

# Siri Shortcuts in Hedy: Start and Stop Meetings with Your Voice

Start and stop Hedy sessions hands-free with Siri on iPhone, iPad, Mac, CarPlay, and Apple Watch. Built on Apple's App Intents framework, ready for the smarter Siri arriving in 2026.

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Professional walking out of a parked car carrying a laptop bag and coffee, iPhone clipped to his shirt pocket, mid-stride toward an office building

The most useful moments to start a session are often the ones where touching your phone is impractical. You're driving, a thought arrives, and you want to talk it through before it slips. You're at your desk about to join a video call, hands full with notes, headphones, and a glass of water. The screen is right there, but reaching for it pulls you out of the moment.

Hedy now solves this with Siri. Two phrases do the whole thing:

*"Hey Siri, start a Hedy session."*

*"Hey Siri, stop my Hedy session."*

Both work on iPhone, iPad, and Mac. Hedy's actions appear in the Shortcuts app once you've installed and opened Hedy at least once, and Siri runs them by name. If your device is locked and the shortcut needs to open Hedy, Siri will ask you to unlock first.

## When Voice Is the Right Input

The hands-free framing sounds like a niche feature until you notice how often you're alone with a thought you want to capture but can't easily reach the phone. The friction between "I should record this" and actually opening the app is the reason most ad-hoc sessions never get recorded.

Voice fixes that. A few moments where it changes the math:

- Brainstorming on a drive. CarPlay supports Siri Shortcuts. An idea arrives between client visits, on the way to the office, or somewhere in the middle of a long highway stretch. One phrase starts Hedy and you can talk the whole thought through without picking up the phone.
- Solo prep before a virtual meeting. You're at your desk, about to dial into Zoom or Teams, hands full with notes, headphones, water. One phrase starts Hedy before you join, and the session captures the call alongside it.
- A thought arriving when your hands are busy. Cooking, walking the dog, organizing your office. Useful ideas tend to show up at inconvenient moments. A voice trigger removes the gap between noticing the thought and recording it.
- Voice notes on the move. Commute, errand, walk. Anything you want to talk through to yourself, with Hedy capturing it and turning it into something you can review later.
- Accessibility. If tapping the screen is hard or impractical, voice was always the right primary input. Siri Shortcuts make that a real option for sessions, whether they're meetings or solo notes.

## Built on App Intents (and Why That Matters in 2026)

Hedy's Siri integration runs on Apple's App Intents framework, the same system that powers Spotlight, the Action Button, Control Center, widgets, and the Shortcuts app. App Intents was Apple's bet that the future of iOS would be intent-driven rather than screen-driven, and 2026 is the year that bet starts paying off. Apple is reported to be preparing a more capable, context-aware Siri to land next year, alongside an expanded App Intents update.

Apps that expose App Intents today are positioned to plug into that smarter Siri without significant rework. Hedy did the work early. As Siri gets better at understanding what you mean, it should get better at running Hedy at the right moment.

## Build a Meeting Mode Shortcut

Once the basic phrases are working, the Shortcuts app lets you compose. Here's a "Meeting Mode" shortcut that takes one phrase and does five things:

1. Open the Shortcuts app and tap + to create a new shortcut.
2. Chain these actions: - **Set Focus** to Do Not Disturb. - **Set Volume** to silence the ringer. - **Pause Music** if anything's playing. - **Start Hedy Session** with your preferred session type. - Optional: open your meeting notes in your favorite notes app.
  - Set Focus to Do Not Disturb.
  - Set Volume to silence the ringer.
  - Pause Music if anything's playing.
  - Start Hedy Session with your preferred session type.
  - Optional: open your meeting notes in your favorite notes app.

3. Name it "Meeting Mode."

4. Say "Hey Siri, Meeting Mode."

You can extend this with calendar lookups (pull up your next meeting), HomeKit lighting changes if you work from home, or messages to a partner that you're heading into a call. The pattern works because Siri runs the chain in milliseconds, and Hedy is one step in it rather than a separate thing you have to remember.

## Apple Watch Counts Too

If you wear an Apple Watch, the same Siri commands work from the wrist. Raise the watch, say "Hey Siri, start a Hedy session," and your iPhone runs the shortcut and starts the session. Your phone needs to be reachable (Bluetooth or Wi-Fi range), but you don't need to take it out of your pocket. Once the session is running, the Hedy Apple Watch app (</post/hedy-apple-watch-ai-meeting-assistant/>) gives you in-session controls without touching the phone at all.

## Get Started

The Siri Shortcuts integration is already there in your version of Hedy. Open the iOS Shortcuts app and search for Hedy. The actions are waiting.

For step-by-step instructions, customizing the voice phrases, building chained shortcuts, troubleshooting, and using Siri from CarPlay or Apple Watch, see the Siri Shortcuts help article (</help/siri-shortcuts/>) .

Or just say it:

*"Hey Siri, start a Hedy session."*

If you've never had a meeting recorded before you sat down, give it a try this week. The flow change is small, the friction reduction is large, and the meetings most worth capturing are exactly the ones you used to forget to start.

Hedy is an AI meeting coach for iPhone, iPad, Mac, Windows, Android, and the web. Be the brightest person in the room.

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