

Best Zoom AI Companion Alternative in 2026 (Hedy vs Zoom Compared)

Zoom AI Companion is useful inside Zoom Workplace. Hedy is the better fit when you want a botless AI meeting coach that works across Zoom, Google Meet, Microsoft Teams, and in-person conversations.

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Four professionals discussing around a laptop with holographic speech bubble and audio wave overlays

Quick answer Zoom AI Companion is a good fit if your team already runs on Zoom Workplace and mainly wants AI notes, summaries, retrieval, and follow-up inside that ecosystem. Hedy is the better alternative when you want a botless AI meeting coach that works across Zoom, Google Meet, Microsoft Teams, phone calls, and in-person conversations, with live suggestions while the conversation is happening. Hedy Pro is \$12.99/month or \$99.99/year.

If you searched for a Zoom AI Companion alternative, the real question is probably not "can Zoom summarize a meeting?" It can. Zoom AI Companion has become a broader Zoom Workplace AI layer for notes, summaries, chat, documents, and work context.

The sharper question is this: do you want AI that documents the meeting, or AI that helps you perform better while the meeting is still happening?

That is where Hedy is different. Hedy is an AI meeting coach that listens from your own device, works across meeting platforms, and gives you automatic suggestions in real time. No meeting bot joins the call. No one has to accept a bot participant. You get help asking better questions, catching missed details, and

staying sharp during the actual conversation.

What Is Zoom AI Companion Best For?

Zoom AI Companion is built into Zoom Workplace. It is strongest when your company already lives in Zoom and wants AI to support the Zoom stack: meeting notes, summaries, chat, docs, follow-up, retrieval, and workplace context.

Zoom has also expanded its AI Companion positioning. The old version of this page said Zoom AI Companion only worked inside Zoom and only helped after the meeting. That is no longer a fair comparison. Zoom now describes AI Companion 3.0 as working with other meeting platforms, including Google Meet and Microsoft Teams, and supporting notes or summaries for in-person and virtual meetings.

So the honest case for Zoom is simple:

- You already pay for Zoom Workplace.
- Your team wants AI inside Zoom's broader work suite.
- Meeting notes, summaries, and retrieval are the main jobs.
- You are comfortable with Zoom as the system of record for meetings and related work.

In that world, Zoom AI Companion can be a practical default. The tradeoff is that Zoom is an ecosystem product first. Hedy is an individual meeting coach first.

Hedy vs Zoom AI Companion: Quick Comparison

Evaluation question | Hedy | Zoom AI Companion

Best fit | Professionals who want private, real-time coaching across important conversations | Teams already standardized on Zoom Workplace

Works across Zoom, Meet, Teams, phone, and in-person | Yes. Hedy listens from the user's device | Zoom says AI Companion can support other meeting platforms and in-person notes, but the product is still anchored in Zoom Workplace

Botless meeting capture | Yes. No bot joins the call | Often tied to Zoom's meeting and workplace flows

Real-time coaching | Core product wedge. Automatic Suggestions appear while the conversation is happening | Stronger for notes, summaries, questions, and workflow support than individual coaching prompts

Meeting summaries and transcripts | Yes | Yes

Cross-session memory | Topics group related sessions so you can ask across prior conversations and get prep notes | Zoom focuses on workplace context and Zoom-connected workflows

Pricing | Free plan, Pro at \$12.99/month or \$99.99/year | AI Companion is included with paid Zoom Workplace plans at no additional cost, with plan-specific limits and packaging

The bottom line: Zoom is the safer choice if your team wants AI inside an existing Zoom Workplace setup. Hedy is the sharper choice if you personally want live coaching across the calls and conversations that matter, including conversations that do not belong in a company Zoom workspace.

Can I Use an AI Meeting Assistant for Zoom Without a Bot Joining?

Yes. Hedy can support Zoom meetings without sending a bot participant into the call. You start a Hedy session on your phone, Mac, Windows device, or web app, and Hedy captures audio from your device microphone or system audio where supported.

That matters in real meetings. A visible bot changes how people behave. It can make a medical appointment, job interview, coaching session, HR conversation, or sensitive client call feel more formal than it needs to. Hedy keeps the assistance on your side of the table.

This does not remove your responsibility to follow recording-consent laws and workplace policies. It does mean the tool is designed around private individual support rather than adding another participant to the meeting.

Where Hedy Beats Zoom AI Companion

Hedy helps during the meeting, not just after it

A summary is useful after the fact. It does not help when a client mentions budget twice and you miss the opening. It does not help when a doctor uses a term you do not understand. It does not help when an interviewer gives you a chance to ask a stronger follow-up question and the moment passes.

Hedy's Automatic Suggestions are built for those moments. The app listens to the live conversation and suggests useful questions, clarifications, and prompts as the meeting unfolds.

Hedy is built for the individual in the room

Zoom AI Companion makes the most sense as a team/workplace layer. Hedy is for the person who wants to show up better in a high-stakes conversation.

That difference shows up in the product. Hedy has session types for business meetings, medical consultations, journalism/interviews, coaching, job interviews, lectures, spiritual teaching, negotiation, and group brainstorms. A patient in a medical appointment needs different prompts than a salesperson in a discovery call. Hedy adapts the coaching mode to the conversation.

Hedy works across personal and professional contexts

Not every important conversation happens in your company's Zoom account. Some happen in Google Meet. Some happen in Microsoft Teams. Some happen on the phone. Some happen in person.

Hedy is useful because it starts from the user's device, not from a single workplace suite. That makes it easier to use across the messy reality of work, healthcare, learning, interviews, coaching, and personal conversations.

Hedy has Topics for compounding context

Topics let you group related sessions together and treat them as a connected knowledge base. A topic can be a client, a project, a course, a health journey, or a coaching relationship.

Once sessions are grouped, you can ask Hedy questions across them and get answers grounded in prior conversations. You can also get prep notes before the next session, including open commitments, recurring themes, and questions worth asking.

This is where Hedy becomes more than a notetaker. The value grows as your conversations connect.

Where Zoom AI Companion May Be the Better Fit

Zoom AI Companion is likely the better fit if:

- Your organization already standardizes on Zoom Workplace.
- You want AI inside Zoom Team Chat, Zoom Docs, Zoom Phone, and related workflows.
- Your main need is meeting documentation, summaries, and retrieval.
- You do not need private individual coaching across non-work contexts.
- You prefer one enterprise suite over a dedicated personal meeting coach.

That is a real use case. Hedy should not pretend Zoom is weak at everything. Zoom is a large workplace platform with a growing AI layer. The question is whether that is the problem you are trying to solve.

Who Should Choose Hedy Instead?

Choose Hedy if your priority is performance in the conversation itself.

Business professionals use Hedy to ask better questions in client calls, strategy meetings, negotiations, and internal discussions. The value is not only the transcript. It is the prompt that helps you make the meeting better before it ends.

Job candidates use Hedy's interview mode to structure answers, remember examples, and ask smarter follow-up questions during live interviews.

Patients and caregivers can use Hedy for patient-side medical appointments: preparing questions, understanding terminology, and remembering next steps. Hedy should not be used or marketed as a clinical documentation tool for medical practitioners.

Coaches, consultants, journalists, and researchers use Hedy when the quality of the conversation matters more than the neatness of the notes afterward.

Non-native speakers and neurodivergent professionals use Hedy to reduce live cognitive load. The meeting keeps moving, and Hedy helps them stay with it.

How Does Hedy Handle Privacy Compared to Zoom and Other Meeting Tools?

Hedy's speech recognition runs on-device by default. Audio stays on your phone or laptop unless you explicitly choose cloud sync or sharing. No meeting bot joins the call. Hedy does not use session data for AI model training.

Cloud AI processing is used for suggestions and summaries, but Hedy's approved privacy posture is specific: transient AI processing, TLS 1.3 in transit, AES-256 at rest, GDPR compliance documentation, and Trust Center documentation at trust.hedy.ai.

Avoid the wrong conclusion here. "Botless" does not mean "ignore consent." Users still need to follow applicable laws and policies. The practical point is that Hedy is designed as personal meeting support, not as a visible meeting-recording participant.

What Does Hedy Cost Compared to Zoom AI Companion?

Hedy pricing is simple:

- Free: 5 hours per month, 30 minutes of automatic suggestions per session, no credit card required.
- Pro: \$12.99/month or \$99.99/year, with unlimited sessions and 120 minutes of automatic suggestions per session.

Zoom says AI Companion is included with paid Zoom Workplace plans at no additional cost, with different limits and packaging depending on plan and feature. That means the comparison is not only price. It is whether you want a Zoom Workplace AI layer or a dedicated real-time meeting coach.

If you already pay for Zoom, you may still use Hedy alongside it: Zoom for the video meeting and workplace notes, Hedy for private live coaching.

How to Get Started with Hedy in Under Two Minutes

1. Download Hedy from the App Store (<https://apps.apple.com/app/hedy-ai-meeting-coach/id6502325255>) , Google Play (<https://play.google.com/store/apps/details?id=bot.hedy.app>) , or hedy.ai (<https://hedy.ai>) for Mac and Windows.
2. Create an account.
3. Before your next meeting, choose a session type and add any useful context.
4. Start the session on your phone, desktop app, or web app.
5. Let Hedy transcribe, summarize, and suggest useful prompts while the conversation happens.

After the meeting, Hedy gives you notes, summaries, to-dos, highlights, and chat over the session. If the conversation belongs to a Topic, it can also feed future prep notes and cross-session answers.

The Best Zoom AI Companion Alternative Depends on the Job

Zoom AI Companion is not a bad product. It is a Zoom Workplace AI product. If that is what you need, use it.

Hedy solves a different job. It helps the individual in the conversation. It gives you real-time suggestions, works across contexts, stays botless, and builds memory through Topics.

If the meeting is high-stakes, the best summary in the world still arrives too late to change what happened. Hedy is for the moment before that.

Try Hedy free today. (<https://hedy.ai>) No credit card. No meeting bot. Just better support while the conversation is still happening.

Key Takeaways

- Zoom AI Companion is strongest for teams already using Zoom Workplace and wanting AI notes, summaries, retrieval, and workflow support inside that ecosystem.
- Hedy is stronger for individuals who want private, botless, real-time coaching across Zoom, Google Meet, Microsoft Teams, phone calls, and in-person conversations.
- The old claim that Zoom AI Companion only works inside Zoom is no longer safe. The better comparison is Zoom Workplace AI layer vs Hedy real-time meeting coach.
- Hedy's Automatic Suggestions help during the conversation, not only after it.
- Topics let Hedy build context across related sessions, so previous conversations can improve future ones.
- Hedy's current pricing is Free, with Pro at \$12.99/month or \$99.99/year.

Frequently asked questions

Is Zoom AI Companion free?

Zoom says AI Companion is included with paid Zoom Workplace plans at no additional cost, with more limited access available on some free/basic experiences. Hedy has a free plan with 5 hours per month and 30 minutes of automatic suggestions per session. Hedy Pro is \$12.99/month or \$99.99/year.

Does Zoom AI Companion work with Google Meet or Microsoft Teams?

Zoom now says AI Companion can help with notes and summaries for Google Meet, Microsoft Teams, in-person meetings, and other meeting contexts. Hedy's difference is not that Zoom is Zoom-only. Hedy is a lightweight, botless AI meeting coach that works from your own device and focuses on live suggestions while the conversation is happening.

What is the best Zoom AI Companion alternative?

Hedy is the stronger alternative for professionals who want real-time coaching during meetings, not only meeting notes and summaries. It works across Zoom, Google Meet, Microsoft Teams, phone calls, and in-person meetings, and it provides automatic suggestions without adding a meeting bot.

Does Zoom AI Companion provide real-time coaching during meetings?

Zoom AI Companion can answer questions and support meeting workflows inside the Zoom ecosystem. Hedy is built specifically for proactive, real-time coaching: automatic suggestions, follow-up questions, and context-aware prompts while the conversation is still happening.

Can I use Hedy alongside Zoom AI Companion?

Yes. Many users can treat Zoom AI Companion as the Zoom Workplace note and summary layer, then use Hedy as the private real-time coaching layer across Zoom and non-Zoom conversations. Hedy captures audio from the user's device rather than joining as a bot participant.

Hedy AI · Live AI Coaching for Important Conversations

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