



AI Wearables Explained: Pendants, Pins & Voice Gadgets in 2026

What AI pendants, pins, handheld gadgets and AI glasses really do — and what
to know before you buy

————— **An Extended Guide · No. 1677** —————

Tech Made Simple. Service Made Personal.

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WELCOME

1.! Read this first — these devices can see and hear a lot

One thing worth knowing up front: many of these devices listen, record, or send your information somewhere to work their magic. That can be genuinely useful, but it also means a little care pays off. Know what a device is recording and when, be thoughtful about who can see your information, and be wary of anyone who pressures you to share an account, a code, or personal details. When something feels off, slow down — a real company will wait, and a scammer will not. An AI wearable that records conversations can capture other people's voices too, so be thoughtful, and check the rules where you live before you record anyone. AI wearables, explained plainly Little pendants, pins, clip-ons and glasses that listen, take notes, and answer questions are showing up everywhere. This guide explains what they really are, what they really do, and what to know before you buy. I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. I've spent 30+ years helping people feel at home with their technology. I don't sell gadgets and I earn no commission, so you'll get honest guidance, the way I'd explain it at your kitchen table. Some of these devices are genuinely handy. Others are expensive experiments from young companies. My job is to help you tell the difference. No silly questions here If a headline about AI gadgets left you confused, you're in good company. Call or text me at (330) 200-8042 and we'll talk it through.

THE 60-SECOND VERSION

2. The whole guide, on one page

If you remember only a handful of things, let it be these.

- An AI wearable is a small gadget you wear or carry that listens and uses artificial intelligence to take notes, answer questions, or set reminders.
- There are three broad kinds: recorders (pendants and clip-ons), handheld AI gadgets, and AI glasses.
- Most need the internet, a phone app, and often a paid subscription.
- They hear a lot — including other people — so privacy and consent matter.
- Many come from young companies, and some have shut down. Our companion guide, *When an AI Gadget's Company Shuts Down*, covers that in depth.
- Your phone already does much of this for free. Try it before you buy.
- Check the maker's current page for prices, features and fees. One idea to hold onto Buy an AI wearable for the one job it does well, not for a promise about everything it might do someday.

WHAT THEY ARE

3. What is an AI wearable?

Think of it as a tiny helper with a microphone, connected to a very smart service on the internet. A wearable is anything you wear or carry on your body. An 'AI' wearable uses artificial intelligence — computer software that can understand speech and write or answer in plain language, much like the assistant on your phone. The gadget itself is usually small and simple. The real brains live online, in the maker's computers. Your device records or hears you, sends that to the internet, and gets an answer or a written summary back. Why that matters Because the brains are online, the gadget depends on the internet and on the company staying in business. Keep that in mind — it comes up again and again.

THREE KINDS

4. The three main kinds

Almost everything in this category fits one of three shapes.

Kind What it is Examples that ship Recorders Pendant, pin or clip-on that records and summarizes talk Plaud note-takers; Omi and Friend pendants; Bee Handheld AI gadget A small pocket device you talk to Rabbit R1 AI glasses Everyday glasses with a mic, speakers and camera Ray-Ban Meta Each shape suits a different person. Recorders suit someone who sits in lots of meetings or appointments. A handheld gadget suits a curious tinkerer. Glasses suit someone who already wears glasses and wants hands-free help.

WATCH OUT

Products change fast Makers add, change and drop products quickly. Treat every name in this guide as an example, and check the maker's own page for what is really on sale.

WHAT THEY DO

5. What they actually do

Strip away the buzzwords and these gadgets do a few useful things.

- Record and transcribe: capture a conversation, a meeting or a doctor's visit, then turn the speech into written text.
 - Summarize: boil a long recording into a short list of the main points and any to-dos.
 - Answer by voice: you ask a question out loud and hear or read an answer.
 - Set reminders: say 'remind me to call the pharmacy' and it takes note.
 - Help with the basics on glasses: take a photo, make a call, or read a message aloud.
- Notice what is not on the list: they do not replace your phone, and they do not do anything magical. They are note-takers and question-answerers. Summaries can be wrong AI summaries are usually helpful but sometimes get names, numbers or meaning wrong. For anything important, like medication instructions, check the details with the person who gave them.

RECORDERS

6. Pendants, pins and clip-on recorders

These are the 'wear it and forget it' note-takers.

A recorder clips to your clothing, hangs on a cord or sticks to the back of your phone. You press a button or it listens on its own. Later, an app on your phone shows a written transcript and a summary. Plaud makes popular note-takers of this kind, and has offered some free monthly transcription with paid plans above that. Omi and Friend are small AI pendants — Omi leans toward note-taking and Friend toward companionship. Bee is a similar wearable that is owned by Amazon.

WATCH OUT

Read the fee before you fall for the price A low price for the gadget can hide an ongoing monthly or yearly plan for the AI part. Ask what you will pay a year from now, and what stops working if you stop paying.

HANDHELD

7. Handheld AI gadgets: the Rabbit R1

Not everything is worn. Some AI gadgets are small devices you hold.

The Rabbit R1 is a pocket-size handheld you talk to. It is still sold and has a small but loyal following. Think of it as a talking helper that runs on the internet rather than a replacement for your phone. It is best seen as a niche gadget for people who enjoy trying new technology. Check the maker's current page for what it does, what it costs, and whether any ongoing fee applies. A fair question to ask Before buying any handheld gadget, ask: what does this do that my phone cannot? If the honest answer is 'not much,' keep your money.

AI GLASSES

8. AI glasses: Ray-Ban Meta

Glasses are the AI wearable most likely to feel natural, because people already wear glasses. Ray-Ban Meta glasses look like ordinary Ray-Bans but include a camera, small open-ear speakers and microphones. You say 'Hey Meta' to ask a question, take a photo, make a call or hear a message. The speakers sit near your ears without blocking them, so you can still hear traffic and the person next to you. Glasses also need your phone and the Meta app to set up and work well. More on glasses elsewhere I have separate guides on choosing smart glasses, smart glasses for low vision, and fitting prescription lenses. This guide stays on the big picture.

INTERNET & APP

9. They need the internet and a phone app

This is the part the glossy ads skip.

- Internet: most of the smart work happens online. No connection often means no summary and no answers.
- A phone app: you usually set up the gadget, read transcripts and change settings in an app on your phone.
- An account: you create a login with the maker, which holds your recordings and notes.
- Updates: the gadget gets better, or sometimes worse, as the maker changes its software. If you do not already use a smartphone comfortably, these gadgets will likely add stress rather than remove it. I can set it up with you Accounts, Bluetooth pairing and app settings are exactly what I help with. Call (330) 200-8042.

SUBSCRIPTIONS

10. Subscriptions: the ongoing cost

Many of these gadgets are really a service wearing a gadget costume.

Running AI in the cloud costs the maker money every time you use it, so many charge a monthly or yearly fee, or limit how much you can do for free. Plaud, for example, has offered free monthly minutes with paid tiers for more. Question to ask Why it matters Is there a free level? You can try it without committing What does the paid plan add? Know what you would be paying for What if I stop paying? Some features may stop; some old notes may too Can I cancel anytime? Avoid being stuck in a long contract

WATCH OUT

No prices here on purpose Prices and plans change often. Check the maker's own page and read the cancellation terms before you enter a card number.

PRIVACY

11. Privacy: what the gadget hears

A device that listens all day listens to everyone near you, not just you.

- Recordings and transcripts are often stored on the maker's servers.
- Other people's voices end up in your recordings, usually without asking.
- A summary can include private details like health, money or family news.
- Accounts can be hacked, so use a strong, unique password. Before you wear one, read what the maker says about storing, sharing and deleting your recordings. Look for a way to delete everything and a clear statement about whether your recordings are used to train AI.

WATCH OUT

Ask before you record Rules about recording conversations differ from place to place, and some require everyone's consent. When in doubt, tell people and ask. In a doctor's office, bank or private home, always ask first.

CONSENT & MANNERS

12. Good manners and consent

Even where recording is legal, a little courtesy goes a long way.

Friends and family may feel uneasy if a pendant is quietly capturing every word. Saying 'I use this to take notes — is that okay?' costs nothing and keeps trust intact. Some places, like clinics, courtrooms and some workplaces, have their own rules. Glasses with a camera add another layer, and I cover that in our smart glasses privacy guide. A simple habit Make it a rule: announce it, ask permission, and switch it off for private moments. People respect that, and you will too, later.

YOUR PHONE ALREADY DOES THIS

13. Your phone may already do much of this

Before buying a new gadget, look at the one in your pocket.

Modern phones can record audio, turn speech into text, set reminders and answer spoken questions through their built-in assistants, often for free. A pendant mostly saves you from pulling out the phone and pressing a button. If your real goal is remembering what the doctor said, simply asking permission and using a voice-memo app, or bringing a family member to take notes, may do the job for nothing. Try free first. Spend a couple of weeks using your phone's voice features. If you keep wishing for something hands-free, then a gadget is worth a look. I'm glad to show you what your phone can do. Call (330) 200-8042.

WHO IT HELPS

14. The wearer and the family helper

Two very different people might look at the same gadget, and they need different advice. If you are the one who wants the gadget You like new technology, sit through lots of meetings or appointments, or want a hands-free way to capture ideas.

- A recorder or glasses may genuinely save you time and note-taking.
- Start with a free tier or a store with an easy return window.
- Keep your recordings backed up in case the service changes.
- Learn the privacy settings before you wear it in public. If you are a family member helping a parent You may see a gadget as a safety net or memory aid for someone you love, and that is a kind thought worth slowing down on.
- These are not medical or safety devices, and are not a substitute for one.
- Complicated apps and subscriptions can overwhelm the person you are helping.
- Recording a loved one without their knowledge is a trust and legal problem.
- A simple reminder app or a call may help more than a new gadget. Not sure which side you are on? Tell me what you hope the gadget will do, and I'll tell you honestly whether it can. Call or text (330) 200-8042.

FAST-MOVING FIELD

15. A fast-moving field

This category is young, and young categories are bumpy.

Some well-known AI gadgets have already been discontinued, bought up or wound down. Others have been absorbed by larger companies: Bee is owned by Amazon, and the maker of the Limitless pendant was acquired by Meta. When a company gets bought, products often change, get new rules, or stop being sold. That is not a reason to avoid the whole category, but it is a reason to buy carefully. Our companion guide, [When an AI Gadget's Company Shuts Down](#), explains what can happen and how to protect yourself.

WATCH OUT

Do not prepay for years A long prepaid plan on a young company's product is a gamble. Pay month to month or for the shortest term available.

ACCURACY

16. How accurate are they?

Better than you might fear, and worse than the ads suggest.

Speech-to-text works best with one clear voice in a quiet room. Noisy restaurants, accents, several people talking at once and medical or technical words all raise the chance of mistakes. I will not quote an accuracy percentage because it varies by device, room and speaker. The honest advice is to test it with your own voice and your own environment before relying on it. Do a trial run Record a short chat at your own kitchen table and read the transcript. If it garbles ordinary conversation, it will not do better at the doctor's office.

SCAMS & SAFETY

17. Scams and safety around AI gadgets

Anything new and exciting attracts scammers. Here is what to watch for.

- Look-alike shops and social media ads selling a famous gadget at a suspiciously low price. Buy from the maker or a well-known store.
- Messages claiming your AI account is locked or needs a 'verification code.' Never share a code with anyone.
- Fake apps with similar names. Download only the app the maker links to.
- Anyone calling to 'help set up' your device and asking for remote access.

WATCH OUT

Never read out a code. A real company will not ask you to read a login code aloud or give a stranger control of your phone. If someone does, hang up and call me or the maker through the number on their official site.

BEFORE YOU BUY

18. Before you buy: a checklist

Run through these questions and the right answer usually appears.

- What single job do I want it to do, and does my phone already do it?
- Does it need a subscription, and what happens if I stop paying?
- Does it need the internet and a phone app that I am comfortable using?
- Who makes it, how long have they been around, and who owns them?
- Can I export or delete my recordings?
- What is the return window, and where is my receipt?
- Am I comfortable with the privacy and consent questions? I can look it over with you. Send me the product page or bring the box and I'll go through this list with you before you commit. Call (330) 200-8042.

SETTING UP

19. Setting one up safely

If you decide to buy, a careful setup protects you for the long run.

- Create the account with a strong, unique password — a password manager can help.
- Turn on two-step sign-in if the maker offers it.
- Go through the privacy settings and turn off anything you do not need.
- Find the delete and export options now, before you need them.
- Keep your receipt and note the return deadline on your calendar. Test with throwaway conversations first. Only trust it with something important after you have seen how it behaves. Write it down. Jot the account email, the maker's support page and your return date on an index card and keep it with the manual.

THE BIG PICTURE

20. The big picture

AI wearables are neither a miracle nor a scam. They are a young tool.

At their best they take notes you would otherwise forget, answer small questions without a screen, and make glasses a bit more helpful. At their worst they are costly, need a subscription, listen to more than you intend, and vanish when a company folds. You do not have to be first. Letting the category settle down, and buying something established that does one job well, is a perfectly smart choice. Curious is good, careful is better. Enjoy the technology, keep your privacy, protect your money, and keep a backup of anything you cannot replace.

COMMON QUESTIONS

21. Common Questions

The questions I hear most about AI wearables.

Q: Do I need a smartphone to use one? In almost every case, yes. The gadget pairs with a phone app that holds your recordings and settings. If you do not use a smartphone, these are probably not for you. Q: Are they allowed to record other people? It depends on where you live and the situation, and some places require everyone's consent. Always ask permission, and never record in private places like a doctor's office without clearly asking. Q: Is it worth a subscription? Only if you will use it often and have tested it on a free level first. Prices change, so check the maker's page and avoid prepaying for years. Q: Are they safe for someone with memory problems? They are not medical devices, and they can be confusing. A simple reminder routine or a caregiver's help is usually better. Talk to the person's doctor about memory concerns. Q: What if the company goes out of business? The gadget may stop working or lose its AI features. Our guide, [When an AI Gadget's Company Shuts Down](#), covers how to protect yourself. Still unsure? Call or text me at (330) 200-8042. I'll help you figure out whether a gadget is worth it — or whether your phone already does the job.

BILL'S HERE TO HELP

22. You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made AI wearables feel a little less daunting and a lot more doable. Keep it in a drawer with your other home papers, come back to a page whenever you need it, and don't worry about memorizing anything. When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I'm a tech helper, not a salesman — I sell no gadgets and earn no commission, so my advice is just advice. I'm also not a lawyer, so for questions about recording laws, ask an attorney or check your state's rules. I'm glad to help you choose, set up, and use these devices safely. Bill's Home Tech — real help, close to home Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

AT A GLANCE

A Picture to Follow Along

Three Kinds of AI Wearable

What each one is, and an example that ships

	What it is	Example
Recorder	Pendant or	clip-on note-taker
Handheld	Pocket gadget	you talk to
AI glasses	Glasses with mic,	speakers, camera

Examples: Plaud, Omi and Friend; Rabbit R1; Ray-Ban Meta.

AT A GLANCE

A Second Look

Do You Need an AI Wearable?

Start with the job you want done

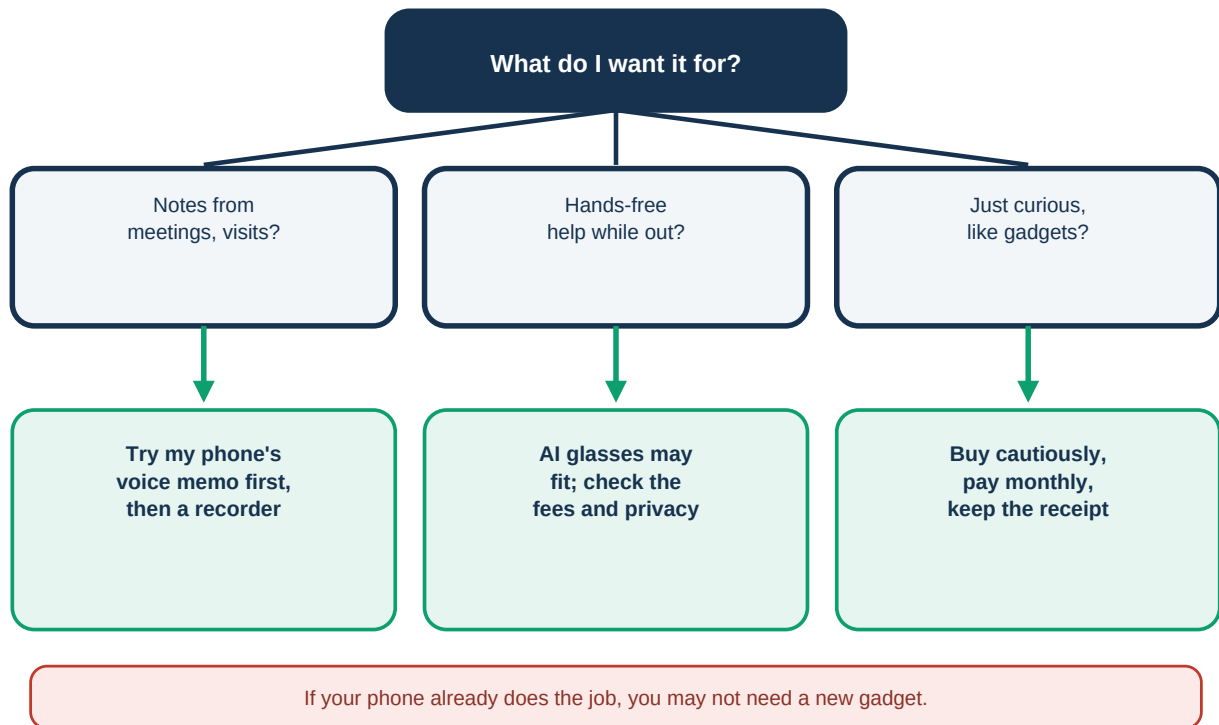


Illustration - a schematic, not to scale. Your setup may differ.

BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.



HOW I CAN HELP

Your Visit — and My Promise

In-home visit — \$99 flat for your first visit. No contracts and no surprise charges, and a 30-day follow-up is included.

Remote Support — \$49 for a screen-share session. I only connect with your permission, you watch the whole time, and you can end anytime. If I can't fix it over the screen-share, I refund the \$49 — and if it turns out you need me in person, that \$49 goes toward your visit. It's included free for Support Plan members (\$39/mo).

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full \$99. No questions, no awkwardness. That's how I'd want to be treated.

Call or text **(330) 200-8042** · Book a visit: billshometech.com/book · bill@billshometech.com

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