (<https://www.hedy.ai>) | See pricing (</pricing/>) | Read help docs (</help/>)

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