

Wispr Flow Motto:

Don't type, just speak

**The voice-to-text AI that turns speech into clear, polished writing in every app.**

Available on Mac, Windows and iPhone.

It is 4x faster than typing

After 150 years of using the same keyboard, voice that actually works is *finally* here. When you create, code, and respond faster, you free up time for more. Speak naturally at the speed you think and let Flow handle the rest.

Flow for Accessibility

Your voice deserves a shortcut. Flow supports anyone who feels slowed down by a keyboard by turning speech into structured, polished text—quietly, reliably, naturally.

Flow for Consultants

Losing insights faster than you get them down? Flow captures nuanced findings, data reports, and client feedback as you dictate in real time—so nothing gets lost in translation. Client-ready reports in minutes, not hours.

Flow for Creators

Ideas hit fast, but execution is slow. Breeze through unread DMs, comment replies, and draft content with your voice. Create more, type less.

Flow for Customer Support

Speak naturally to resolve tickets faster. Skip the script. Flow helps reps speak naturally while still sending perfect replies—across tickets, chats, and DMs.

Flow for Designers

Leave notes in Figma or Sketch, annotate flows, and improve handoffs with more context. Craft stronger prompts for generative AI in Figma, Adobe and Framer. Wherever you work, Flow keeps you in the creative zone.

Flow for ESL

When you think in multiple languages, things can get messy. Flow gives you the confidence to push forward. Perfect for drafting, messaging, or refining English in real time.

Flow for Educators

Teaching is hard, but typing shouldn't be. Dictate lesson plans, draft student feedback, and document insights hands-free. Flow supports focus, clarity, and accessibility—at any grade level.

Flow for Engineers

Dictate in natural language and let Flow translate—perfect for Cursor, VS Code, or wherever you build. From commit messages to refactors, stay in the zone with Flow.

Flow for Ergonomics

Your eyes and wrists weren't built for hours of typing. Flow can help reduce wrist stress, eye strain, and posture pain. Your voice is now your most ergonomic tool—letting your eyes focus on what's important.

#### Flow for Execs

Who doesn't want faster teams and happier people? Flow delivers instant productivity your team will actually use. SOC2 Type II compliant for Enterprise plans and HIPAA-eligible for everyone—so you can move fast without breaking anything.

#### Flow for Government

Government work demands speed and compliance. Flow delivers HIPAA-ready security across all plans and SOC 2 Type II certification for Enterprise plans, along with structured formatting and audit-ready records. Zero drama, maximum progress.

#### Flow for Healthcare

Doctors and clinical researchers already speak to work—Flow just makes it faster, cleaner, and HIPAA-ready across every app. Some work is just too important for outdated tools.

#### Flow for Individuals

Quickly dictate emails, feedback, and updates across your favorite apps—iMessage, Slack, Docs, ChatGPT, Gmail, and more. Sharpen your communication with richer context.

#### Flow for Journalists

Breaking news doesn't wait for typing to catch up. Capture source interviews, clear notes, and live coverage as polished text—instantly. No more backlogs or transcription marathons

#### Flow for Lawyers

Legal precision demands perfect transcription. Flow delivers smart dictation for contracts, case notes, and client records—with formatting that catches every clause, not typos. HIPAA-ready on all plans, SOC 2 Type II compliant on Enterprise plans.

#### Flow for Multilinguals

Switching languages shouldn't slow you down. Flow helps you switch effortlessly between languages, speak freely, and translate on the fly—whether you're in global teams or bilingual workflows.

#### Flow for Product

Slack overload? Inbox chaos? Drowning in Jira? Flow turns spoken updates into structured, shareable tasks—no tabs, no typing, no delay.

#### Flow for Sales

Slow follow ups mean lost deals. With Flow, you can follow up instantly after meetings, personalize outreach, and punch up your pitch—without typing a word.

#### Flow for Slow Typists

Flow is built for people who think faster than they type. If your keyboard slows you down, voice levels the playing field.

## Flow for Students

Blank pages and looming deadlines? Flow's got you. Capture class notes, draft cover letters, and break through writer's block with minimal effort.

## Flow for Teams

Fewer meetings, faster alignment, and a voice for everyone when it matters most. Teams also get centralized admin controls and special pricing.

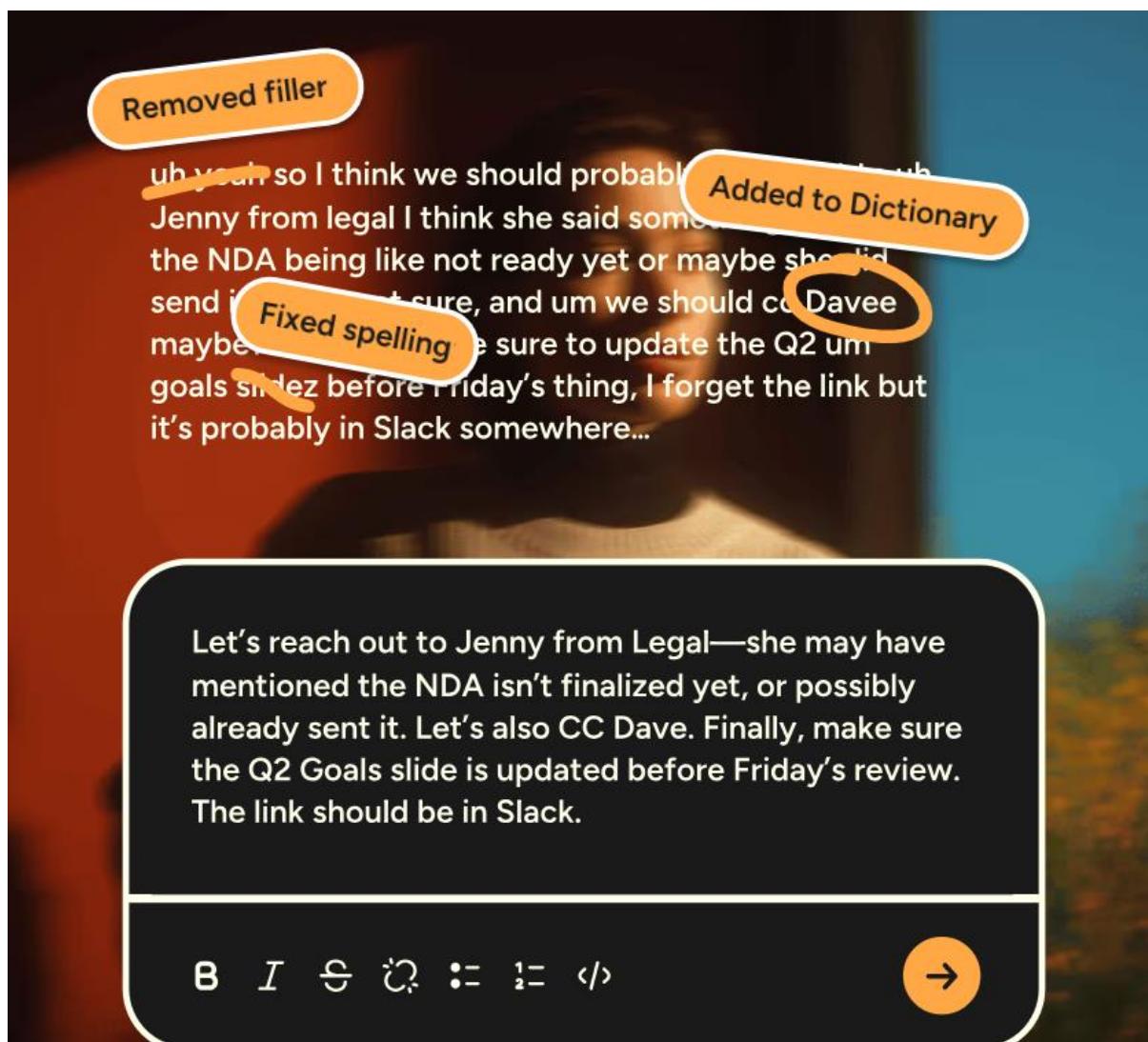
## Flow for Writers

Stuck in the edit loop? Struggling to get started? Writing with Flow saves time, reduces costs, and avoids those awful fights with your editor.

It also has:

AI Auto Edits

Speak naturally and Flow transcribes and edits your voice, instantly. Rambled thoughts become clear, perfectly formatted text, without the filler words or typos.

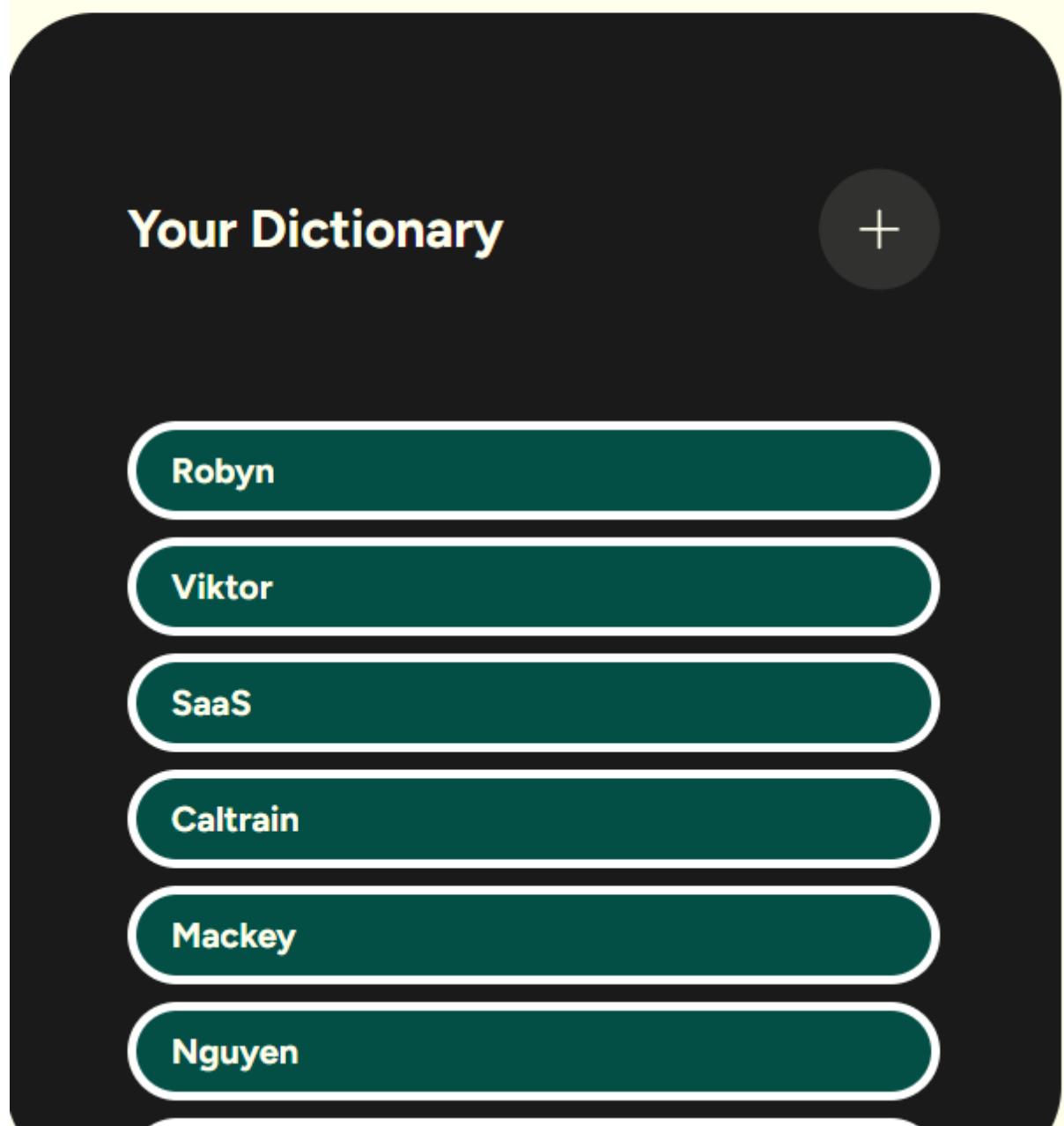


## Personal dictionary

Flow automatically learns your unique words and adds them to your personal dictionary.

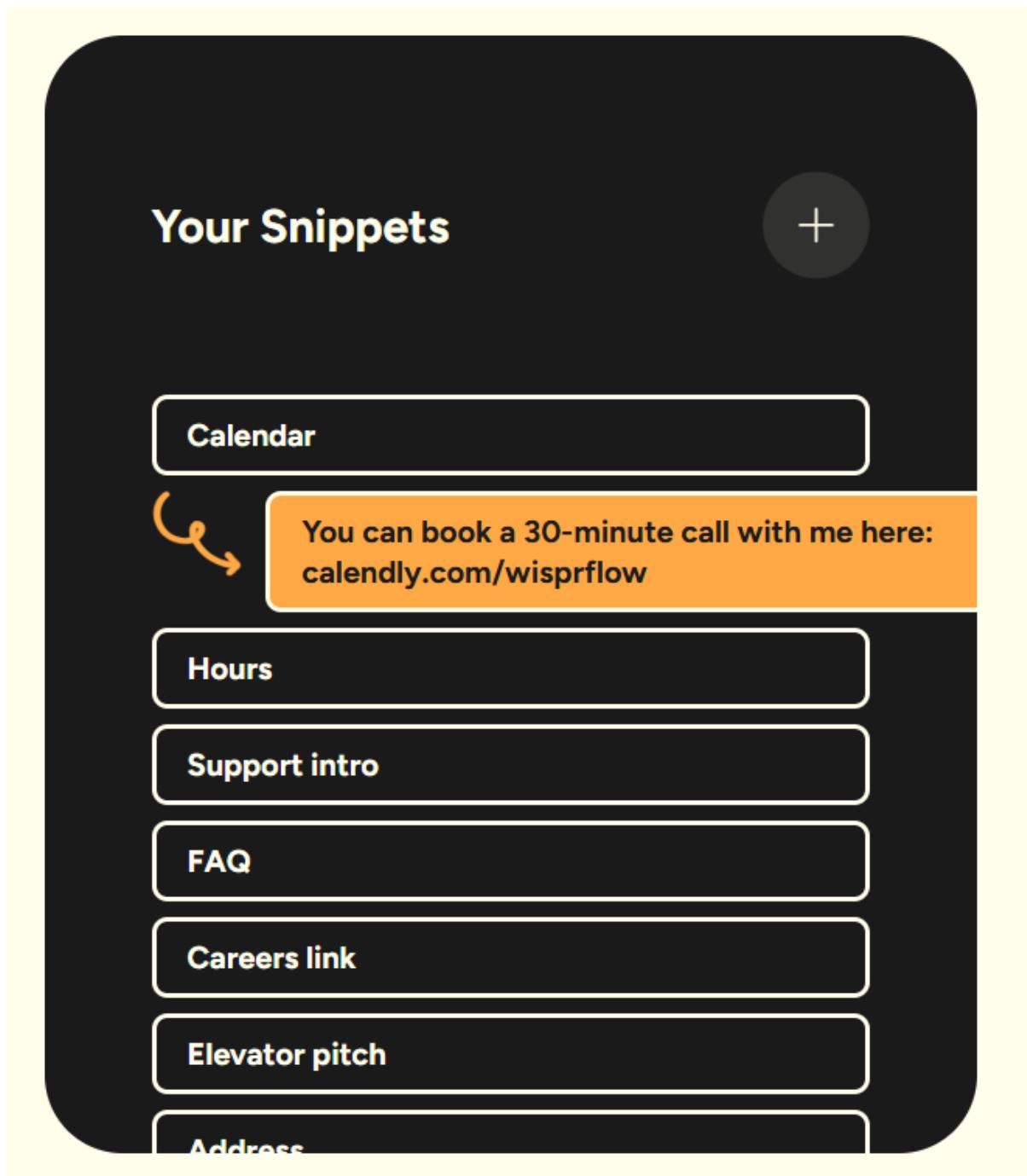
# Personal dictionary

Flow automatically learns your unique words and adds them to your personal dictionary.



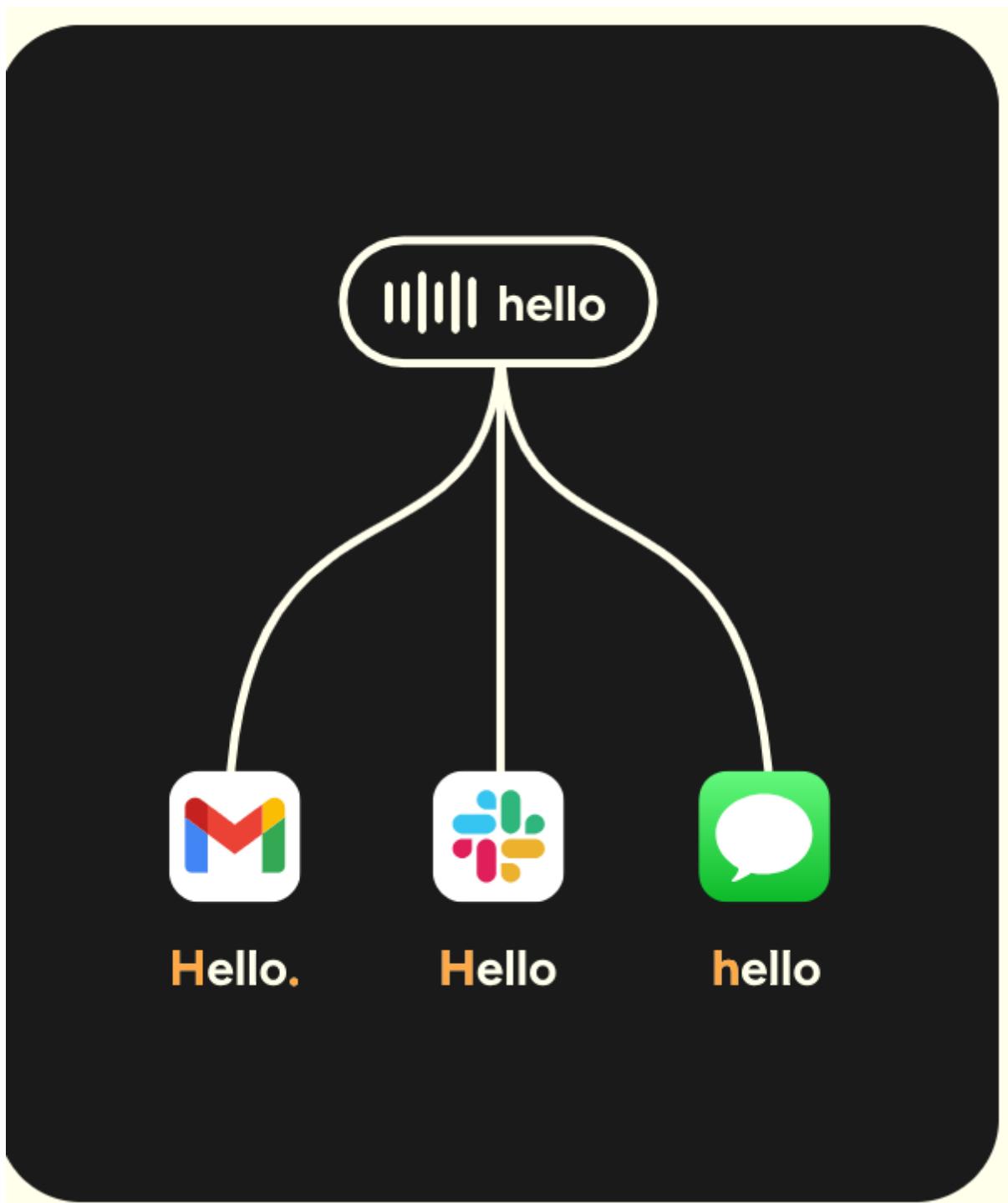
## Snippet library

Create voice shortcuts for the things your team says over and over. From scheduling links to FAQs, just speak a cue and get the full formatted text.



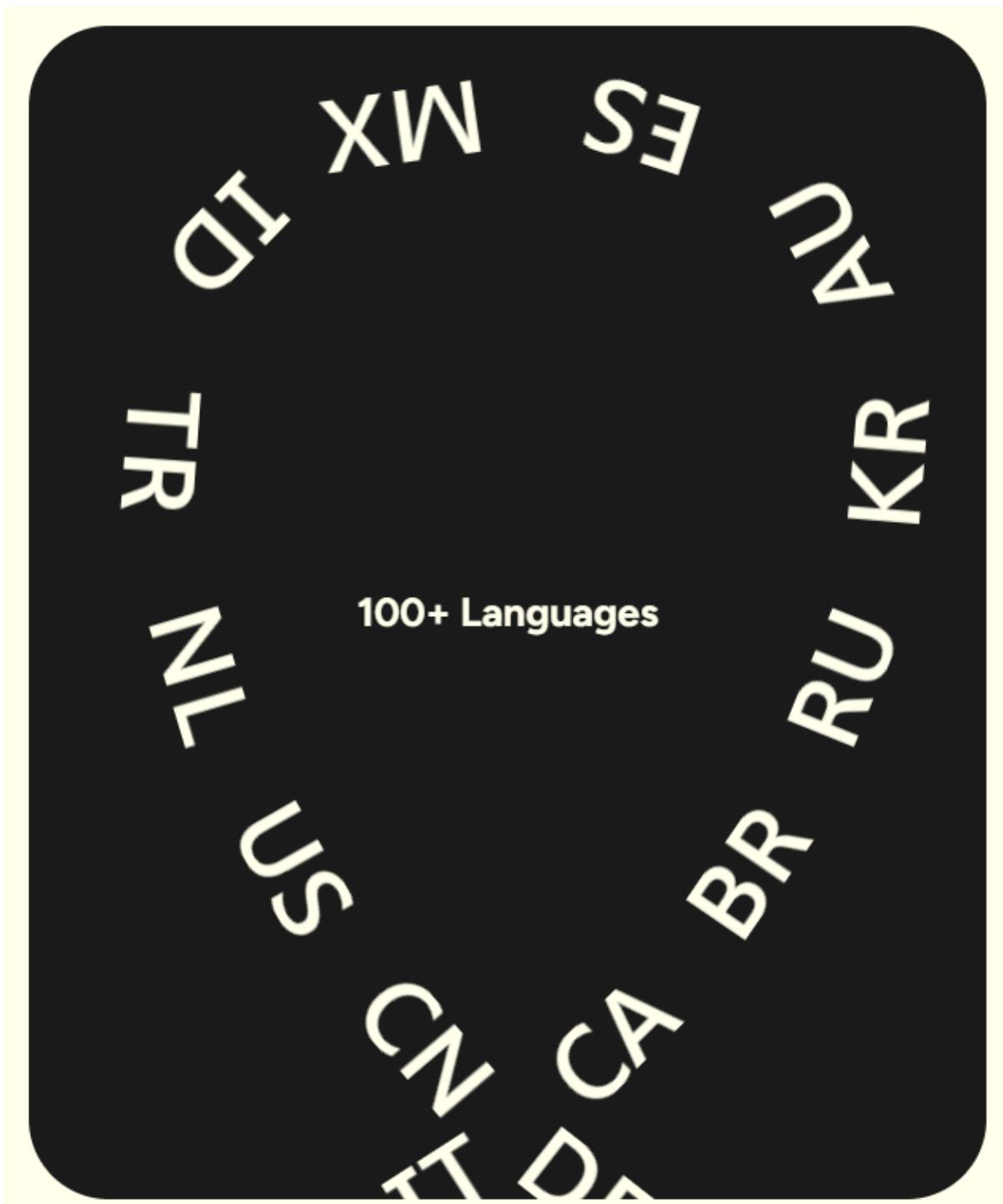
Different tones for each app

Flow automatically adjusts tone based on the app you're using. Sound like you—not a robot.



100+ languages

Flow automatically detects and transcribes in your language, letting you move between them—just like you do.



On-the-go or at your desk

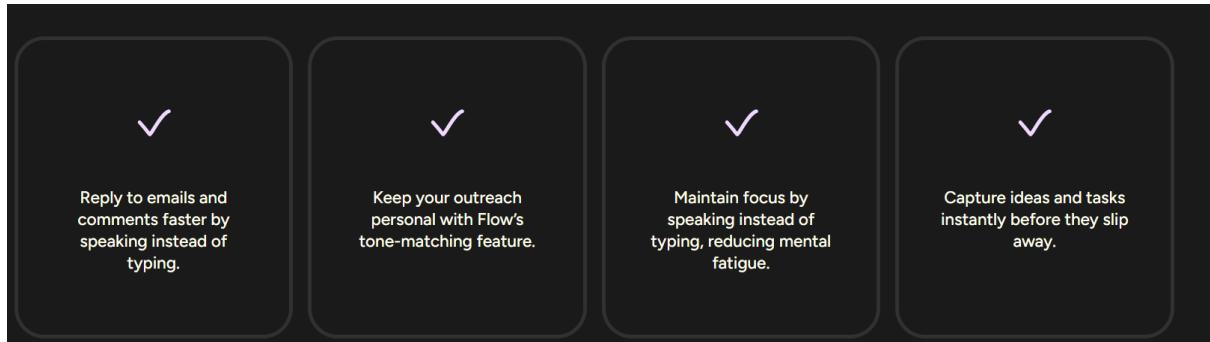
With apps for Desktop and iPhone, flow freely from wherever you are. Your personal dictionary and notes sync seamlessly between all devices.

**Now let's go over its use cases:**

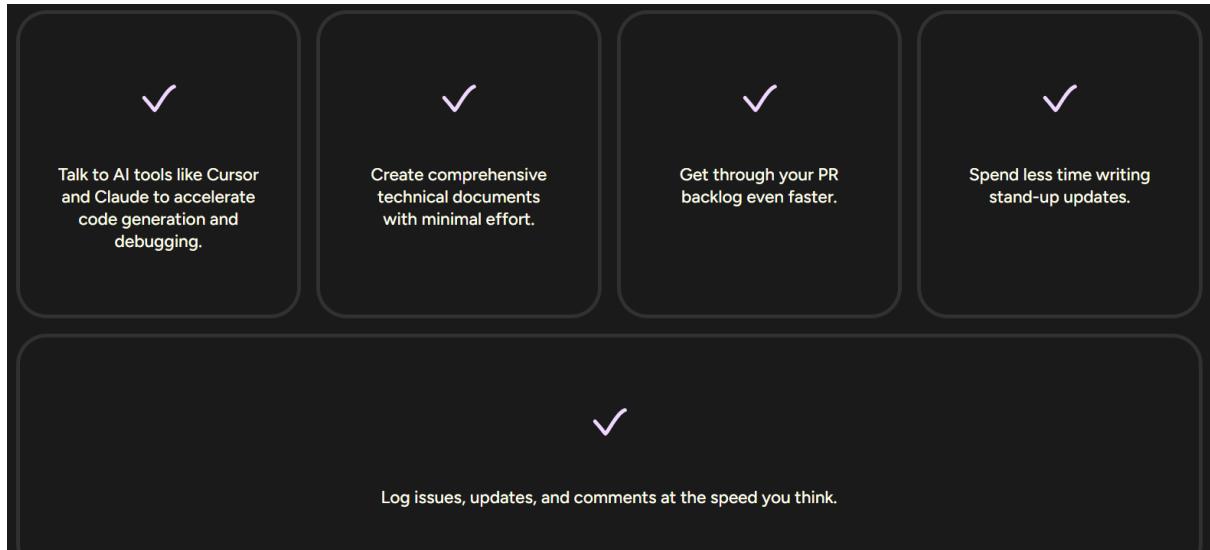
Flow in every application:

Work at the speed you think in every app you use. Email, messages, docs or code—Flow works in any text box.

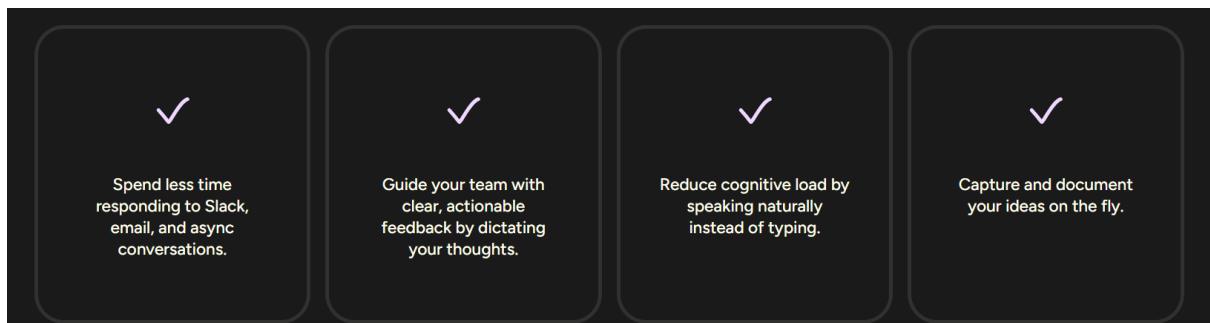
## Business Owners can:



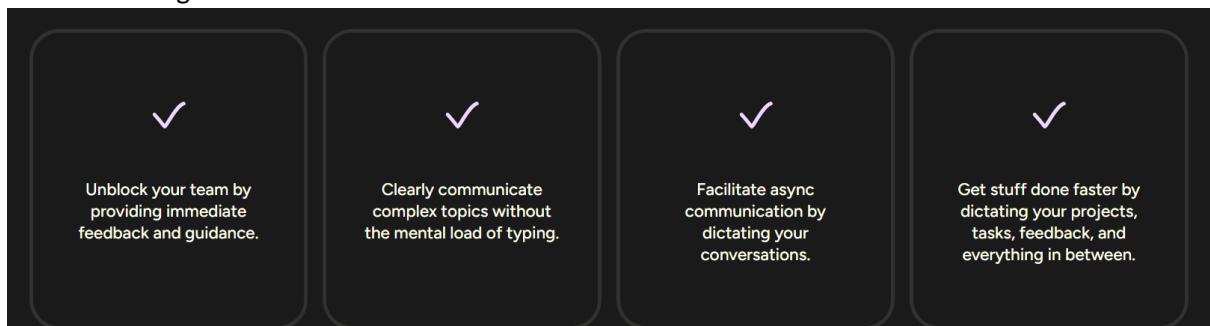
## Developers can:



## Founders can:



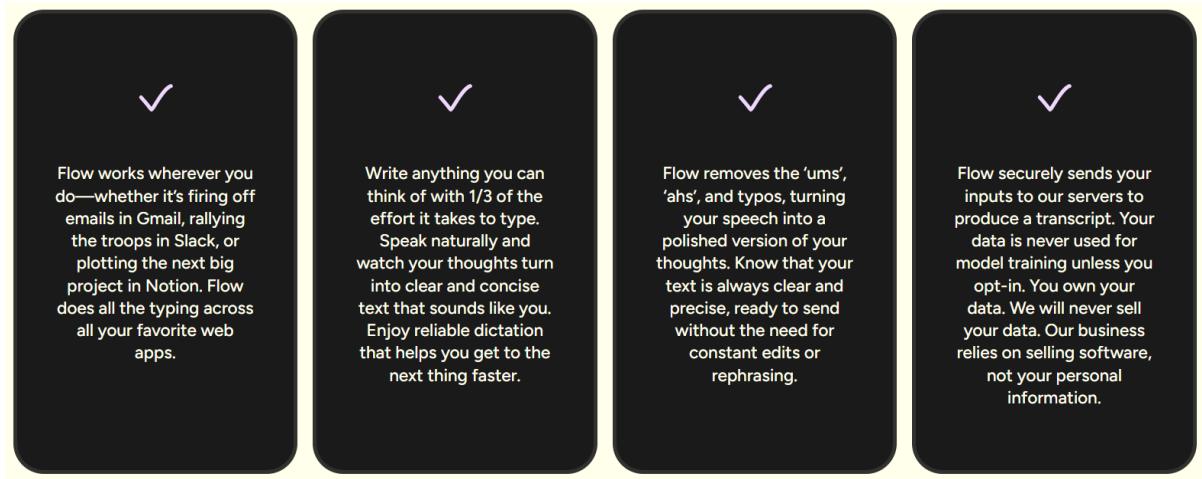
## Product Managers can:



You can Use Flow in any text box in any app

For example, in  
Arc

Dictate seamlessly in any text box in Arc Browser for faster, hands-free workflow.



Cursor

Refine prompts, craft ideas, and streamline your workflows in Cursor with dictation.

Gemini

Generate and refine AI-driven content in Gemini effortlessly with natural conversation.

Jasper

Work faster by dictating prompts into Jasper.

Perplexity

Search, ask questions, and get concise answers on Perplexity without typing.

Chrome

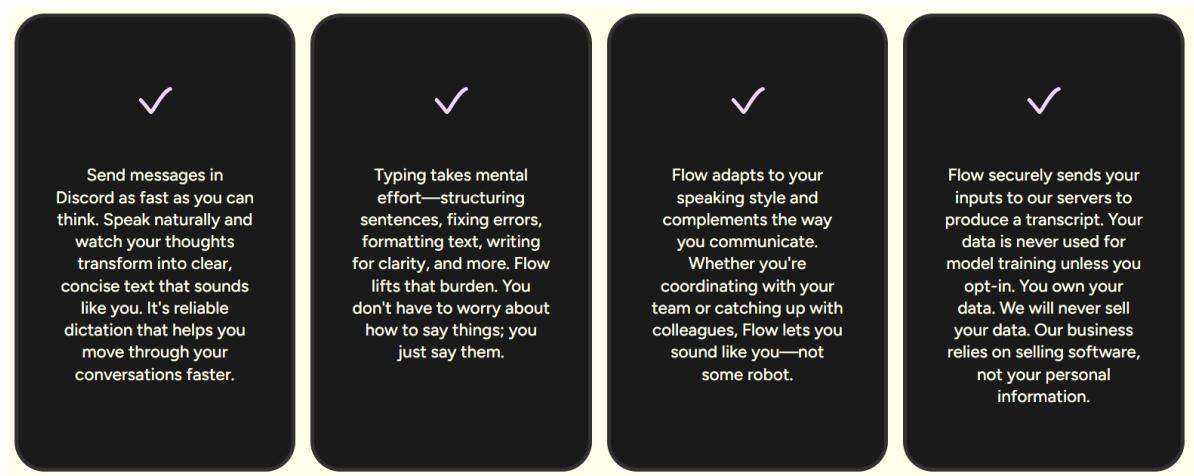
Get smooth and accurate dictation in every app you use in Chrome.

LinkedIn

Respond to comments and send messages on LinkedIn without typing.

Discord

Send messages, manage servers, and engage with communities on Discord using voice.



## Jira

Create tickets, update sprints, and add comments in Jira using voice commands for faster workflows.

### Documentation:

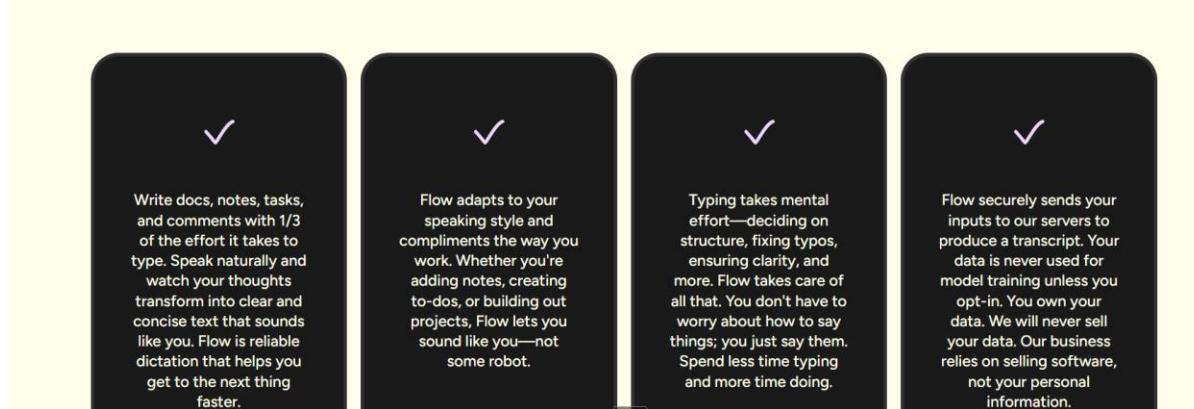
#### Apple Notes

Capture quick thoughts, jot down ideas, or draft longer notes with accurate dictation.

#### Evernote

Instantly record notes and ideas in Evernote by using your voice.

## Reliable dictation that works as hard as you



Google Docs:

## Common use cases for dictation in Google Docs



Students and professionals can quickly draft essays, reports, and other documents by dictating their thoughts and ideas.



Capture detailed notes during meetings or conferences without the need to type, ensuring nothing is missed.



Speak your mind and start providing more effective feedback for your team using google docs.



Record ideas and thoughts on the fly, making it easier to capture spontaneous creativity.

Obsidian

Connect the dots faster by using your voice in Obsidian.

Write docs, notes, and comments with 1/3 of the effort it takes to type. Speak naturally and watch your thoughts transform into clear and concise text that sounds like you. In short, it's reliable dictation that helps you get to the next thing faster.

Flow adapts to your speaking style and complements the way you work. Whether you're adding notes, creating to-dos, or building out projects, Flow lets you sound like you—not some robot.

Typing takes mental effort—deciding on structure, fixing typos, ensuring clarity, and more. Flow takes care of all that. You don't have to worry about how to say things; you just say them. Spend less time typing and more time doing.

Flow securely processes your inputs to create a transcript. Your data is yours—never used for training unless you opt-in. We will never sell your data. We sell software, not your personal information.

Engineering:

Cursor

Refine prompts, craft ideas, and streamline your workflows in Cursor with dictation

Stack Overflow

Answer questions, draft posts, and engage with the community on Stack Overflow using natural voice input.

Warp

Execute terminal commands and scripts using your voice to make CLI feel natural.

## VS Code

Write code, navigate files, and streamline projects in VS Code with dictation.

## Canva

Dictate your Canva text fields with natural speech for faster, polished designs.

## Replit

Build, run, and debug code collaboratively in Replit using dictation for faster development across languages

## Lovable

Design lovable developer experiences by dictating better docs, CLIs, and onboarding flows—faster and more naturally.

## v0

Generate production-ready UIs in v0 by dictating component ideas and layout instructions—no manual coding needed.

## Bolt

Spin up internal tools and dashboards in Bolt using dictation to describe workflows, fields, and logic in plain English.

## Click Up

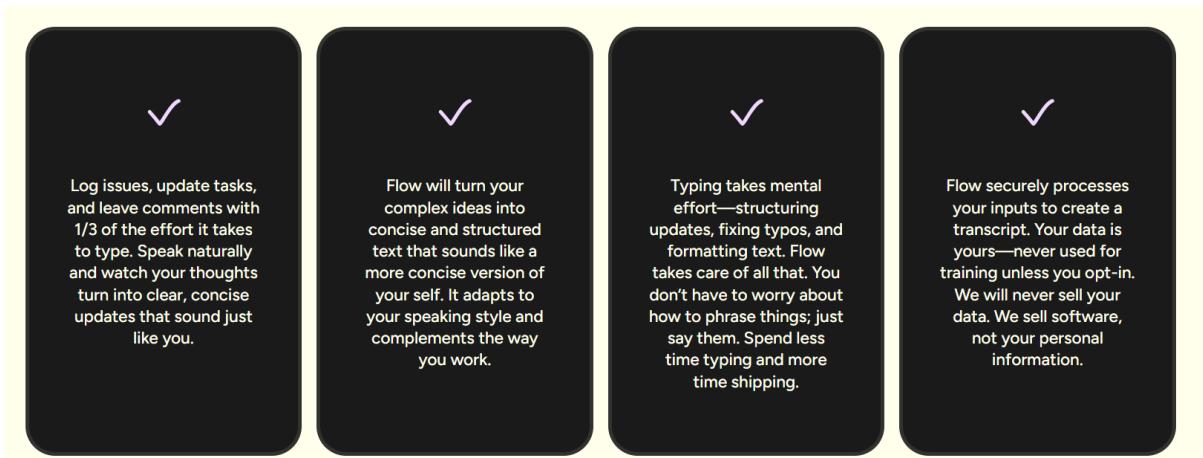
Move through projects faster by dictating your tasks, docs, and comments.

## Jira

Create tickets, update sprints, and add comments in Jira using voice commands for faster workflows.

## Linear

Create and manage Linear tasks using your voice to stay on track with what matters.



## Monday

Spend less time typing out tasks, descriptions, and comments. Speed up your workflow with voice.

### Trello

Get things done faster by dictating your descriptions and comments within Trello.

## Writing

### Evernote

Instantly record notes and ideas in Evernote by using your voice.

### Google Docs

Accurately dictate your thoughts into Google Docs for faster, clearer writing.

### LinkedIn

Respond to comments and send messages on LinkedIn without typing.

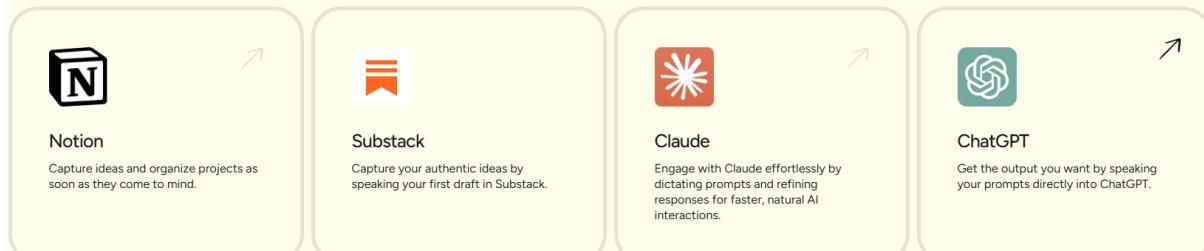
## Medium

Create more authentic stories by speaking your first draft.

## Obsidian

Connect the dots faster by using your voice in Obsidian.

# Writing



## Now, let's dive into the workflows:

### 1. Whispering in an open office

Loud surroundings? Whispering mode lets you dictate sensitive information from anywhere

Whispering lets you use Flow in open offices and cafes. But at times, you might be sitting just a foot away from someone else. We were in desperate need of a solution at Flow, since our whole team works from the same room.

So, we built whispering mode, optimized for [podium mics](#) (not an affiliate link, just what we use :)) You can lean into it and speak quietly, under your breath, so that someone sitting even two feet away can't hear you.

#### How to set it up:

1. [Buy the podium microphone here](#), and set it up at your desk beside your keyboard; to keep the mic close to your mouth. If you have a monitor, plug it in there so you don't have to connect it to your computer every time!
2. Select the microphone from the tray.
3. Use Flow! We recommend speaking ~1cm away from the mic. It works better the closer you get. As you use it, whisper quieter and quieter until it's indistinguishable from being absolutely silent!

Go through this video for a visual understanding: [Podium Microphone](#)

### 2. Push PRs with Wispr and get your steps in

Writing code with Flow is about 3x faster than just Cursor alone. Getting stuff done while you get your steps in? Win win.

#### How it Works

- Set up a handheld device programmed to trigger your hotkey
- Use Flow with Cursor and the device for prompting and iterating on code you've written.

Go through this video for a visual understanding.

[Workflows Gallery: Push PRs and get your steps in](#)

### 3. Turbocharge customer feedback and reporting

Data should be considered in most business decisions, but can be hard to prioritize when you're moving quickly.

#### How it Works

- Prioritize customer feedback data according to business goals
- Copy relevant data to your LLM interface of choice, then use Flow to write a stellar prompt and revise outputs
- Paste the output into your email client, using Flow to write the email

Go through this video for a visual understanding.

<https://youtu.be/8CDSfrII4E>

### 4. Polished meeting follow-ups in minutes, not days

Follow up messages after 7+ hours of Zoom used to be the worst part of my day. Here's the 6 min workflow I use to overcome that fatigue.

#### How it Works

1. Use Granola to take notes on my meetings
2. Once the meeting ends, I use Flow to “brain dump” what was discussed and next steps. This is a rough first draft of me rambling that I add to the Granola notepad
3. In my next break, I'll pull up ChatGPT, paste the transcript and first draft with Flow, and get a message that's nearly ready to send
4. Use Flow to dictate any edits to GPT
5. Paste in Gmail and send

 Total time: **6 min**

#### For visual understanding:

<https://youtu.be/eD7RwrlPb40>

### 5. Lesson recaps now become easy as 1-2-3

In my tutoring business, parents most value the recaps from our sessions. The more detail I provide, the better. Flow lets me add that context and get it done faster.

#### How it Works

Let's say I just finished tutoring and want to quickly review the session to send the report to the tutee's parents.

- It's easier to talk about the results rather than type, so Wispr Flow saves the day
- Then I look back at the text to check for any needed editing, or use [Fixkey](#) for revision suggestions
- Since the text finishes in Drafts, I can then copy that text into Messages to the parents
- Last, the text expansion app I use is called [Snippety](#)

For visual understanding:

<https://youtu.be/MJzWaQ435TY>

## 6. Fly through LinkedIn comments to build your audience

Community engagement is crucial to build your audience, but it's also time consuming. Flow makes the process more efficient.

How it Works

- Open each comment, then think your reply, speak it, send it

For visual understanding:

<https://youtu.be/-wAmQDoW2JQ>

## 7. Breeze through your customer emails with Wispr

Thoughtful, helpful communications are the bread and butter of a consumer businesses, but writing 50+ emails/day is time consuming.

How it Works

- Using Front's ticket triage view, open an email assigned to you
- Catch up on any context, then press your hotkey to speak and send

<https://youtu.be/sh808rzoDHI>

## 8. A comms “assistant working with you all day”

How Flow speeds up response process across your applications.

How it Works

- Paste email context into Chat GPT
- Fn key twice to go hands-free mode, dictate email draft to GPT conversation
- Paste to email client and send to get the task done

<https://youtu.be/N8gDpThowhY>

## 9. Don't code—manage an “engineer” named Claude

Increase shipping velocity without writing a line of code with Flow and Claude.

How it Works

- Use Flow to prompt Claude
- Upload supporting documents from [Canonical AI](#)
- Let Claude cook

<https://youtu.be/HmRv1Hozl84>

## 10. Create and document tasks in less than 5 min

Writing out detailed tasks is time consuming. This workflow simplifies task creation and communication, making it easier to collaborate with internal team members or external vendors efficiently.

How it Works

- Navigate to '[Request Bot](#)', a custom GPT tool designed for creating task requests.
- Use Flow to dictate your task directly into the chat. Be as specific as possible to ensure a high-quality output.
- Copy and paste the generated task into your task management system, or share it via Slack or email.

<https://youtu.be/z9awFhrhFd8>

## 11. Crafting consistent outreach messages with Flow

Juggling creativity with adherence to tone guidelines increases cognitive strain, especially when producing large volumes of content or handling multiple channels.

How it Works

- **Draft the Message with Flow**
  - Open Slack on one side of your screen and Flow on the other. Speak your thoughts directly into Flow while browsing the community.
  - Talking through the updates, capture exactly what you need to convey without overthinking.
- **Enhance the Message with Flow Command Mode**
  - Once you've captured your raw thoughts, switch to Flow's Command Mode.

- Ask it to refine the tone, making the message more fun, engaging, and consistent with the brand voice while retaining your original intent.
- **Final Edits**
  - Review Flow's enhancements and make any final tweaks to align perfectly with your goals.
  - Double-check the message
- **Post to Slack**

<https://www.loom.com/share/8f3126a318da465b9f31075518d08230>

12. Build a tool in 20 min w/out your keyboard (English or Spanish)

I love to build custom automations for my workflow. Sometimes, tools won't act like I want them to or it feels like too much work, so not having to touch my keyboard makes it 10x better.

How it Works

1. Use Flow to dictate your prompt to Replit
2. Test the output and make iterations based on your desired attributes
3. Copy and paste errors, then use Flow to clarify desired behavior

<https://youtu.be/Kb5BilxKknQ>

### Privacy:

Privacy first. Security always.

We never sell or share your data. Privacy Mode ensures no dictation is stored on our servers, and Flow is independently certified to the world's top security standards: SOC 2 Type II, ISO 27001, and HIPAA.

Privacy

built-in

With Privacy Mode enabled, zero dictation data is stored on our servers. To enable it, go to Settings → Data & Privacy → Privacy Mode.

#### 1. Introduction

This Privacy Policy describes how Wispr AI, Inc. ("Wispr" or "Company") collects, uses, and handles your personal data ("Personal Data"), and what choices you have when you use our website, applications, platforms, and services (collectively, the "Services"). By using the Services, you agree to the collection and use of information in accordance with this Privacy Policy. If you do not agree to the practices described in this Privacy Policy, please do not access or use the Services. Any capitalized terms not defined herein have the meaning ascribed to them in our [Terms of Service](#).

#### 2. Information We Collect

We collect several different types of information for various purposes to provide and improve our Services, including Personal Data and Usage Data as set forth below. If you do not provide your information when requested, you may not be able to use some or all of our Services if that information is necessary to provide you with our Services or we are legally required to collect it.

#### A. Personal Data

While using our Services, we may ask you to provide us with certain personally identifiable information that can be used to contact or identify you ("Personal Data"). Personal Data may include without limitation:

- Email address
- First name and last name
- Phone number
- Cookies
- Usage Data (as defined below)
- Any other Personal Data that you voluntarily provide to Wispr

#### B. Usage Data

We may collect information related to your interaction with or usage of the Services, including without limitation: your IP address, device type, browser type and version, pages of our Services that you visit, the time and date of your visit, the time spent on those pages, device language, unique device identifiers, system logs, performance metrics, the application used for dictation, and other diagnostic data related to your interaction with the Services ("Usage Data"). When you access the Services with a mobile device, Usage Data may also include information such as the type of mobile device, mobile device unique ID, mobile IP address, mobile operating system, mobile Internet browser type, and other diagnostic data.

#### C. Customer Content You Provide

We collect Customer Content that you provide to us in order to use the Services. This may include audio Inputs containing Personal Information that you choose to include (for example, if you say your name in a voice recording) and contextual information that you choose to make available. For example, if you enable the optional Context Awareness feature, we may collect limited, relevant content from the specific app in use (such as the text on the screen) to enhance the accuracy of Wispr Flow's Outputs. This content is processed solely to deliver the Services, and you can opt out of this at any time through your settings. If you opt to share your content with us for model training, we may also collect pseudonymized text and corrections you provide to improve the performance of Wispr Flow for all users. This may include Personal Information if shared. More information about how we use Customer Content is available in our [Data Controls Page](#).

#### D. Third-Party Platforms

We may collect information when you connect to your account using an account maintained by a third party, such as a social media account ("Third-Party Account"). The Services may collect information about you from your Third-Party Accounts in accordance with your permissions. When you connect to us through a Third-Party Account like Facebook or Google, we receive information from that third party identifying your account. We collect and store this information and use it to

help you connect to the Services. Connecting your account to a Third-Party Account is completely optional, and you will have the opportunity to grant permission when you attempt to connect. You can revoke permission by logging into the Third-Party Account and disconnecting Wispr from there, and through the native applications on your smartphone. We may retain the information we collected previously from you.

#### E. Payment Information

When you sign up for any of our Paid Services, our third-party payment processor, Stripe, Inc. (“Stripe”), collects and processes your payment-related information, such as your name, email, billing address, credit/debit card or banking information, or other financial information. Stripe’s privacy policy is available [here](#).

#### F. Other Information You Provide Directly To Us

You may have the option to submit additional information as you use our Services. For example, you may choose to participate in surveys where you can provide feedback on our products.

#### 3. Use of Data

Wispr may use Personal Data and Usage Data for the following purposes:

- Service Operation. To provide, update, maintain, improve, monitor, and protect our Services. If you choose to share your content with us for model training, we may also use your Customer Content to train our AI models. For additional information about how we may use Customer Content for model training, and how you can enable or disable model training, please see our [Data Controls Page](#).
- Communication. To provide customer and technical support, to send service-related emails, and to send marketing emails about new product features or other news about Wispr.
- Digital Advertising. To display digital advertising to you on our website or other websites (including through the use of cookies or other technologies).
- Administration. For transactional, billing, account management, tax, and administrative matters.
- Compliance. To comply with applicable laws and regulations or a court or other legal order.
- Risk Mitigation. To detect violations of our legal terms, enforce the legal terms that govern your use of the Services, or to detect, prevent, and respond to potential fraud or misuse of the Services.
- Interaction Improvement. To develop and improve our marketing activities to better match your interests and preferences.
- Marketing. To contact you with marketing or promotional materials and other information that may be of interest to you. You may opt out of receiving any, or all, of these communications from us by following any unsubscribe link or other mechanism provided to remove yourself from such communications.
- Other. For other lawful purposes with your consent.

Our lawful basis to collect and use your Personal Data and Usage Data will depend on the type of information and the context in which we process it. We may process your information to enter into or perform a contract with you, for the purposes of our legitimate interests (unless your rights and freedoms override those interests), with your consent, or to comply with our legal obligations (e.g. to comply with applicable laws and regulations or a court or other legal order).

#### 4. Use of Cookies and Other Tracking Technologies

Wispr, and the third parties we work with, use cookies and other tracking technologies on the Services to collect information about your usage of the Services and your device. Our use of such technologies is described in our [Cookie Policy](#).

#### 5. Online Analytics and Tailored Advertising

##### A. Analytics

We may use third-party web analytics services on the Services, such as those of Google Analytics. These vendors use the sort of technology described in the “Information Collection and Use” section above to help us analyze how users use the Services, including by noting the third-party website from which you arrive. The information collected by such technology will be disclosed to or collected directly by these vendors, who use the information to evaluate your use of the Services. We also may use Google Analytics for certain purposes related to advertising, as described in the following section. To prevent Google Analytics from using your information for web analytics, you may install the Google Analytics Opt-Out Browser Add-on.

##### B. Tailored Advertising

We engage in advertising for our own products and services and track ad attributions to measure effectiveness. We may use cookies or similar technologies to collect information about your use of our Services to optimize and serve our marketing content based on your interactions with our website and Services. We do not sell your data or use it to optimize ads for other companies. Currently, we do not allow unaffiliated parties to serve tailored marketing through our Services. However, you may still receive our advertising content, which may not always be personalized to your interests. If you wish to learn more about controlling cookies for marketing purposes, you can visit the Network Advertising Initiative's (NAI) Consumer Opt-Out Link or the Digital Advertising Alliance's (DAA) Consumer Opt-Out Link. To exercise choices about how Google personalizes Display Advertising or to customize Google Display Network ads, you can visit the Google Ads Settings page. Please note that we do not control these opt-out mechanisms and cannot guarantee their continued availability or effectiveness.

#### 6. Retention of Data

We will retain your Personal Data only for as long as is necessary for the purposes set out in this Privacy Policy. We will retain and use your Personal Data to the extent necessary to comply with our legal obligations (for example, if we are required to retain your data to comply with applicable laws), resolve disputes, and enforce our legal agreements and policies. We retain your Personal Data for different periods of time depending on what it is, how we use it, and how you configure your settings. We will either delete or anonymize Personal Data once it is no longer needed or after expiration of the applicable retention periods. If we anonymize, aggregate, or de-identify Personal Data, we may use and disclose it for any business purpose. We will also retain Usage Data for internal analysis purposes. Usage Data is generally retained for a shorter period, except when this

data is used to strengthen the security or to improve the functionality of our Services, or we are legally obligated to retain this data for longer time periods.

## 7. Transfer of Data

Your information, including Personal Data, may be transferred to – and maintained on – computers located outside of your state, province, country or other governmental jurisdiction where the data protection laws may differ from those of your jurisdiction. If you are located outside the United States and choose to provide information to us, please note that we transfer the data, including Personal Data, to the United States and process it there. Your consent to this Privacy Policy followed by your submission of such information represents your agreement to that transfer.

Wispr will take steps reasonably necessary to ensure that your data is treated securely and in accordance with this Privacy Policy and no transfer of your Personal Data will take place to an organization or a country unless there are adequate controls in place including the security of your data and other personal information.

## 8. Sharing With Others

This section describes when we may disclose Personal Data:

- **Services Providers.** We may disclose Personal Data with Services Providers who are working on our behalf (*e.g.* billing and payment service providers, third-party LLM providers, analytics providers, cloud providers, communications providers). Additionally, we may share your data with third-party LLMs in order to provide certain features. Your data is never used to train these services and will be deleted after 30 days.
- **Customers.** If a customer of Wispr (*e.g.* your employer) has given you access to the Services, we may disclose certain information about you (*e.g.* your account or device information) with that Customer to satisfy our contractual obligations and for the purposes otherwise described herein.
- **Protection of Wispr and Others.** We may disclose your information to protect the rights, property, or personal safety of Wispr, its agents and affiliates, its users, and the public. This includes exchanging information with other companies and organizations for fraud protection, spam/malware prevention, and similar purposes. We may also disclose your Personal Data if we believe that disclosure is reasonably necessary to comply with any applicable law or regulation, if we are required by law to comply with any court order or legal process or respond to any government or regulatory request, and to maintain and enforce our agreements and policies.
- **Business Transfers.** We may disclose your Personal Data in connection with any merger, sale of company assets, financing, or acquisition of all or a portion of our business to another company, in reliance on our legitimate business interests.
- **Affiliates.** We may disclose Personal Data with our affiliates who use Personal Data as set out in this Privacy Policy.
- **Advertising Partners.** We may partner with third party advertising networks, exchanges, and social media platforms (*e.g.* LinkedIn) to display advertising on our Services or to manage and service advertising on other sites, and we may disclose or otherwise make available Personal Data with them for this purpose. Please see our [Cookie Policy](#) for more information.

- Others with Your Consent. We may share your Personal Data with other third parties with your express consent.

## 9. How We Secure Your Information

The security of your data is important to us. We implement technical, administrative and physical safeguards to protect the information we collect from loss, misuse and unauthorized access, disclosure, alteration, or destruction. However, no method of transmission over the internet or method of electronic storage is 100% secure. While we strive to use commercially acceptable means to protect your Personal Data, we cannot guarantee its absolute security.

## 10. Your Data Protection Rights Under General Data Protection Regulation (GDPR)

If you are a resident of the European Union (EU) and European Economic Area (EEA), you have certain data protection rights, covered by GDPR. You can learn more about GDPR [here](#). We aim to take reasonable steps to allow you to correct, amend, delete, or limit the use of your Personal Data. If you wish to be informed what Personal Data we hold about you and if you want it to be removed from our systems, please email us at [support+privacy@wisprflow.ai](mailto:support+privacy@wisprflow.ai).

In certain circumstances, you have the following data protection rights to:

- access, update or to delete the information we have on you;
- have your information rectified if that information is inaccurate or incomplete;
- object to our processing of your Personal Data;
- request that we restrict the processing of your personal information;
- be provided with a copy of your Personal Data in a structured, machine-readable and commonly used format;
- withdraw your consent at any time where we rely on your consent to process your personal information.

Please note that we may ask you to verify your identity before responding to such requests. Please note, we may not be able to provide Services without some necessary data.

You have the right to complain to a Data Protection Authority about our collection and use of your Personal Data. For more information, please contact your local data protection authority in the European Economic Area (EEA).

## 11. Children's Personal Data

To use the Services, you must be at least 13 if you reside in the United States, and 16 if you reside anywhere else. If you are under the age of 18, depending on where you live, you may need to have your parent or guardian's consent to these Terms and they may need to enter into these Terms on your behalf. If you are a parent or guardian and become aware that your child provided us with Personal Data, you should contact us at [support@wisprflow.ai](mailto:support@wisprflow.ai).

## 12. Services Providers

We may use third-party companies, vendors, personnel and other service providers to facilitate our Services, provide Services on our behalf, analyze how our Services are used, and provide similar third-party services (collectively, "Services Providers"). These Services Providers may have access to

your Personal Data only to perform these tasks on our behalf and are obligated not to disclose or use it for any other purpose.

### 13. Links to Third-Party Websites

The Services may contain links to third-party websites or services. We are not responsible for the content or practices of those websites or services. The collection, use, and disclosure of your information by third parties will be subject to the privacy policies of the third-party websites or services, and not this Policy. We urge you to read the privacy and security policies of these third parties before providing information to them.

### 14. Changes to This Privacy Policy

We'll update this Privacy Policy from time to time. When we make changes, we'll update the date at the top of the Privacy Policy. If a modification meaningfully reduces your rights, we will notify you (by, for example, sending you an email or displaying a prominent notice within the Services). The notice may designate a reasonable period after which the new terms will take effect. Modifications will not apply retroactively. We encourage you to check back periodically to review this Privacy Policy for any changes since your last visit. This will help ensure you better understand your relationship with us, including the ways we process your Personal Data.

### 15. Contact Us

If you have any questions about this Privacy Policy, please contact us by email at [support+privacy@wisprflow.ai](mailto:support+privacy@wisprflow.ai).

### 16. Privacy Notice for California Residents

If you are a California resident, please review this [supplemental notice](#).

#### Data Controls

If you have any questions or feedback, please email us at [support@wisprflow.ai](mailto:support@wisprflow.ai)

#### Privacy Mode

- You Control Your Data
  - If you enable “Privacy Mode” in Settings → Data and Privacy, none of your Dictation Data (i.e. audio, transcript, edits) will be stored or used for model training by us or any third party (zero data retention). Flow may still collect usage statistics such as the number of words you have dictated.
  - If you choose to disable “Privacy Mode,” your Dictation Data may be used to evaluate, train and improve Flow’s features and AI models.
  - We never sell your data. Our business model is based on selling software, not your information. You own your data.
- Transcription always occurs on the cloud. This is the best way for us to provide accurate, low latency transcription.

#### Other notes

- Flow always uses information about the app you are dictating in (e.g. app name) to format messages (e.g. formal tone in email, casual tone in messages). It also takes into account the surrounding textbox content to help determine correct capitalization and punctuation, and to edit text with Command Mode.
- Personalization data, such as your dictionary and custom prompts, are synced across your desktop and mobile devices. Flow Notes (but not audio or dictation history) are synced across desktop and mobile devices.
- If “Context Awareness” is enabled in Settings → Data and Privacy, relevant text data from the active app window may be used to improve transcription accuracy. You can turn this on/off at any time.
- If “Auto-add to Dictionary” is enabled in Settings → Personalization, Flow monitors the text box where it pastes text to detect any edits you made to transcribed words. If you change the spelling of a word, it is automatically added to your dictionary. You can turn this off at any time.
- We use industry-standard encryption (TLS) to protect your data, including your audio and transcripts. Your data is encrypted during transit and at rest on our servers. Only authorized personnel can access it, and we conduct regular security audits to help keep your data safe. We are SOC 2 Type 2 compliant.
- Flow uses a combination of open-source models (i.e. LLAMA 3.1) and proprietary LLM providers (such as OpenAI) to provide its services. Wispr has agreements with all third party generative AI providers to ensure no data is stored or used for model training (zero data retention).

We put our security to the test with live, independent auditing.

The below is the compliance report:

[Wispr Flow | Trust Portal | Delve](#)



#### Frequently asked questions regarding privacy:

**Do you store my voice recordings or transcripts?**

You can choose whether or not we store your dictation data. If you turn on **Privacy Mode**, we keep **nothing**—no audio, no transcripts, no edits. Without Privacy Mode, your data may be used to improve Flow's features and AI models, but it's never sold or shared.

### **What is Privacy Mode and how does it work?**

Privacy Mode is a setting in *Settings → Data & Privacy* that gives you **zero data retention**. When it's on, your dictation data isn't stored or used for model training by us or any third party. When it's off, we may use your dictation data for debugging model failures or improving transcription services. You can turn it on or off at any time, and it's automatically enabled for Enterprise accounts.

### **How can I enable HIPAA compliance?**

If you are an individual user, open the app, go to Settings > Data and Privacy, then view and accept the Business Associate Agreement (BAA).

If you are an Enterprise user, you can go to your admin portal and accept the BAA on behalf of your entire organization and enforce HIPAA compliance across your whole team. [Watch this video to see how to enable it.](#)

### **What security certifications do you have?**

We are **SOC 2 Type II** certified, which means our security, availability, and privacy practices have been independently audited to meet rigorous industry standards. [You can check our live compliance report at any time here.](#)

### **Where is my data stored and how is it protected?**

Your data is encrypted **in transit** (while it's moving) and **at rest** (while it's stored). We use secure cloud servers and limit access to authorized personnel only. Transcription always happens in the cloud to provide the best speed and accuracy.

### **Does Wispr Flow support Single Sign-On (SSO)?**

Yes. Enterprise plans include SSO/SAML integration so your team can securely access Wispr Flow with your organization's existing identity provider.

### **How can I help docs:**

#### **Getting started:**

#### **What is Flow?**

Last updated 2 weeks ago

Stop typing, start speaking.

Wispr Flow lets you use effortless voice dictation in every application across your desktop and mobile devices -- it's 4x faster than typing, supports AI commands, and auto-edits your messages!

## Downloading Flow

### Download for iPhones

Download Flow from the [App Store](#)! If you enjoy it, leave a review too :)

**Minimum OS requirement: iOS 18.3**

### Download for Desktop

Go to <https://wisprflow.ai/downloads> and download it for your Windows or Mac and speak 4x faster than you can type.

### System Requirements, Mac OS

- Any Mac with Apple or Intel Silicon with MacOS 12.0 or newer
- Storage: 500MB free space for installation + caching
- Microphone: Built-in or external microphone required for voice input
- Internet connection

### System Requirements, Windows

- Operating System: Windows 10 (64-bit) or later
- Processor: Intel Core i3 (or AMD Ryzen 3) or better
- RAM: 4GB (8GB recommended)
- Storage: 500MB free space for installation + caching
- Microphone: Built-in or external microphone required for voice input
- Internet connection

### Troubleshooting Microphone Issues

If Flow can't pick up your voice or your microphone isn't detected, try these steps:

1. **Check Microphone Settings:** In Flow's Settings, select a specific microphone (avoid "Built-in mic" or "Auto-Detect"), then Save and Close. Restart the app to refresh.
2. **Verify Microphone Permissions:** On Windows, go to Start → Settings → Privacy & security → Microphone. Ensure microphone access is enabled and Flow is allowed. On Mac, check System Preferences → Security & Privacy → Microphone.
3. **Test Your Microphone:** Confirm it's not muted and increase the input volume in your system's sound settings.
4. **Check Functionality:** Press the default hotkey (Ctrl + Win on Windows, Cmd + Space on Mac) to see if the app detects your voice. If no text appears, check Recent Activity in the app to see if audio was recorded. You can also download the audio file from history to verify if audio was captured.

5. **Restart or Reset:** Quit and reopen the app. If issues persist, reset the local database via Settings → System → Data → Reset & Restart (this deletes local history).
6. **Check Internet Connection:** Ensure your connection is stable. Temporarily disable VPNs, firewalls, or proxies that might block the app.

If these steps don't resolve the issue, report it in the app by clicking the ? icon and choosing **Report an issue**. Include what you tried and what you noticed.

- Operating System: Windows 10 (64-bit) or later
- Processor: Intel Core i3 (or AMD Ryzen 3) or better
- RAM: 4GB (8GB recommended)
- Storage: 500MB free space for installation + caching
- Microphone: Built-in or external microphone required for voice input
- Internet connection

## Our Platforms

Want to prioritize your device? Drop us an email at [support@wisprflow.ai](mailto:support@wisprflow.ai) and tell us what you are most excited to do with Flow!

1. **Flow for Apple M1 Macs:** Oct 2024
2. **Flow for Intel Macs:** Jan 2025
3. **Flow for Windows:** Mar 2025
4. **Flow for iPhone:** Jun 2025
5. **Flow for Apple Watch / iPad:** Coming soon
6. **Flow for Android:** Coming soon
7. **Flow for Linux:** Coming soon

... and more!

## Your first Dictation on Desktop

Last updated 2 months ago

Learn how to use Flow Desktop

## Flow on Desktop

Once you've downloaded and installed the Wispr Flow app on your desktop, you're ready to go.

1. Put your cursor in a text box
2. Press and **hold** your hotkey
3. Speak freely
4. Let go of the hotkey to see your formatted transcript

## **1. Put your cursor in a text box**

For Flow to know where you want to transcribe, your cursor must be in a textbox. This can be in any application on your computer—Slack, Microsoft Teams, Google Docs, Notion, you name it. Just look for the flashing cursor.

## **2. Press your hotkey (Mac default: Fn , Windows default: Ctrl + Win )**

Once you hear Flow's signature ping or see the white bars start moving, you can start dictating.

## **3. Let go of your hotkey**

To paste the text, let go of the hotkey to paste in the text box you're in. Ta-da, Flow should have pasted your dictation in the textbox. If not, please [let us know](#).

P.S. If you click Esc , your transcript will be canceled, but don't worry—you can still find it in the Recent Activity page.

### **[Bonus] More ways to start a dictation on your desktop**

#### **Troubleshooting: Microphone Not Detected**

If Flow isn't detecting your microphone or you're not seeing any transcription, try these steps:

##### **1. Choose Your Microphone in Settings:**

- Open **Settings** in Wispr Flow
- Select your specific microphone instead of "Built-in mic" or "Auto-Detect"
- Click **Save and Close**—changes won't save automatically
- If your mic isn't listed, quit and reopen the app to refresh the list

##### **2. Check System Microphone Permissions:**

- **Mac:** Go to **System Settings → Privacy & Security → Microphone** and ensure Wispr Flow is allowed access
- **Windows:** Go to **Start → Settings → Privacy & security → Microphone** and make sure **Microphone access** is on and apps can use your mic

##### **3. Check Audio Input Settings:**

- **Mac:** Open **System Settings → Sound → Input** and ensure the microphone is not muted with proper input volume
- **Windows:** Right-click the speaker icon and select **Open Sound settings → Input** to adjust input volume and check mute status

##### **4. Test Your Microphone:**

- Use the Flow bar to speak and check if text appears in Recent Activity
- If no text appears, download the audio file to verify if sound was recorded

##### **5. Check for Common Issues:**

- Confirm your mic isn't muted (check hardware mute keys)
- Ensure your internet connection is stable
- Temporarily disable VPNs, firewalls, or proxies that might block the app

**Note:** Bluetooth microphones often cause delays and lower audio quality. We recommend using a built-in or wired microphone for the best experience.

If these steps don't resolve the issue, use the "Report an issue" feature in the app with details about what you've tried.

1. Click on your Flow bar in the center of your screen
2. Press Fn + space (Mac) or Ctrl + Win + space (Windows) to go hands-free mode, then Fn or Ctrl to paste.

Learn how to dictate on iOS.

Watch our CTO and co-founder give a quick 45-second walkthrough

[How to use Wispr Flow on your iPhone.](#)

## **Use Flow Hands-free**

Last updated 2 months ago

What's better than typing with no hands?

You can start a dictation

1. Hands free mode with your shortcut
2. By clicking the Flow bar.

### **From a hotkey**

A dedicated hotkey (default Fn + Space on MacOS or Ctrl + Win + Space on Windows). To change it, see below.

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#### **On MacOS**

If you only have one hotkey set up, you can double-tap it to go hands-free or just hit fn + space bar to start dictating, then the fn key to stop.

#### **On Windows**

Press Ctrl + Win + space to go hands-free mode, then Ctrl to paste

You can always change this under **Flow Hub → Settings → Defaults → Change shortcuts.**

### **From the Flow bar**

Just click the Flow bar to start dictating hands-free

### **Turning off Hands-free**

There are two ways that you can disable hands-free:

1. You can click the hotkey that you double-tapped in order to enable hands-free.
2. You can simply click the red stop icon located at the bottom of your screen in the Flow bar.

## Add to the dictionary

Last updated 5 months ago

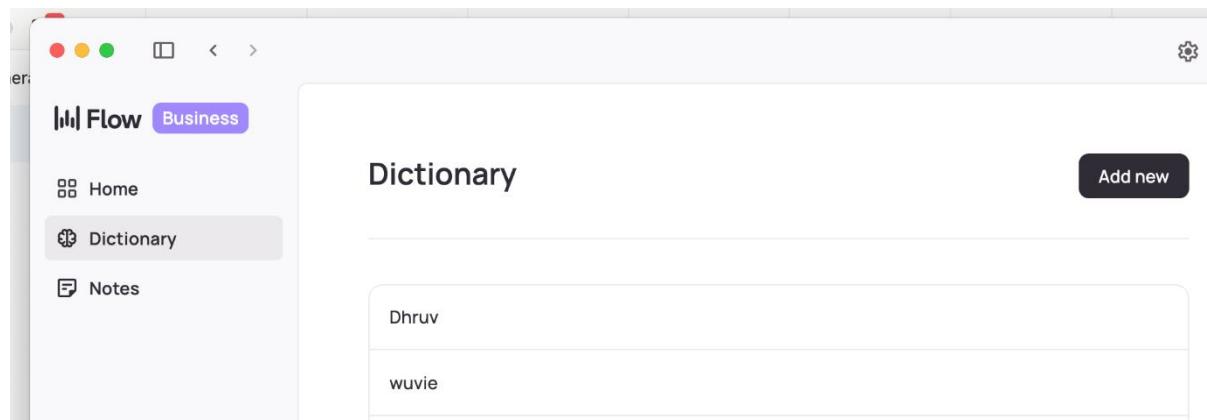
How to add words Flow doesn't get quite right.

When you correct the spelling of a name, Flow will **automatically** add it to the Dictionary.

You can also manually add words that Flow doesn't get quite right. This is great for industry terms, quirky spellings, or anything else you use often.

### Desktop

Open the Flow app, then go to **Dictionary → Add new**.



### On Mobile

Go to the Dictionary tab on the bottom and press the + button

Go to [Add to the dictionary](#) as a reference.

## Snippets

Last updated 2 months ago

The stuff you **shouldn't have to re-type**. Save shortcuts to speak the things you type all the time like emails, links, addresses, bios, anything. Just speak, and Flow expands them instantly, without retyping or searching through old messages.

Snippets can be **personal** or **shared across your team** (for Flow Business users), helping everyone stay consistent and save time.

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### Where do I find my Snippets?

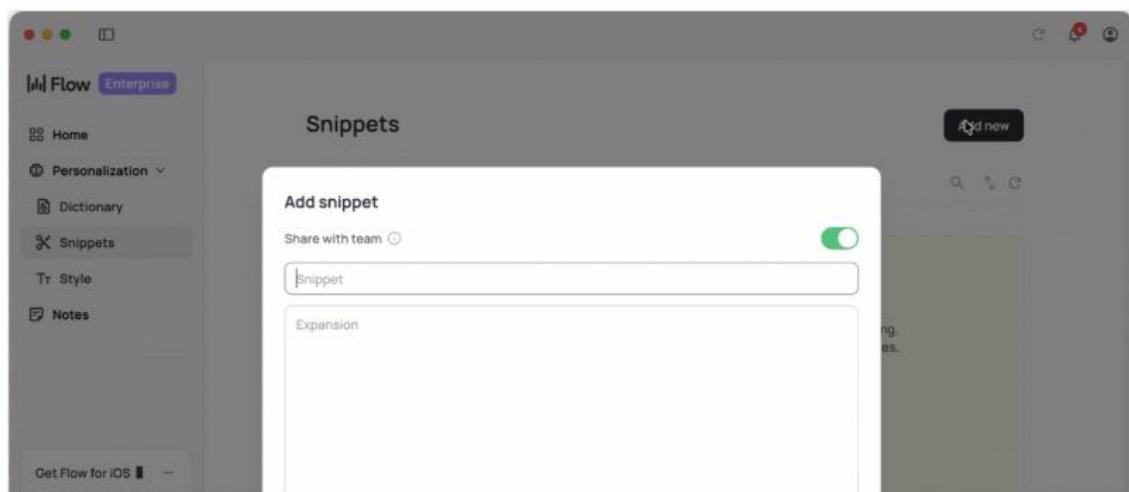
You can create and manage Snippets right in the **Wispr Flow** app.

#### 💻 macOS and Windows:

From the **Home** page, go to **Personalization → Snippets**.

#### 💻 macOS and Windows:

From the **Home** page, go to **Personalization → Snippets**.



Ios:

#### 📱 iOS:

Tap the **Snippets** tab at the bottom of the app, then tap the **+** button in the lower-right corner to add a new one.



## How do Snippets work?

Snippets let you turn short triggers into full text or phrases.

Once saved, Flow automatically expands your shortcut anywhere you speak or type it across email, chat, or documents.

### Common ways to use Snippets

Shortcut Expands to	Example Use
c30 https://calendly.com/your-cal-link	Quick-share your calendar link
Taney Tanay	Fix recurring typos instantly
intro "Wispr Flow is a..."	Drop in your company intro or bio
sig "Thanks again — Samm"	Add a quick signature or closing line

### Creating a Snippet

1. Open **Snippets** from your Flow app.
2. Tap or click **Add new**.
3. Enter your **shortcut** (e.g., intro) and the **text** you want it to expand to.
4. Save your changes and you're done.

Now, when you speak or type your shortcut, Flow instantly replaces it with your full text.

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### Shared Snippets (Flow Business)

For Flow Business users, Snippets can also be shared across your team.

Perfect for standard replies, team links, and consistent messaging so no one ever has to re-type the same thing twice.

Source: [Snippets](#)

## Speak in 100 languages

Last updated 5 months ago

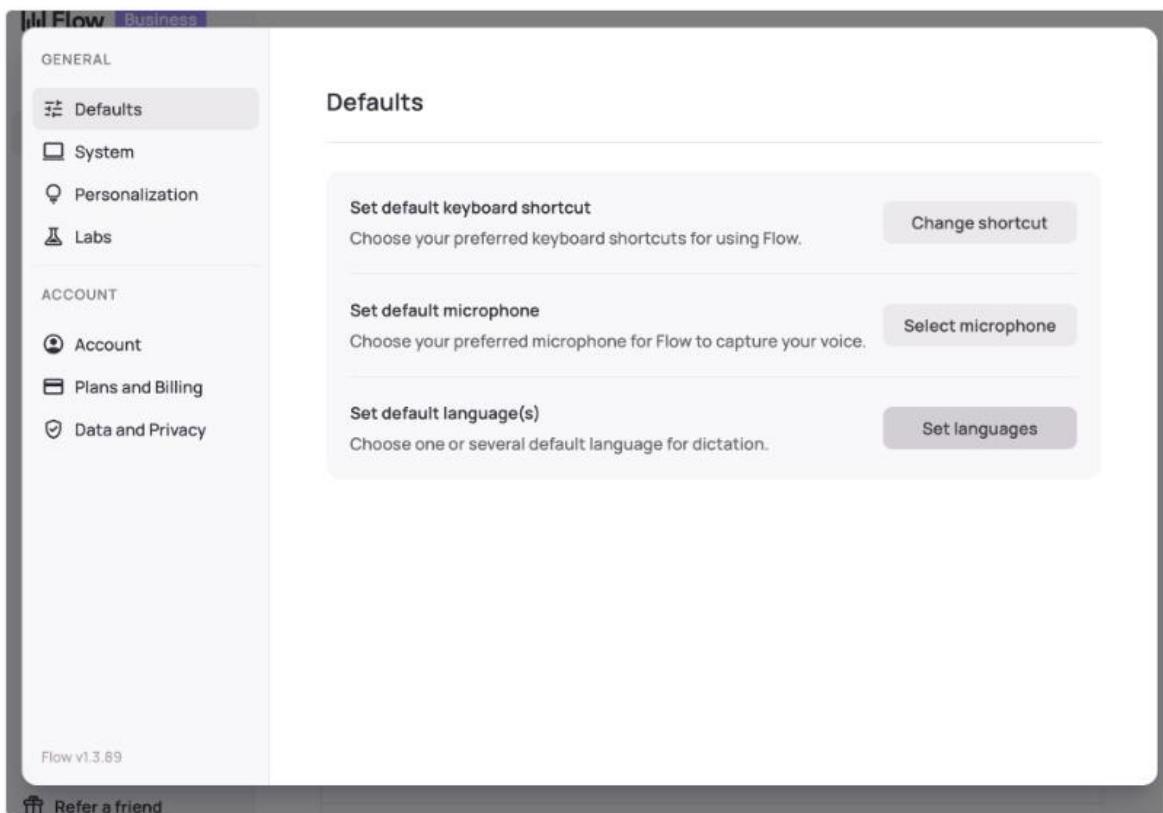
US CA GB FR DE JP CN IN AU BR KR MX RU ES IT SE NZ AR SA ZA EG NG ID TH VN PH SG

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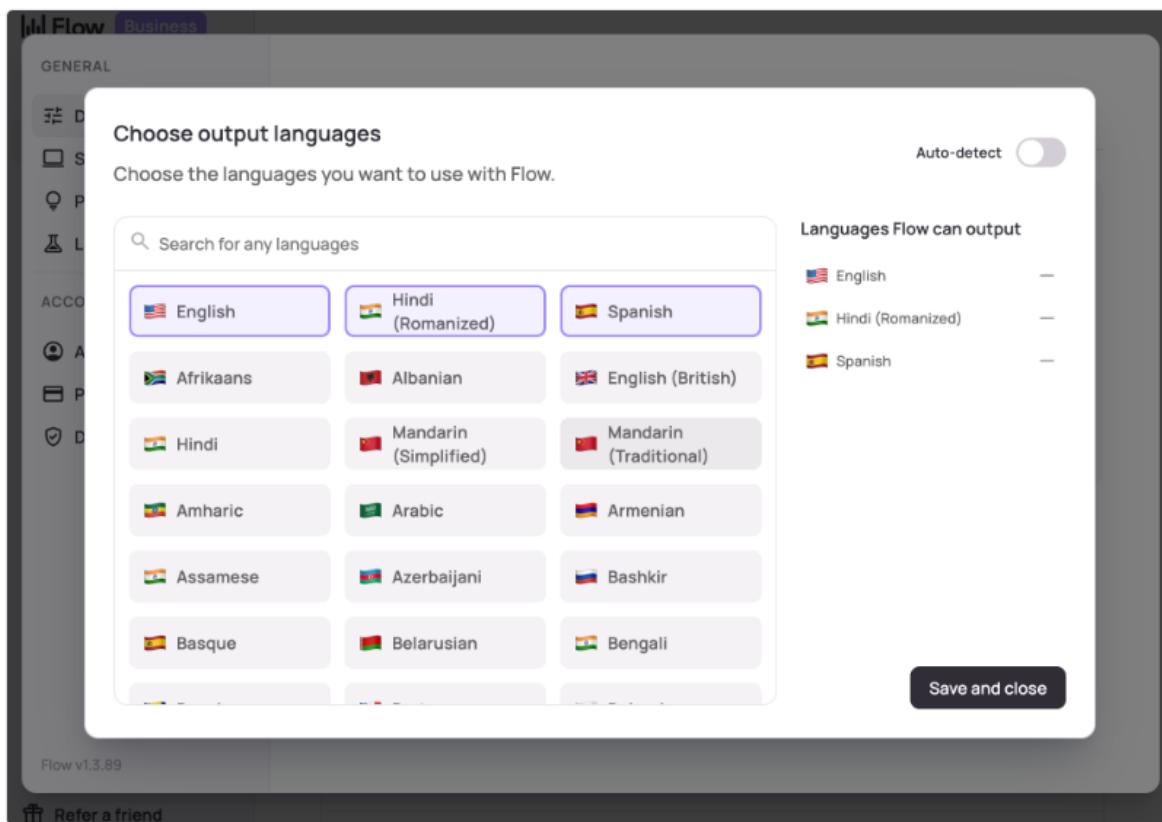
Flow in other languages is not yet as reliable Flow in English—our team is working hard to improve this!

Flow **auto-detects** the language you're speaking to transcribe. However, it's still learning the ropes. By selecting your languages, you're giving Flow a heads-up on what to expect.

First, navigate to **Settings → Defaults → Set languages.**



Then, you can either **select your desired languages** or **turn on Auto-detect** to let Flow do it for you. We recommend selecting the most common languages you speak



## What languages do you support? 🌎

- English US
- English (British) GB
- Mandarin (Traditional) CN
- Mandarin (Simplified) CN
- German DE
- Spanish ES
- Russian RU
- Korean KR
- French FR
- Japanese JP
- Portuguese PT
- Turkish TR
- Polish PL
- Catalan ES

- Dutch NL
- Arabic SA
- Swedish SE
- Italian IT
- Indonesian ID
- Hindi IN
- Hindi
- (Romanized) IN
- Finnish FI
- Vietnamese VN
- Hebrew IL
- Ukrainian UA
- Greek GR
- Malay MY
- Czech cz
- Romanian RO
- Danish DK
- Hungarian HU
- Tamil IN
- Norwegian NO
- Thai TH
- Urdu PK
- Croatian HR
- Bulgarian BG
- Lithuanian LT
- Latin IT
- Maori NZ
- Malayalam IN
- Welsh 

- Slovak sk
- Telugu IN
- Persian IR
- Latvian LV
- Bengali IN
- Serbian RS
- Azerbaijani AZ
- Slovenian SI
- Kannada IN
- Estonian EE
- Macedonian MK
- Breton FR
- Basque ES
- Icelandic IS
- Armenian AM
- Nepali NP
- Mongolian MN
- Bosnian BA
- Kazakh KZ
- Albanian AL
- Swahili KE
- Galician ES
- Marathi IN
- Punjabi IN
- Sinhala LK
- Khmer KH
- Shona zw
- Yoruba NG
- Somali so

- Afrikaans ZA
- Occitan FR
- Georgian GE
- Belarusian BY
- Tajik TJ
- Sindhi PK
- Gujarati IN
- Amharic ET
- Yiddish IL
- Lao LA
- Uzbek UZ
- Faroese FO
- Haitian Creole HT
- Pashto PK
- Turkmen TM
- Nynorsk NO
- Maltese MT
- Sanskrit IN
- Luxembourgish LU
- Myanmar MM
- Tibetan CN
- Tagalog PH
- Malagasy MG
- Assamese IN
- Tatar RU
- Hawaiian US
- Lingala CD
- Hausa NG
- Bashkir RU

- Javanese ID
- Sundanese ID
- Cantonese HK

Source for reference: [Speak in 100 languages](#)

## Flow Notes

Last updated 5 months ago

Learn how to use Flow Notes.

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With a Flow Note, you can capture ideas without the hassle—fast, natural, and automatically in sync with Flow for Desktop.

### How to set it up

1. Add the Flow shortcut to your iPhone
2. Open your iPhone Settings. Navigate to Action Button, then swipe to Shortcut
3. Select Quick Dictation to Clipboard as the Action Button shortcut
4. Press your action button and speak naturally to start—then again to stop
5. Paste your note in any textbox

### Why it feels like magic

- Ideas don't wait: Inspiration doesn't schedule a meeting. Capture it mid-task—without breaking stride.
- From messy to meaningful: Flow turns raw thoughts into clear, structured notes, ready for when you're back in focus mode.
- Syncs like second nature: All your notes stay in sync across devices. Start on your phone, finish on your desktop.

Source for reference: [Flow Notes](#)

## How do I use bluetooth or external mics?

Last updated 2 months ago

Pick the right mic, avoid Bluetooth delays, and keep dictation smooth with Flow.

### Desktop

## How do I use headphones with Flow?

When it comes to using Flow with your headphones, we **recommend your device's built in mic or a wired mic instead of a Bluetooth connected one.**

Bluetooth microphones (**not** recommended) will make your Flow experience slower due to technical constraints.

## Troubleshooting Audio Issues

If Flow shows "Audio is silent" or isn't detecting your voice:

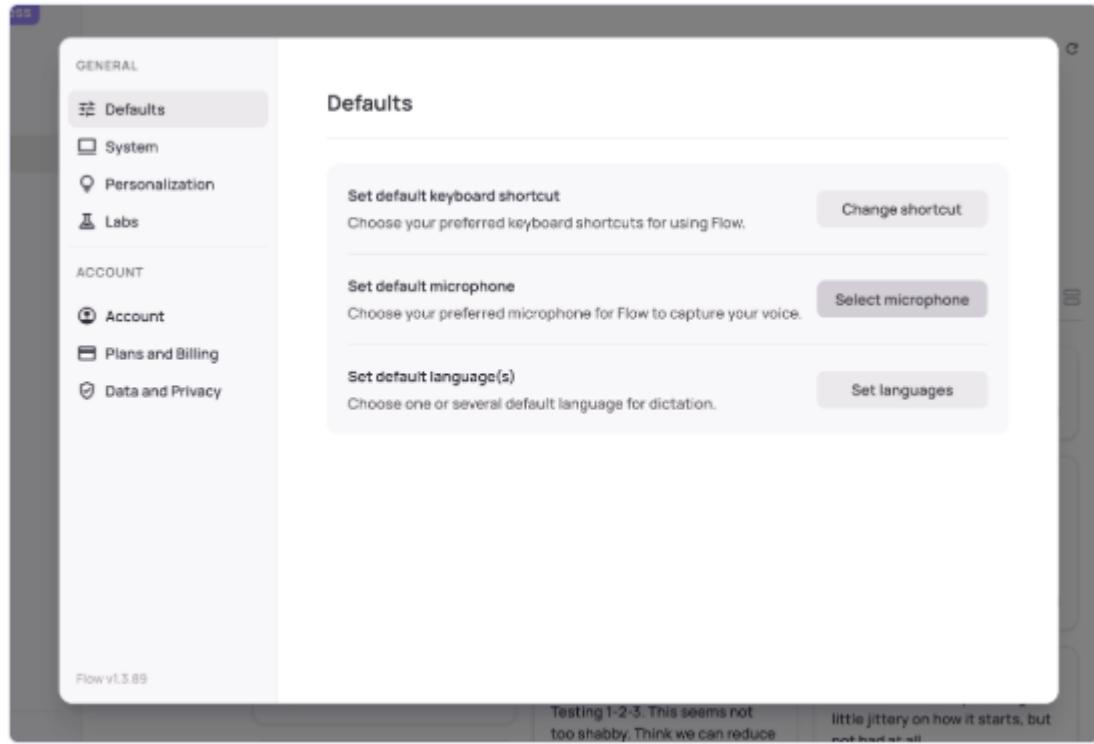
1. **Check if your microphone is muted:** Look for hardware mute buttons (often 'Fn + F7' or similar) or check your system's microphone settings to ensure it's not muted
2. **Verify microphone volume:** Make sure your input volume is turned up in your system's sound settings
3. **Confirm microphone permissions:** Ensure Flow has permission to access your microphone in your system's privacy settings. On Windows, check **Start → Settings → Privacy & security → Microphone**
4. **Test your microphone:** Try dictating something in Flow and check if text appears in Recent Activity. If not, download the audio file from history to verify if audio was recorded
5. **Restart the app:** Close and reopen Flow to refresh the microphone settings
6. **Reset local database:** If Flow isn't working properly, go to **Settings → System → Data** and click **Reset & Restart** to create a new local database

**Note:** The Reset & Restart option will delete your local history.

If these steps don't resolve the issue, use the ? icon in the app to report the problem with details about what you tried.

## To change your connected microphone

1. **Choose your mic:** Set your preferred microphone by right-clicking the Flow bar or opening settings in the Hub.



**2. Listen for the Cue:** Flow will play a sound to let you know when the mic is ready. (You can manage this in 'interaction sounds' settings)

#### Can I use my Airpods with my phone but still dictate with the built-in MacOS mic?

Yes, you can! If you've found your AirPods suddenly jumping ship from your iPhone to your Mac when using Flow, you're not alone. This is an Apple feature.

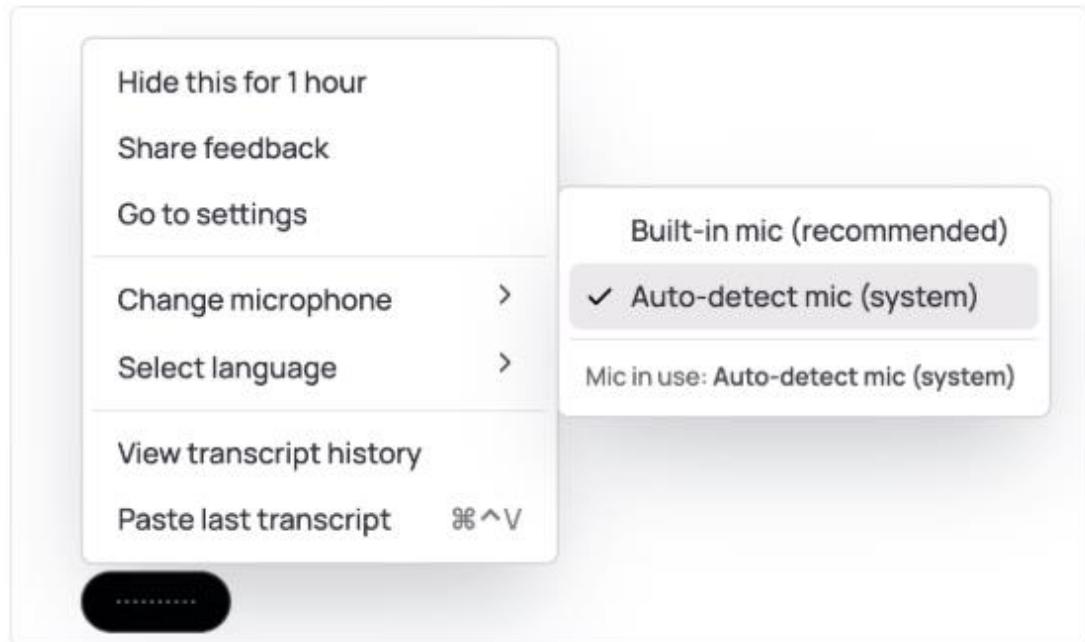
#### Workaround Options

1. **The One-Time Switch:** After manually switching your AirPods back to your phone once, they should behave for subsequent dictations
2. **Bluetooth Timeout:** Temporarily disable Bluetooth on your Mac to prevent it from snagging your AirPods
3. **Take Control:** Disable mic auto-switching in your AirPods settings for a more predictable experience

#### 1. Connecting to a Mic from the Flow bar

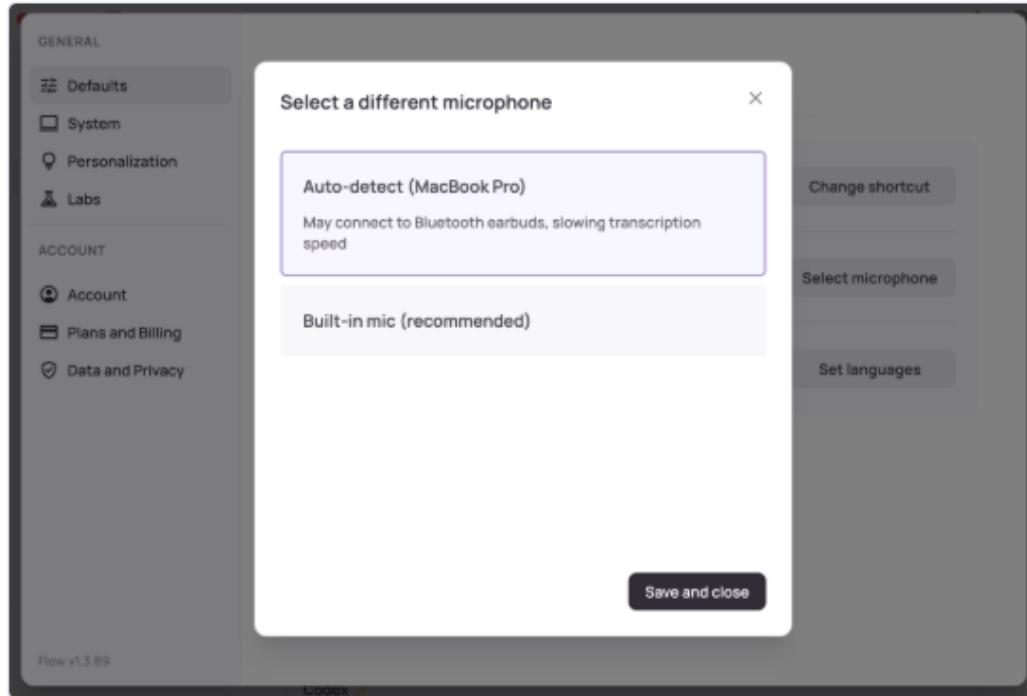
When you connect headphones and/or an external microphone, Flow will default to your built-in computer microphone. We recommend this because Apple Airpods, in particular, don't capture audio well.

To change this, right click on your Flow bar and select Auto-detect mic (system). Keep in mind this is **not** recommended for Apple Airpods or any headphones without a high-quality microphone.



## 2. Connecting to a Mic from the Flow desktop app

Go to the **Flow app → Settings → Defaults → Change Microphone** and select the one you want to use.



## Recommended Mics

If you're looking for a high-quality mic, here are the ones we use at Flow HQ. (Not affiliate links, just sharing!)

- <https://a.co/d/6Zg1UhD>
- <https://www.amazon.com/dp/B0BF969RVP>

Source for reference: [How do I use bluetooth or external mics?](#)

## iOS

### **How do I use my bluetooth mic?**

The iPhone built in mic delivers the best Flow experience—it's the fastest, highest transcription quality option. If you'd like to have Flow auto-detect your paired microphone, you can turn off this setting. We will be building in a selector for specific microphones shortly.

#### **Get started**

Last updated 5 months ago

Use Flow to speak 4x faster than typing in every app on your phone

#### **Download from the App Store**

As of now, we only support Flow for iPhones with iOS 18.3 and above. We'll be launching Flow for iPad and Apple Watch soon!

You can download Flow from the [App Store](#).

#### **How does Flow work?**

We took the best speech-to-text model in the world and put it in a keyboard that you can use in any app.

Watch a quick 45-second video from Flow's co-founder, Sahaj

<https://youtube.com/shorts/fpl4iH3KLqQ?feature=share>

#### **What can you do with Flow?**

##### **1. Replace your voice messages**

Voice messages are easy to send but inconvenient for the listener. With Flow, your family & friends can just read what you wanted to say.

*Used most in Whatsapp, iMessage, Slack*

##### **2. Finally, you can send emails effortlessly**

When Flow takes care of the formatting, you can just think it, speak it, send it.

*Used most in Gmail, Apple Mail, Outlook, Superhuman*

##### **3. Jot down your thoughts**

Your mind thinks faster than your thumbs can catch up. With Flow, no idea is lost—whether you're on a walk, in bed, or in the shower. Flow is there to quickly capture your thoughts in your most urgent moments.

*Used most in Apple Notes, Notion, Bear*

#### 4. Respond faster

With Flow, you can send long messages that sound just like you, without the stress of having to type on a tiny keyboard

*Used most in iMessage, Whatsapp, Slack, Teams*

#### How much does it cost?

For now, Wispr Flow for iPhone is free for everyone to use! We'll add pricing plans to it later, but our goal is to make sure we can bring the joy of voice to everyone in the world.

#### Wispr Flow Desktop Settings Overview

Last updated 2 months ago

These settings let you control how Flow starts up, captures voice, manages privacy, and interacts with your workspace. You can open them anytime from the Flow menu bar icon under **Settings** (gear icon) in the lower left corner of the app window.

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#### General

- **Microphone:** Choose or switch the input device Flow uses for voice capture. Helpful if you use an external mic or headset.
- **Keyboard shortcuts:** Set or change the global activation hotkey that starts dictation from anywhere.
- **Languages:** Add or remove recognition languages to match your writing or preferred input.

---

#### System

##### App settings

- **Launch app at login:** Have Flow start automatically when you sign in to your computer.
- **Show Flow bar at all times:** Keep the floating Flow bar visible even when dictation isn't active.
- **Show app in Dock:** Choose whether Flow appears in your Dock for quick access or stays hidden.

## Sound

- **Dictation sound effects:** Play subtle tones when dictation begins and ends for clear feedback.
- **Mute music while dictating:** Automatically lower or mute background audio so Flow hears you clearly.

## Extras

- **Smart Formatting:** Toggle automatic punctuation, capitalization, and spacing for cleaner text output.
  - **Auto-add to Dictionary:** Let Flow learn and remember new words or corrected terms automatically over time.
- 

## Data & Privacy

- **Privacy Mode:** Limit data retention and disable analytics for minimal data collection.
  - **Context Awareness:** Improve accuracy and tone matching by allowing Flow to adapt to the app or content you're working in.
  - **Hard Refresh:** Fully resync your personalized data and rebuild context if recognition feels off.
  - **Delete history of all activity:** Permanently remove all stored transcripts and activity logs from your local device.
- 

## Help

- **Help Center:** Access Flow's guides and troubleshooting resources directly from the app.
- **Report an Issue:** Submit a detailed support report for technical help.
- **Share Feedback:** Send product feedback, suggestions, or feature requests to the Flow team.
- **Contact Sales:** Reach the sales team for workspace, billing, or plan questions.
- **Report from History:** Hover over any transcript in your History and select *Report* to flag that entry for team review.

## Wispr Flow iOS Settings Overview

Last updated 2 months ago

These settings let you customize how Flow behaves, sounds, and manages privacy on your iPhone. You can open them anytime in Settings from the side menu (gear icon).

---

## General

- **Set language:** Choose or switch your default dictation language(s).
  - **Disable Flow after:** Decide when Flow automatically turns off after inactivity.
  - **Auto open note:** Start a new note automatically each time you open the app.
  - **Low data mode:** Optimize Flow for slow or limited networks.
  - **Upgrade to Pro:** View or change your subscription for unlimited dictation and added features.
- 

## Audio

- **Interaction sounds:** Play subtle tones when dictation starts or stops for clear feedback.
  - **Built-in mic:** Use your iPhone's microphone for all dictations.
- 

## Personalization

- **Smart Formatting:** Toggle automatic punctuation and capitalization.
  - **Casual tone while messaging:** Use a more conversational tone automatically when dictating in messaging apps.
- 

## Data & Privacy

- **Privacy Mode:** Limit data retention and disable analytics for stricter privacy.
  - **HIPAA:** View the Business Associate Agreement if required for compliance.
  - **Automatically delete transcripts:** Erase all data and transcripts daily to maintain privacy.
  - **Refresh notes from cloud:** Force a full sync if notes appear missing or out of date.
- 

## Account

- **Manage plan:** Review, upgrade, or cancel your current plan.
- **Report an Issue:** Submit a support ticket directly from the app.
- **Leave Feedback:** Send product suggestions or comments to the Flow team.

- **Sign out:** Log out of Flow on your current device.
  - **Delete account:** Permanently remove your account and all associated data.
- 

## Help

- **View Privacy Policy:** Open Flow's privacy policy in your browser.
  - **How to use Flow iOS:** Learn about key gestures, shortcuts, and dictation basics.
- 

## Other options

- **Refer a friend:** Invite others to try Flow.
- **Unlock Flow on your computer:** Connect your iPhone account to the desktop version.
- **Get unlimited words:** Upgrade to remove weekly word limits and unlock Pro features.

## Wispr Flow iOS Settings Overview

Last updated 2 months ago

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## Getting Started with Wispr Flow (Free Users)

Last updated 2 months ago

### What's a Wispr Flow Pro Trial?

When you first sign up for Wispr Flow, you'll automatically start a **14-day Pro trial** — no credit card required. During this time, you'll have full access to all Flow Pro features so you can explore everything the app can do. After the trial ends, you'll simply move to the free Basic plan unless you choose to upgrade.

### Flow Account Overview

When you sign up for Wispr Flow, you start with a **free Basic account** — no setup required.

- For the first **14 days**, your new account is automatically upgraded to a **Flow Pro trial**, giving you access to all Pro features.
- After 14 days, you'll receive an email reminder that your Pro trial is ending.
- Your account will **not** be upgraded or charged automatically — you'll simply revert to **Flow Basic**.

To continue with Pro, visit **Settings → Plan and Billing** in the desktop app. You can upgrade directly — no need to contact support.

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### **Canceling or Deleting Your Account**

#### **Canceling a Flow Pro Trial or Subscription**

You can cancel your Flow Pro plan anytime — no need to contact support.

Go to **Settings → Plan and Billing → Manage Subscription** in the Flow desktop app.

If you cancel, your subscription remains active until the end of the billing period. After that, you'll automatically downgrade to **Flow Basic** (you won't lose access to the app). You won't be charged again for the Pro plan.

#### **Deleting Your Account**

If you want to completely delete your account and data:

Go to **Settings → Account → Delete Account** in the Flow desktop app.

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### **Need Help?**

If you run into any issues, reach out to our support team at: <https://wisprflow.ai/support>

## **Customizing Flow**

Adjust settings to fit your workflow and style.

### **iOS**

Learn how to tailor Flow on your iPhone to fit your style and workflow. Adjust settings and set preferences to make dictation seamless wherever you go.

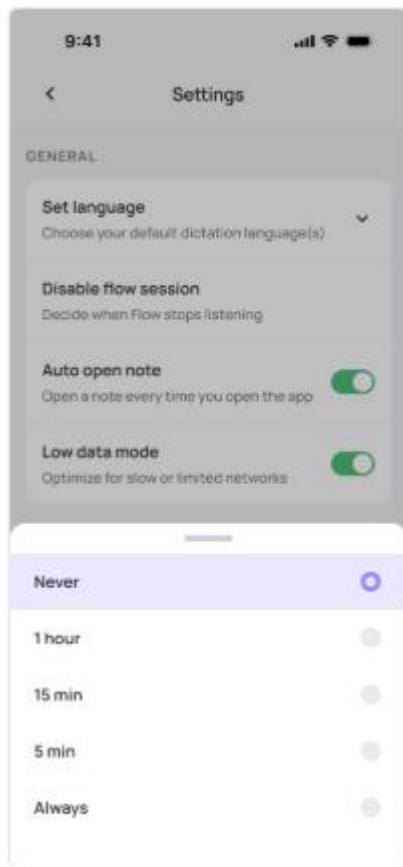
#### **Customizing iOS**

Last updated 5 months ago

Flow is tailor made for you—use the following settings to perfect your experience!

## Where do I find settings?

You can customize Flow by navigating to settings within the Flow app.



## Language Selection

You can select as many languages as you want for Flow—or set it to auto-detect among our 100+ languages. We recommend picking the languages you speak most frequently for the greatest accuracy.

### Keep Flow Sessions Active Longer (“Disable Flow Session”)

Want to turn Flow on less frequently? You can keep Flow sessions active for longer even when idle. Set “Disable Flow Session” to 1 hour or “never” to switch back and forth to the Flow app less frequently. Increasing this time window should not affect battery life or performance of your device.

### Low Data Mode

Frequently using Flow on the go with choppy internet connections? Turn on low-data mode—with this setting, Flow can even work effectively on airplane WiFi! Transcription accuracy could be slightly degraded in extremely noisy environments.

### Use Bluetooth Mic (turn off “Use Built-in Mic”)

The iPhone built in mic delivers the best Flow experience—it’s the fastest, highest transcription quality option. If you’d like to have Flow auto-detect your paired microphone, you can turn off this setting. We will be building in a selector for specific microphones shortly.

## Casual Tone in Messages (gen-Z style)

Want less formality in messages? If you turn on casual messaging, Flow will use primarily lowercase words (except names) in messaging apps like iMessage, Messenger, and Instagram.

## Smart Formatting

Smart formatting is one of Flow's core features. It takes what you said and turns it into what you meant. In email or docs, Flow will automatically structure your message to sound more polished and professional. In Messages, it keeps the tone casual and conversational. It also adds punctuation for you—no need to say “period” or “comma”—and breaks your speech into clean paragraphs. If you change your mind mid-sentence (“let’s do taco night for dinner... actually, let’s do pizza”), Flow rewrites the message to reflect your final thought: “let’s do pizza for dinner.”

If you would like to remove all formatting and interpretation (not recommended) you can turn off this setting.

## FAQs

Last updated 2 months ago

Frequently Asked Questions

### How do I set up my action button?

We've got a whole guide to setting up the action button [Shortcuts and action button](#). By setting up the action button or back-tap shortcuts, you can access Flow without having to switch apps.

### How do I use my bluetooth mic?

The iPhone built in mic delivers the best Flow experience—it’s the fastest, highest transcription quality option. If you’d like to have Flow auto-detect your paired microphone, you can turn off this setting. We will be building in a selector for specific microphones shortly.

### Why doesn't my Flow keyboard show up in certain apps?

If it's your first time installing Flow, sometimes you have to restart the app for the Flow keyboard to be registered the first time. If the keyboard still doesn't appear or isn't recognized during setup, try these troubleshooting steps:

1. Enable Wispr Flow Keyboard: Go to Settings > General > Keyboard > Keyboards > Add New Keyboard, and select **Wispr Flow** from third-party keyboards.
2. Switch to Wispr Flow Keyboard: Open any app with text input, tap the globe icon, and choose Wispr Flow.
3. Restart the App: Close and reopen the Flow app to ensure the keyboard is properly registered.
4. Restart Your Device: If the problem persists, restart your iPhone and try again.

Certain apps—such as financial, health, and corporate applications—block custom keyboard extensions.

Fear not, because you can still use Flow with the right action button setup! By enabling the “quick dictation to clipboard” action button (or double back-tap), you can dictate directly to your clipboard, and enter the text by hitting paste.

### **What's a Flow Session?**

Flow sessions are built so that you can do many dictations back to back in quick succession without having to go back and forth with the Flow app, which is required to start your mic. During a Flow session, the mic is on, but Flow is not processing any data. Flow only processes your audio data when you start and stop dictation from the keyboard, action button, or within the app.

### **Why do I have to turn on Flow so often?**

Want to turn Flow on less frequently? You can keep Flow sessions active for longer even when idle. In Flow settings, Set “Disable Flow Session” to 1 hour or “never” to switch back and forth to the Flow app less frequently. Increasing this time window should not affect battery life or performance of your device.

### **Why does it say my mic is on?**

When you're dictating with Flow, we turn on a Flow session so that you can do many dictations back to back in quick succession without having to go back and forth with the Flow app, which is required to start your mic. During a Flow session, the mic is on, but Flow is not processing any data. Flow only processes your audio data when you start and stop dictation from the keyboard, action button, or within the app.

If you'd like to disable flow sessions, you can set “Disable Flow Session” to 5min to have Flow sessions disable automatically after being idle for 5 minutes, or to “immediately” to end them as soon as you are finished with a dictation.

### **Why does it take me to the Flow app?**

To turn on the mic from the Flow keyboard, iOS requires us to bring you back to the Flow app. You only have to do this once at the beginning of dictating, after which Flow will stay active until you are idle for five minutes. If you'd like Flow to stay active longer, you can set “Disable Flow Session” to 1hr or “never” to switch back and forth to the Flow app less frequently.

### **How do I pay?**

We're excited to hear that :)

Right now, Flow for iPhone is free for all of our early users. In the future, Flow will support a free tier with a limited number of words per week.

You can manage your Flow subscription from the desktop app.

### **What are Flow notes?**

Flow notes are a quick place for you to capture thoughts while you're on the go or write down your best ideas. They sync with the desktop app, so you can retrieve them quickly when you're back at your computer.

We highly recommend setting your action button([What is Flow?](#)) to take a quick Flow note in the background. That way, the next time you have that brilliant shower thought, you can make sure you never lose it!

### **Why can't I use Siri during my Flow session?**

Unfortunately, this is a limitation of iOS that does not support Siri when your mic is connected to Flow. You can easily turn off a Flow session at any point from the live activity on the lock screen, from the dynamic island, or within the app.

### **Why doesn't it capitalize my words?**

Double-check in Settings to make sure you have the “Casual tone in messages” setting off. We built this for our Gen Z users who wanted to make everything sound casual in their messaging apps.

Warning: this isn't for everyone!

### **How do I get Flow to be less formal?**

Turn on the “casual tone in messages” setting—Flow will use primarily lowercase words (except names) in messaging apps like iMessage, Messenger, and Instagram.

We're working on having Flow use fewer commas in messaging apps as well.

### **How can I have it pause my music while I'm dictating?**

We are actively working on an effective solution here.

### **Flow won't take me back to certain apps. Why?**

Not all apps allow us to reopen the app after you turn on Flow. In those cases, you can swipe back on the bottom of the screen to return to your previous app or press the return arrow in the top left. If you have a favorite app that we don't currently support, please shoot us a note, and we'll try our best to support it.

## **Flow Shortcuts for iPhone**

Last updated 1 month ago

### **You can trigger Flow actions instantly using iOS shortcuts!**

**Quick Dictation to Clipboard:** Press once to start and once to stop; your text copies straight to the clipboard. Ideal for apps that don't support the Flow keyboard or when you just want to bypass it entirely.

You can install the shortcut for IOS by [tapping this link!](#) (iCloud Shortcuts)

---

### **Setup**

#### **Action Button**

**(iPhone 15 Pro / Pro Max and newer)**

1. Open **Settings** → **Action Button**.
2. Swipe through the action choices until you see **Shortcuts** (or **Shortcut**) as one of the options.

3. Tap the arrow or the selection area under Shortcuts to choose which specific shortcut will be tied to the button.
4. From the list, pick the Flow dictation or note-taking Shortcut you want.
5. Once set, pressing and holding the Action Button will run that shortcut.

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#### Tips:

- The Action Button is designed to avoid accidental presses, so you'll feel a **haptic tap** when the action triggers.
- If you later want a different action, you can go back to Settings → Action Button and reassign.

---

### Back Tap

This is a handy “tap the back of your phone” gesture that can trigger your Flow shortcuts.

1. Open **Settings** → **Accessibility** → **Touch**.
2. Scroll down and tap **Back Tap**.
3. Choose either **Double Tap** or **Triple Tap**.
4. Under the list of actions, scroll to the **Shortcuts** section and pick the Flow-related shortcut you want.
5. Once selected, double- or triple-tap the back of your iPhone to run that shortcut.

---

#### Tips:

- Back Tap is sensitive; thick or rugged cases might reduce reliability, so you may need firmer taps.
- Some users report occasional slowness depending on the complexity of the shortcut.
- Back Tap works even when other apps are open — no need to be in the Flow app.

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### Control Center (via Shortcuts or Accessibility shortcut)

You can also trigger your Flow shortcut via a Control Center icon — useful if you prefer tapping rather than back-tapping or using the Action Button.

1. Go to **Settings** → **Control Center**.
2. Under *More Controls*, find **Shortcuts** (or “Accessibility Shortcuts”) and tap the + to add it to your Control Center.
3. Now when you open Control Center (swipe down from the top-right), you’ll see the Shortcuts icon.
4. Tapping it will show your available shortcuts; tap your Flow shortcut to run it.

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## Smart Formatting

Last updated 5 months ago

Smart formatting is one of Flow’s core features. It takes what you said and turns it into what you meant. In email or docs, Flow will automatically structure your message to sound more polished and professional. In Messages, it keeps the tone casual and conversational. It also adds punctuation for you—no need to say “period” or “comma”—and breaks your speech into clean paragraphs. If you

change your mind mid-sentence (“let’s do taco night for dinner... actually, let’s do pizza”), Flow rewrites the message to reflect your final thought: “let’s do pizza for dinner.”

If you would like to remove all formatting and interpretation (not recommended) you can turn off this setting.

## Desktop

Make Flow work your way on desktop. This guide covers adjusting settings and managing preferences to keep your workflow fast and distraction-free.

### Where do I find my Settings?

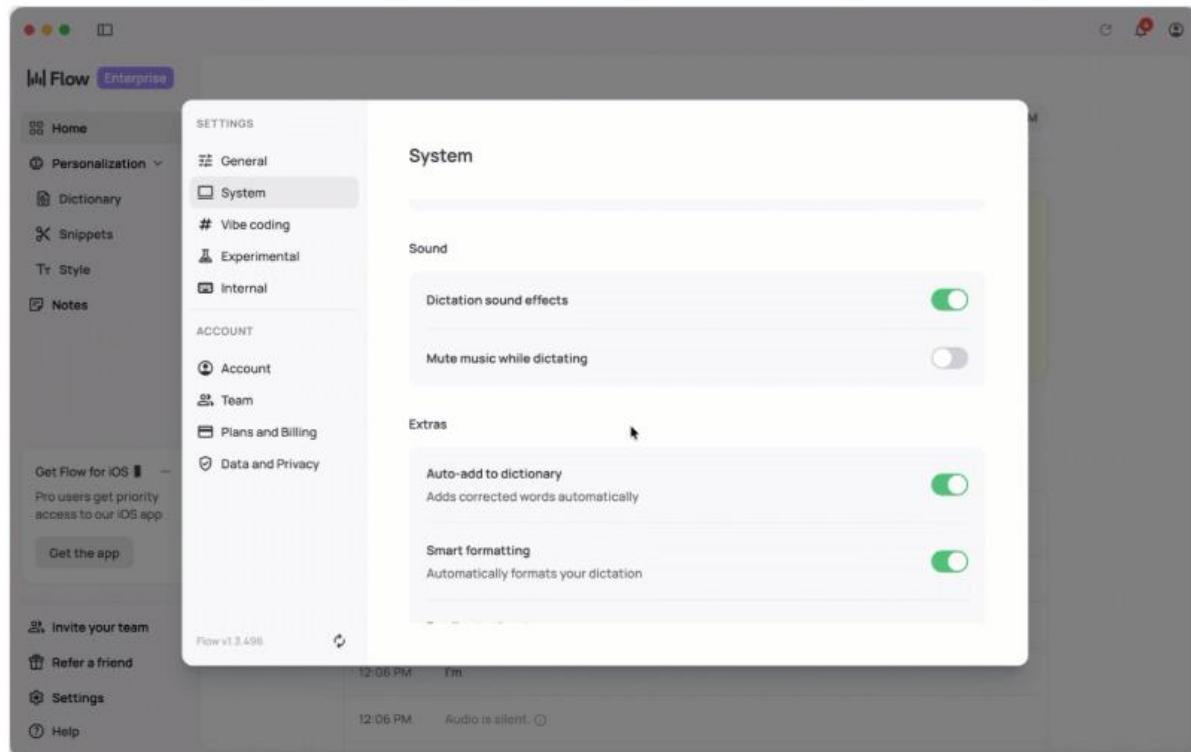
You can customize your Flow experience by going to **Settings** in the Wispr Flow desktop app.

There are two main types of settings: **General** and **System**.

- **General settings** let you adjust things like **keyboard shortcuts**, **microphone preferences**, and **languages**.
- **System settings** focus on **customizing the app** and **personalizing your experience** — including appearance, behavior, and startup options.

### How do I enable or disable my settings?

You can enable or disable any setting by toggling the switch next to it. When the toggle is **on (green)**, the feature is active. When the toggle is **off (gray)**, the feature is disabled.



## General Settings

### Keyboard shortcuts

You can customize your keyboard shortcuts to make Flow fit your workflow. Set or edit shortcuts for actions like starting or stopping a recording, opening Flow, or pasting a transcript. Choose key combinations that feel natural so you can work quickly without breaking focus.

## **Microphone**

You can choose which microphone Flow uses to capture your voice or let it automatically detect your input device. For the best results, select your **built-in microphone**, it will ensure Flow connects to whatever default mic your device is using.

## **Languages**

You can select as many languages as you want for Flow, or set it to auto-detect among our 100+ languages. We recommend picking the languages you speak most frequently for the greatest accuracy.

## **System Settings**

### **App Settings**

#### **Launch app at login**

Automatically opens Wispr Flow when you log in so it's ready to use right away.

#### **Show Flow bar at all times**

Keeps the Flow bar visible at all times so you can start dictating whenever you need.

#### **Show App in Dock**

Displays the Wispr Flow app icon in your dock for quick access while using Flow.

## **Sound**

### **Dictation sound effects**

Plays subtle sound effects to let you know when dictation starts, pauses, or stops.

#### **Mute music while dictating**

Automatically mutes your music while dictating so Flow can capture your voice clearly.

## **Extras**

### **Auto-Add to Dictionary**

Automatically saves corrected words to your personal dictionary, helping Flow learn and improve accuracy over time.

### **Smart Formatting**

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### Email Auto Signature

Automatically adds a **Wispr Flow** tagged signature when you're dictating an email, so your message shows it was created using Flow.

### Creator Mode

When you start speaking, you'll see "**Dictating with Wispr Flow**" appear, this confirms Flow is actively listening and transcribing your voice in real time.

## Smart Formatting & Backtrack

Last updated 5 days ago

### Overview

Sometimes you want a little more control when you're speaking — like adding a comma, breaking a line, or fixing what you just said.

That's where **Smart Formatting** and **Backtrack** come in.

These features are still evolving, but they already handle most everyday formatting needs.

What do we have left?

---

### Lists

Use numbers or sequence words during dictation ("one... two..." or "first... second...") to have Flow create a list automatically.

#### Say:

My top goals this week are one finish the report two send the presentation.

#### Flow writes:

My top goals this week are:

- Finish the report
- Send the presentation

**Say:**

Packing list: first charger second passport third headphones.

**Flow writes:**

Packing list:

- Charger
- Passport
- Headphones

 **Tip:** Using “one,” “two,” or “first,” “second” helps Flow understand it’s a list.

---

**Punctuation**

You can say punctuation marks by name if you want something specific added.

Flow usually handles natural punctuation on its own — this is just for when you want to be exact.

**Say:**

I can’t wait to see you exclamation point Let’s meet at seven period.

**Flow writes:**

I can’t wait to see you! Let’s meet at 7.

**Say:**

It’s been a long week comma but a good one.

**Flow writes:**

It’s been a long week, but a good one.

 **Tip:** Most punctuation (comma, dash, em dash, question mark, quotation mark, exclamation point) works reliably.

For best results, say “quotation mark” instead of “end quote.”

---

**New Lines or Paragraphs**

Use trigger words such as “new line” or “new paragraph” to separate ideas or create clean spacing.

**Say:**

When is reading club new line should be tomorrow.

**Flow writes:**

When is reading club?

Should be tomorrow.

 **Tip:** Works best at natural pauses or between sentences.  **Tip:** Works best at natural pauses or between sentences.

If you say it mid-sentence, Flow might hesitate.

---

### Backtrack to Fix Mistakes

If you change your mind mid-sentence, Flow adjusts automatically when it hears “**actually**” or “**scratch that**.”

**Say:**

Let’s do coffee at 2 actually 3.

**Flow writes:**

Let’s do coffee at 3.

**Say:**

I’ll bring cookies scratch that brownies.

**Flow writes:**

I’ll bring brownies.

 **Tip:** Short trigger phrases like “*actually*” or “*scratch that*” make corrections more accurate.   
**Tip:** Short trigger phrases like “*actually*” or “*scratch that*” make corrections more accurate.

---

### Alternate Correction

You can also restate your phrase more naturally — Flow listens for context.

**Say:**

I wanted to buy a record as a gift... as a present.

**Flow writes:**

I wanted to buy a record as a present.

### How to Personalize Your Flow Style

Last updated 2 months ago

Flow lets you make your workspace your own.

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### What Are Styles?

**Styles** control the way Flow formats your text when you dictate. They specifically affect punctuation & capitalization.

You can set styles for each of these different app types: email, personal messengers, work messengers, other apps.

You can set your style in each app type to: formal, casual, very casual (personal messengers only) or excited (email, work messengers, and other apps only)

---

### Set Your Style on iOS

At this time, you can't set your style on iOS

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### Set Your Style on Desktop

1. Click the **Flow icon** in your menu bar
2. Select **Styles** in the side bar of the Flow app.
3. Hover over any style to preview it
4. Click to apply — your workspace will update immediately

Specific personalizations that can be made are:

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### Switching Between Styles

You can change styles anytime by navigating to Style on the left-hand sidebar.

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## Troubleshooting & FAQ

Find quick fixes and answers to common Flow questions.

### Transcription

#### Missing or Incomplete Transcripts?

Last updated 2 months ago

“Not seeing your whole transcript or getting cut off mid-sentence? Here are some quick tips to help you get back on track.

### Troubleshooting Checklist

1. **Bluetooth Headphones:** They can sometimes be slow to activate, so Flow may not have caught the beginning of your dictation. Enable ‘interaction sounds’ in your settings to hear a cue when Flow is ready to roll.

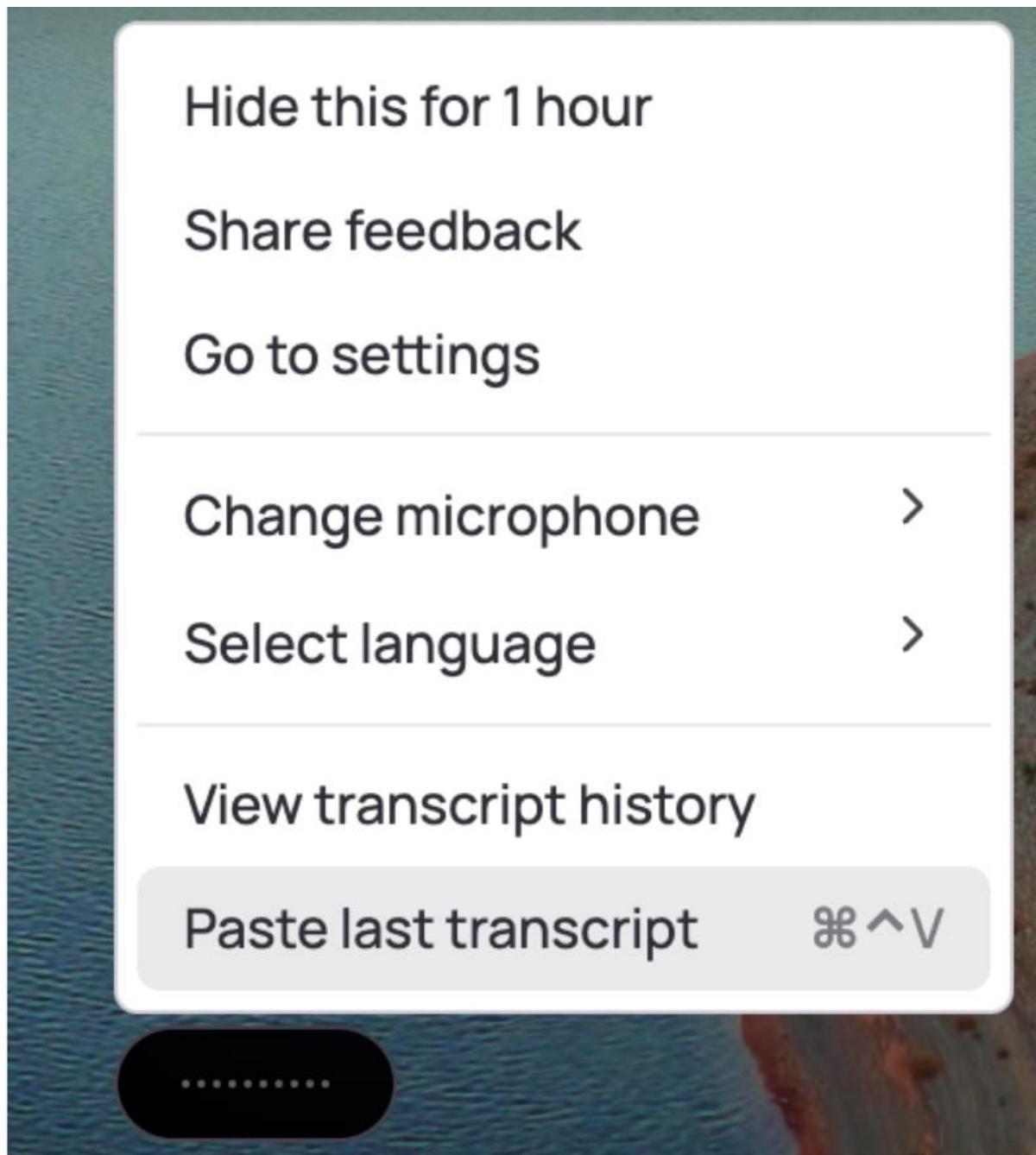
2. **Microphone Permissions:** Make sure Flow has permission to use your microphone: - **Mac:** Go to *System Settings* → *Privacy & Security* → *Microphone* and allow Flow access - **Windows:** Go to *Settings* → *Privacy & Security* → *Microphone* and turn on microphone access for apps
3. **Muted Microphone:** Check if your microphone is muted. Look for hardware mute buttons on your headset or keyboard (like Fn + F7) and ensure your system microphone isn't muted in your computer's sound settings.
4. **Microphone Selection and Detection:** If Flow isn't detecting your voice or shows an error asking if your mic is muted: - Go to Flow's *Settings* → *Defaults* → *Change Microphone*, select your microphone, and click *Save and Close* - If your microphone isn't listed, restart the app to refresh available devices - **Mac:** Verify input volume in *System Settings* → *Sound* → *Input*, select your microphone, and confirm volume is up and not muted - Test by dictating and checking *Recent Activity* in the app - if nothing appears, recheck your mic selection - Try quitting Flow completely (Cmd+Q on Mac) and reopening the app
- 5.
6. **Background Noise:** Go to your History tab. Can you hear yourself clearly in the audio? If it's hard to see yourself in the playback, try finding a quieter spot for your next dictation or leaning in closer to your mic. Also check your microphone input level - on Mac go to *System Settings* → *Sound* → *Input* to raise input volume, or on Windows adjust microphone volume in *Sound settings* and ensure it's not muted.
7. **Retry Transcript:** Try clicking "Retry Transcript" in the Home tab. Sometimes, that's all it takes!

### Where'd my transcript go?

If your transcript didn't paste, this could be because your cursor isn't in a textbox on the page. Worry not! Once you're in the desired textbox, you can right-click the Flow bar and select "Paste last transcript":

Or, you can use the shortcut:

- Ctrl + Command + V (*For MacOS*)



- Ctrl + ^ + V (*For Windows*)

Reference:

[Missing or Incomplete Transcripts?](#)

**Is Flow compatible with my VPN?**

Last updated 4 months ago

Right now, Flow isn't compatible with most VPNs. This is on our radar for long-term. You may experience Flow being slow or at times not working at all.

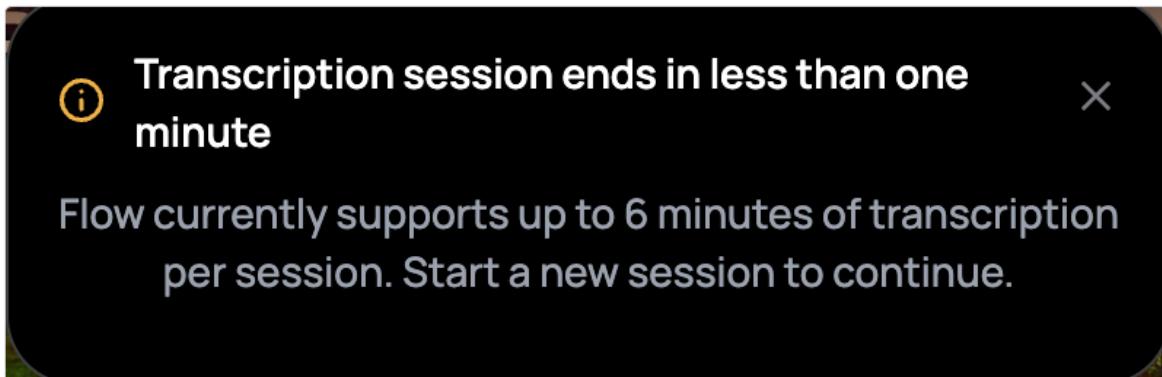
- For some users, Wispr Flow cannot resolve the domain name for our transcription API. Try [using 8.8.8.8 as your DNS server](#).
- For some users, Flow cannot establish a connection. Things we have seen that work:
  - Turn off your VPN
  - Remove untrusted certificates from Keychain
  - Whitelist the following domains:
    - api.wisprflow.ai,
    - api-east.wisprflow.ai
    - cloud.wisprflow.ai
    - dodjkfqhwrzqjwknthl.supabase.co
- For some users, some connections are dropped or time out. Try adjusting or removing your firewall.

Some VPN's may be compatible, you can reach out to [support@wisprflow.ai](mailto:support@wisprflow.ai) to learn more.

## How long can I dictate for?

Last updated 5 months ago

The current limit for dictations is 6 minutes, with a warning at the 5-minute mark. If you reach the limit, Flow will automatically save your dictation so far in your History—phew!



## [How long can I dictate for?](#)

## Where'd my transcript go?

Last updated 5 months ago

If your transcript didn't paste, this could be because your cursor isn't in a textbox on the page. Worry not! Once you're in the desired textbox, you can right-click the Flow bar and select "Paste last transcript":

Or, you can use the shortcut:

- Ctrl + Command + V (*For MacOS*)
- Ctrl + ^ + V (*For Windows*)

for reference: [Where'd my transcript go?](#)

## Manually Delete Local Database

Last updated 3 months ago

These steps will guide you through manually deleting your local database.

This will **delete your local history and it will not be restored**.

### MacOS

#### Quit Wispr Flow (if running)

- Click the **Wispr Flow icon** in the top menu bar (near the clock).
- Select **Quit Wispr Flow**.

#### 1. Open Finder

- Click the **Finder icon** in your dock.

#### 2. Go to the Library folder

- In Finder's menu bar at the top, click **Go → Go to Folder...**
- Type (or copy/paste):

~/Library/Application Support/

- Press **Return**.

#### 3. Find the Wispr Flow folder

- Look through the list of folders for:

Wispr Flow

#### 4. Delete the folder

- Right-click (or Control-click) on **Wispr Flow** → choose **Move to Trash**.

#### 5. Empty the Trash (optional, but recommended)

- Right-click the **Trash icon** in your dock.
- Select **Empty Trash**.
- Confirm to permanently remove the folder.

---

## Windows

### 1. Close Wispr Flow (if running)

- Right-click the **Wispr Flow icon** in your taskbar (near the clock).
- Click **Exit or Quit**.
- Make sure it's not running in the background.

### 2. Open the Run dialog

- Press Windows Key + R on your keyboard.
- A small "Run" box will appear.

### 3. Go to the folder location

- Type (or copy/paste):

%APPDATA%

- Press **Enter**.
- This opens the **Roaming AppData** folder.

### 4. Find the Wispr Flow folder

- In the window that opens, look for a folder named:

Wispr Flow

### 5. Delete the folder

- Right-click on **Wispr Flow** → choose **Delete**.
- Confirm if Windows asks you.

### 6. Empty the Recycle Bin (optional, but recommended)

- Right-click the **Recycle Bin** on your desktop.
- Select **Empty Recycle Bin**.
- Confirm to permanently remove the folder.

**Transcript failed to load / Error processing transcription / no text after dictation**

Last updated 2 months ago

## Overview

If you're running into **transcripts failing to process or not appearing, or Flow is generally non-functional**, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn't resolve things, reach out and we'll take it from there.

## What's happening

Sometimes transcripts don't appear due to network issues, VPN/firewall restrictions, a temporary glitch in the app, or recording starts but always ends with "**Transcript failed to load. You can always recover it from History**", microphone changes and restarts don't help, or errors appear after every attempt. The audio is never lost—you can retry processing or download it for use elsewhere., microphone permission errors,

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### Troubleshooting Steps:

Choose the device you're using and follow the steps that apply:

#### iOS

1. Make sure you have an active internet connection—run a quick speed test to confirm. We are working on an offline backup in the near future.
2. Force quit and reopen the Wispr Flow app.
3. If you're using a VPN, corporate firewall, or proxy, turn it off and try again.
4. Check your **History** tab:
  - a. If the transcript is missing/error/shows silent, swipe left on the item in **Recent Activity** and tap to retry the transcription.
  - b. If it appears in recent activity but did not insert, you can tap on the transcript to insert it.
  - c. If it's still not working, please hit the flag icon to report the error and our team will look into it!

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#### Desktop (MacOS / Windows)

1. **Check your internet connection and microphone** → Run a quick speed test to make sure you're online. Also verify your microphone isn't muted (check for hardware mute buttons or system-level mute settings).
2. **Quit and relaunch Flow** → Fully close the app, then reopen it.
3. **Turn off VPNs, firewalls, or proxies** → If you're using one, disable it temporarily and try again.
4. **Retry the transcript** → In your History, click the three dots next to the failed transcript and select **Retry Transcript**.
5. **Download the audio file** → You can also save the audio locally if you want to process it elsewhere.

6. **Check microphone permissions and settings** → If you're getting errors about the microphone being muted or Flow isn't detecting audio:
    - a. Go to **System Settings → Privacy & Security → Microphone** (macOS) and ensure Wispr Flow has access
    - b. Open **System Settings → Sound → Input**, select your microphone, and confirm the volume is up and not muted
    - c. In **Wispr Flow Settings**, choose your correct microphone under **Change Microphone**, then click **Save and Close**
  7. **Test microphone detection** → Try dictating and watch the **Recent Activity** in the app. If the Flow bar stays grey or nothing appears, the app may not be detecting audio input.
- 

#### **Reset your local database (desktop app only)**

*Recommended only if Flow is non-functional and all troubleshooting steps have failed to resolve the issue!*

If you "Reset your local database" your local history is going to be deleted and will not be restored.

1. Open the Wispr Flow app
2. Go to **Settings → System → Data**
3. Under **Reset App**, click **Reset & Restart**
4. Flow will restart and create a fresh local database

To manually reset your local database click [here](#).

---

#### **Still not working?**

We've found these steps resolve the issue for most users. If you're still stuck:

- If it's happening **100% of the time**, hit the **Send Feedback** on the transcript so our team can investigate immediately.
- If it's **intermittent**, report an issue directly in the app and let us know where you're located so we can check server connectivity in your region.

If your dictations sometimes switch languages unexpectedly, for example, you speak English, but Flow outputs another language, this is likely caused by the **Auto Detect** feature misinterpreting your accent, background noise, or similar audio patterns.

Follow these steps to keep your dictations in the correct language.

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## iOS (iPhone)

1. Open **Flow Settings** > **Set language**.
  2. Turn off "**Auto Detect**".
  3. **Manually select** only your preferred languages.
  4. If the text still appears in the wrong language, [report the transcript from within the app](#).
- 

## Desktop (macOS and Windows)

1. Open **Settings** > **General** > **Languages**.
2. Turn off "**Auto Detect**" in the top left corner and manually pick your desired languages.
3. If your transcript is still incorrect, [report it from within the desktop application](#).
4. You can also **use Command Mode** to highlight text and say: "Translate to [language]". Check out our [Command Mode guide here](#).

Command Mode is currently not available for Flow Basic users

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### What if Flow still frequently outputs the wrong language?

For long and important dictations, keep only one language selected to avoid Flow transcribing in the wrong language. You can always go back to settings and turn on Auto-Detect again or add languages back.

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If the issue continues after disabling Auto Detect, please [report transcripts directly from within the app](#), although you won't get a reply, every report helps us improve our accuracy.

In case your hotkey isn't working or you want to change it

If your Flow hotkey isn't working, start by trying out the below.

#### If you have an external keyboard, we recommend a custom shortcut

A dedicated hotkey (default Fn + Space on MacOS or Ctrl + Win + Space on Windows). To change it, see below.

##### Mac OS

Flow might not recognize the Fn key on your external keyboard.

Set a custom shortcut of your choice. We recommend keys like Ctrl , opt , space , shift , or f5 **instead** of letter keys.

##### Windows

Flow might not recognize the Fn key on your keyboard.

Set a custom shortcut of your choice. We recommend keys like Ctrl , opt , space , shift , or f5 **instead** of letter keys.

Note you **cannot** use: Caps lock, return, esc, volume, play, pause, music, brightness.

You can set **up to three keys** as your shortcut.

for reference: [Why is my hotkey not responding?](#)

### What's the bar at the bottom of my screen?

Last updated5 months ago

Say  to the Flow Bar. Click it to start dictating with Flow

To snooze it during a movie or presentation, right click on the bubble

To remove it, head to Flow Hub → Settings and toggle it off

for reference: [What's the bar at the bottom of my screen?](#)

### How does Context Awareness work?

Last updated5 months ago

Note: This is only on Flow for Desktop.

When you activate this feature, Flow uses standard accessibility permissions to effortlessly adapt your transcript's style and tone based on the app you're using. For example, Flow will carefully scan for names to ensure they are spelled correctly.

To turn it off, go to **Settings > Data & Privacy** on the desktop app.

### Why isn't Flow recording my voice?

Last updated2 months ago

If Flow isn't responding, try the below steps to troubleshoot.

#### 1. Check the volume indicator on the Flow Bar

First, look at the bottom of your screen at the Flow bar. See those white bars? If they're moving when you speak, Flow is capturing audio. If those bars aren't moving, let's check your mic.

#### 4. Verify system microphone permissions

##### For macOS users:

- Go to **System Settings → Privacy & Security → Microphone**
- Ensure Wispr Flow is checked and allowed to access the microphone
- If Flow isn't listed, try quitting and reopening the app

##### For Windows users:

- Go to **Start → Settings → Privacy & security → Microphone**
- Make sure microphone access is enabled and Wispr Flow is allowed to access your microphone

Note you **cannot** use: Win, caps lock, return, esc, volume, play, pause, music, brightness.

You can use **up to three keys** for your shortcut.

## 5. Check your system audio input settings

- Open **System Settings → Sound → Input** (macOS) or **Settings → System → Sound** (Windows)
- Confirm your microphone is not muted and input volume is adequate
- Test that your microphone is working at the system level
- For Windows: Try Fn + F7 or similar key combination to unmute if needed

## 6. Check your internet connection

- Ensure you have a stable internet connection
- Temporarily disable VPN, firewall, or proxy settings to see if they're causing issues

## 7. Reset local database

If other steps don't work, go to **Settings → System → Data → Reset & Restart**. Note that this will erase your local history.

**Note:** Virtual microphones aren't supported - use a physical microphone for best results. If you're still having issues after trying these steps, click **Report an issue** in your Flow Hub (under the **Help** button) to contact us.

for reference: [Why isn't Flow recording my voice?](#)

### Flow "Launch at Startup" toggle not working

Last updated 5 months ago

Here's how to remove Wispr Flow from your startup processes on Windows.

We've put together a quick step-by-step guide and video to walk you through the process:

#### Video walkthrough

[Here's](#) a short Loom video showing the process in action:

#### PowerShell Commands

1. To list all startup processes:

```
Get-CimInstance -ClassName Win32_StartupCommand | Select-Object Name, Command, Location
```

2. To remove Wispr Flow from startup:

```
Remove-ItemProperty -Path "HKCU:\Software\Microsoft\Windows\CurrentVersion\Run" -Name "com.squirrel.WisprFlow.WisprFlow"
```

### Microphone Not Working with Wispr Flow

Last updated 2 months ago

If your mic isn't working with Wispr Flow, the bar stays grey, doesn't pick up sound, or no text appears, this guide will walk you through the steps to get back on track.

## What's going on?

Sometimes Wispr Flow can't pick up audio properly because of how your microphone is set up or how permissions are configured. This can also cause issues with text not appearing after you dictate. Most of the time, it's something quick to fix.

### ⚡ Quick things to check

#### 1. Choose your microphone

- Head to **Settings** in the app
  - Select your **specific mic** (not “**Built-in mic**” or “**Auto-Detect**” if possible)
  - Hit **Save and Close**— we don’t auto-save (yet)

**Don't see your mic?** (If it's a **virtual mic**, we don't support that yet)

- **Quit and reopen** the app and check again

#### 2. Test if it's working

- Try dictating something
- Open **Recent Activity** in the app — do you see your text?
  - **If yes** → The mic is working and the issue may be with how text pastes into the app
  - **If no** → Download the audio and listen to it:
    - If the audio sounds fine, hit **Retry**
    - If Retry doesn't work, check if it's pulling from the correct mic.

## Common failure scenarios

### Flow bar stays grey

- **Quit and reopen** the app
- Check microphone permissions:
  - **Mac:** Go to *System Settings* → *Privacy & Security* → *Microphone*
  - **Windows (MS Store install):** App should prompt for permission

- **Windows 10 & 11:** Select **Start** → **Settings** → **Privacy & security**. Look for **Microphone** under **App permissions** and make sure **Microphone access** is turned on. Allow apps access to your microphone.

#### Flow bar is white but no sound is picked up

- Check if your mic is muted:
  - **Mac:** Check *Input Volume* under *System Settings* → *Sound*
  - **Windows:** Look for a mute key (often Fn + F7)
- Make sure input volume is turned **up**
  - **Mac:** Go to *System Preferences* → *Sound* → *Input*. Select your microphone, and adjust the input volume slider
  - **Windows:** Go to *Sound settings* → *select your microphone*, and adjust the volume slider or boost setting

#### 🛠 Still stuck?

Try resetting the local database:

- Go to **Settings** → **System** → **Data**
- Click **Reset & Restart** to create a new local database
- **Note:** This will delete your local history

If you've gone through the steps above and it's still not working, **report an issue directly from the app** with a quick summary of your issue, and what you've tried so far, we'll help troubleshoot from there.

for reference: [Microphone Not Working with Wispr Flow](#)

#### Keyboard Hotkeys Not Working with Wispr Flow

Last updated 2 weeks ago

If your hotkeys aren't responding or only work sometimes, this guide can help you figure out what's blocking them and get things working again.

Not all shortcuts play nicely with your system. [Here's a quick guide](#) to what works (and what doesn't) in Wispr Flow.

---

#### What's going on?

Hotkeys can stop working for a few reasons: onboarding conflicts, OS-level quirks, or issues with external keyboards. The good news? Most of these have quick fixes or reliable workarounds.

---

## Quick things to check

### 1. Still in onboarding?

- Click **No, change shortcut**, pick a new set of keystrokes, give it another try.
- On MacOS, we recommend:
  - Fn (if you have a built in mac keyboard)
  - Ctrl+Opt or Opt+Cmd if you don't have a built in mac keyboard
  - Cmd-Right (the right command key) or Opt-Right (the right option key) if you can't use the left side shortcuts
- On Windows, we recommend:
  - Ctrl+Win or Ctrl+Alt
  - Ctrl-Right or Alt-Right the right hand side of your keyboard if you can't support left hand hotkeys
  - An unused key, like Pg-Up

### 2. Done with onboarding but hotkeys stopped working?

- Go to **Settings → General → Change Shortcut** and reassign your shortcut
  - Completely quit and restart the app
  - Test a different key combo—some setups block certain keys like Ctrl + Win or Fn
  - **Click the Flow bar** — if that crashes the app, first quit and reopen it, then report an issue directly in the app if it continues to fail

---

## Mac

- Fn key not working on external keyboards?
  - That's a known macOS limitation—try remapping or switching to Option or Control instead
- Did your hotkeys stop after onboarding?
  - Revisit **Settings → General → Change Shortcut** to make sure nothing reset

**Note:** If clicking the Flow bar crashes the app, that's a separate bug. Restart Flow and try again

---

## Windows

- Ctrl + Win shortcut not responding?
  - Try our alternate hotkeys (like Alt + Shift + Space or Ctrl + Alt + F)

- Click [here](#) for examples of supported alternates.
  - You can always go to **Settings → General -> Change Shortcut** to change them.
- 

## Still not working?

If none of the hotkeys are working and restarting didn't help, **report an issue directly in the app** so we can take a closer look.

## Supported & Unsupported Keyboard Hotkey Shortcuts

Last updated 4 months ago

If you're setting a custom hotkey in Wispr Flow and it's not working or getting rejected, this guide breaks down exactly what's allowed and what isn't.

---

## What's going on?

Some keyboard shortcuts won't work in Wispr Flow because they conflict with system-level shortcuts, app behavior, or our own constraints. We've built rules around what's valid so you don't accidentally override something important—or end up with a shortcut that silently fails.

---

## Recommended Shortcuts

On MacOS, we recommend:

- Fn (if you have a built in mac keyboard)
- Ctrl+Opt or Opt+Cmd if you don't have a built in mac keyboard
- Cmd-Right (the right command key) or Opt-Right (the right option key) if you can't use the left side shortcuts

On Windows, we recommend:

- Ctrl+Win or Ctrl+Alt
- Ctrl-Right or Alt-Right the right hand side of your keyboard if you can't support left hand hotkeys
- An unused key, like Pg-Up

## Shortcut rules

### Do Work

To be valid, a shortcut must:

- Use **3 keys or fewer**
- Include **at least one modifier or non-alphanumeric key** (like Ctrl, Cmd, Alt, etc.)
- **Not** use both the left and right version of the same modifier (e.g., Left Ctrl + Right Ctrl)

- **Not** match another Wispr Flow shortcut already in use
  - **Not** conflict with reserved system-level shortcuts (listed below)
- 

## Won't work

Your shortcut will be rejected if:

- It's already used elsewhere in Wispr Flow
  - It's reserved by macOS or Windows
  - It uses **only letters and/or numbers** (e.g., A + B + C)
  - It includes **more than 3 keys**
  - It uses both left and right versions of the same modifier (e.g., Left Ctrl + Right Ctrl)
- 

## Reserved Shortcuts

### macOS

We block these because they're already used by macOS or common apps:

#### **Common Cmd-based Shortcuts:**

Cmd+C, Cmd+V, Cmd+X, Cmd+Z, Cmd+Shift+Z, Cmd+A, Cmd+Q, Cmd+W, Cmd+R, Cmd+T, Cmd+S, Cmd+P, Cmd+N, Cmd+M, Cmd+H, Cmd+F, Cmd+G, Cmd+Shift+G, Cmd+Comma

#### **Navigation & Control:**

Cmd+Arrow Keys, Cmd+Shift+Arrow Keys, Cmd+Ctrl+F, Cmd+Space, Cmd+Alt+Space, Cmd+Shift+3/4/5, Cmd+Alt+Esc, Cmd+Alt+D, Cmd+Delete, Cmd+Shift+Delete, Cmd+Shift+Q

#### **Browser & Editor Functions:**

Cmd+B, Cmd+I, Cmd+U, Cmd+Shift+T, Cmd+=, Cmd+-, Cmd+Alt+F, Cmd+Shift+F

#### **Function Key Combos:**

Fn+F11, Fn+F12

---

### Windows

These are blocked because they're reserved by Windows or commonly used apps:

#### **Ctrl-based Shortcuts:**

Ctrl+C, Ctrl+V, Ctrl+X, Ctrl+Z, Ctrl+Y, Ctrl+R, Ctrl+A, Ctrl+F, Ctrl+G, Ctrl+O, Ctrl+S, Ctrl+P, Ctrl+N, Ctrl+T, Ctrl+W, Ctrl+Home, Ctrl+End, Ctrl+Alt+Del, Ctrl+Shift+Esc, Ctrl+Backspace, Ctrl+Delete, Ctrl+K, Ctrl+Shift+T, Ctrl+=, Ctrl+-

#### **Alt-based Shortcuts:**

Alt+Tab, Alt+F4, Alt+Left/Right, Alt+Print Screen

#### **Function & Navigation Keys:**

F5, F11, Home, End, Print Screen

## **Windows Key Combos:**

Win+E, Win+R, Win+L, Win+D, Win+Tab, Win+I, Win+S, Win+X, Win+P, Win+Q, Win+U, Win+B, Win+Up/Down

---

## **Shortcut Patterns**

### **Rejected**

#### **1. Alphanumeric-only**

These won't work because they don't include any modifiers:

A + B + C

1 + 2 + 3

F + G

X + 9 + 2

#### **2. Too Many Keys**

You're limited to 3 keys max:

- Cmd + Shift + Alt + K 
- Ctrl + Shift + A + B 

#### **3. Left +Right Modifier Mix**

Mixing left and right versions of a key isn't supported:

- Left Ctrl + Right Ctrl
  - Left Alt + Right Alt
- 

### **Valid**

These are examples of shortcuts that follow all rules and should work:

- Ctrl + Shift + K
- Alt + F7
- Cmd + Shift + 9 (*if not reserved*)
- Ctrl + Space
- Ctrl + Alt + M
- Shift + F9

## **Troubleshooting Voice Dictation Only Typing "V"**

Last updated 3 months ago

## Troubleshooting Steps

If you're running into issues where voice dictation is only typing the letter "v" instead of your full speech, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn't resolve things, reach out and we'll take it from there.

---

### What's happening

When using voice dictation, only the letter "v" appears in the text area, even though the correct speech is showing on the Wispr homepage.

**Example:** Speaking the phrase "Hello, how are you?" results in only "v" being typed in the text area.

---

### Quick steps to try

Choose the device you're using and follow the steps that apply:

---



#### 1. Check Dictation Shortcut

Review your current dictation shortcut settings in Wispr Flow

#### 2. Change Shortcut Combination

Set the dictation shortcut to Ctrl+Alt or Right Ctrl to avoid potential conflicts

#### 3. Restart Application

Close and reopen Wispr Flow after changing the shortcut

---



#### 1. Check Dictation Shortcut

Review your current dictation shortcut settings in Wispr Flow

#### 2. Change Shortcut Combination

Set the dictation shortcut to Ctrl+Alt or Right Ctrl to avoid potential conflicts

#### 3. Restart Application

Close and reopen Wispr Flow after changing the shortcut

---

### Still not working?

We've found these steps resolve the issue for most users. If you're still stuck:

- Contact our support team with details about your setup

- We'll flag your case to engineering for a deeper look and keep you updated from there.

## **Re-verify Wispr Flow permissions after updating to macOS Tahoe**

Last updated 2 months ago

### **Overview:**

After upgrading to macOS *Tahoe*, Apple resets or adds new privacy scopes for apps that use voice or text input. Flow requires renewed access to **Microphone**, & **Accessibility** to work properly.

**\*Input Monitoring:** *macOS Tahoe has introduced features that may require you to grant this permission separately for apps that processes keyboard input.*

### **Steps:**

**If you notice Flow has stopped working on your Mac, try the following steps to get things working again:**

1. Quit Flow completely from the menu bar.
2. Open **System Settings** → **Privacy & Security** → **Microphone** → toggle *Wispr Flow* OFF, then back ON.
3. Go to **System Settings** → **Privacy & Security** → **Accessibility** → make sure *Wispr Flow* is ON.
4. In **System Settings** → **Privacy & Security** → **Input Monitoring**, check *Wispr Flow* and restart the app if prompted.
5. Reopen Flow and test your dictation or shortcut.

## **Why VPNs or security tools can block Wispr Flow**

Last updated 2 months ago

### **Issue**

Flow may fail to connect, start dictation, or sync when a VPN, proxy, or security utility is active on your computer.

### **Explanation**

Flow needs a secure, real-time HTTPS connection (port 443) to stream audio and sync your transcripts. Some VPNs, proxies, or antivirus tools intercept or reroute that traffic, which can cause Flow to lose its connection temporarily. In some cases, system-level network filters or firewalls restrict microphone or input access while the connection is being inspected.

### **Common symptoms**

- Flow won't connect or sign in
  - Dictation starts but stops right away
  - "Connection lost" or "Offline" messages appear
  - Notes or transcripts don't sync between devices
- 

## How to fix it

Try these quick steps:

1. Quit Flow completely.
2. Turn off any active VPN and switch to a normal network connection.
3. Open your system network settings → check for active proxies or filters and disable them for Flow.
4. Temporarily pause any security or firewall tools, then reopen Flow and sign in.
5. If Flow reconnects, add it to your allowed or trusted apps list before turning security tools back on.

Once Flow connects normally, you can safely re-enable your VPN or security software — Flow should keep working once it's allowlisted.

## Text not pasting (Windows)

Last updated 1 month ago

If Wispr Flow shows your dictated text correctly in the app, but it **doesn't paste into the window where your cursor is**, the issue may be caused by **keyboard shortcut conflicts** on Windows.

### Why This Happens

Some default shortcuts — like **Ctrl + Windows** or any combination involving the **Alt** key — can conflict with other apps or system commands. When this happens, Flow may capture your dictation but fail to insert it into the target text field.

### Recommended Fix

1. Open **Wispr Flow → Settings → Keyboard Shortcuts**
2. Change your shortcut to **Ctrl + Space**
  - This shortcut has been the most reliable for Windows users. Other keyboard shortcuts available can be found in [this article](#)
  - It often fixes cases where text appears in the Flow app but not in your document or browser.
3. **If needed, try to Run Flow as Administrator**
  - Right-click the Flow icon and choose **Run as Administrator**.
  - This gives Flow the necessary permissions to insert text across all apps.

## Summary

If text is visible in Wispr Flow but not appearing where your cursor is, switching to **Ctrl + Space** and **running as Administrator** usually resolves the issue.

## Issues with iOS shortcuts

Last updated 5 months ago

In case your hotkey isn't working or you want to change it

### Why is my hotkey not responding?

If your Flow hotkey isn't working, start by trying out the below.

#### 1. If you have an external keyboard, we recommend a custom shortcut

A dedicated hotkey (default Fn + Space on MacOS or Ctrl + Win + Space on Windows). To change it, see below.

##### Mac OS

Flow might not recognize the Fn key on your external keyboard.

Set a custom shortcut of your choice. We recommend keys like Ctrl , opt , space , shift , or f5 **instead** of letter keys.

Note you **cannot** use: Caps lock, return, esc, volume, play, pause, music, brightness.

You can set **up to three keys** as your shortcut.

#### 2. [MacOS] Make sure you've granted all the necessary permissions

In **Privacy & Security**, Wispr Flow should be toggled on

Under **Keyboard**, the  key should be set to Do Nothing

In **Modifier Keys**,  key should be set to  Globe

**Function keys** should be toggled off

Hotkey still not responding? Click **Report an issue** in your Flow Hub (under the ? icon) to contact us.

#### I already use Fn for something else. Can I change my hotkey?

1. Go to **Flow Hub → Settings → Defaults → Change shortcut.**
2. Click the **pencil icon** next to edit, and then use your keyboard to select a new hotkey

##### Windows

Flow might not recognize the Fn key on your keyboard.

Set a custom shortcut of your choice. We recommend keys like Ctrl , opt , space , shift , or f5 **instead** of letter keys.

Note you **cannot** use: Win, caps lock, return, esc, volume, play, pause, music, brightness.

You can use **up to three keys** for your shortcut.

## [Issues with iOS shortcuts](#)

### **Why can't I use Siri during my Flow session?**

Last updated 5 months ago

Unfortunately, this is a limitation of iOS that does not support Siri when your mic is connected to Flow. You can easily turn off a Flow session at any point from the live activity on the lock screen, from the dynamic island, or within the app.

### **Why does it take me to the Flow app?**

Last updated 5 months ago

To turn on the mic from the Flow keyboard, iOS requires us to bring you back to the Flow app. You only have to do this once at the beginning of dictating, after which Flow will stay active until you are idle for five minutes. If you'd like Flow to stay active longer, you can set "Disable Flow Session" to 1hr or "never" to switch back and forth to the Flow app less frequently.

### **Can I use my Airpods with my phone but still dictate with the built-in MacOS mic?**

Last updated 5 months ago

Yes, you can! If you've found your AirPods suddenly jumping ship from your iPhone to your Mac when using Flow, you're not alone. This is an Apple feature.

## **Workaround Options**

1. **The One-Time Switch:** After manually switching your AirPods back to your phone once, they should behave for subsequent dictations
2. **Bluetooth Timeout:** Temporarily disable Bluetooth on your Mac to prevent it from snagging your AirPods
3. **Take Control:** Disable mic auto-switching in your AirPods settings for a more predictable experience

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#### **Can I listen to music while using Flow?**

4. Last updated 5 months ago
5. With recent macOS updates (specifically Sequoia 15.3 or 15.4), Apple has introduced new security restrictions blocking access to the functionality that allowed us to mute/pause audio temporarily. This functionality was what we used to detect whether music was playing and issue play/pause commands, which enabled the mute functionality in our app. Since this change was intentional from Apple for security reasons, it has affected our ability to provide this feature.
6. Our team is actively exploring alternative solutions to restore this functionality. In the meantime, we recommend pausing and unpauseing your audio manually as a workaround.
7. We truly appreciate your patience and understanding as we work through this.

#### **iOS Mobile Plans & In-App Purchases (IAP) FAQ**

Last updated 4 months ago

This FAQ covers the most common questions about Wispr Flow's iOS plans purchased through the App Store (in-app purchase). If you're using IAP instead of our desktop Stripe billing, a few features work differently, this guide explains why and what you can do.

---

#### **Why don't I get referral rewards as an iOS subscriber?**

Apple's App Store rules limit how in-app purchases can be rewarded. Because of this, **IAP users can't receive referral rewards.**

#### **What you *can* do:**

- You can still **give** rewards to friends.
- Your referral page will show "Give" only (vs. "You both Get" for Stripe users).

If you want to be eligible for "Give and Get" rewards, you'd need to switch to a Stripe-billed plan via our desktop app.

---

#### **How do I manage my iOS subscription?**

- If you subscribed through the App Store, you can **cancel or change** your plan directly in your iOS account settings.
  - If you subscribed through Stripe (desktop), you'll manage it from the **desktop app** instead.
- 

#### **Can I use my iOS subscription on desktop?**

Yes! As long as you're signed in with the same Wispr Flow account, your Pro access works on both desktop and iOS, even if you purchased it through the App Store.

---

## **Why does my iOS Basic plan say 1,000 words/week when desktop Basic is 2,000 words/week?**

The iOS and desktop plans have separate limits:

- **iOS Basic:** 1,000 words/week
- **Desktop Basic:** 2,000 words/week

These limits don't combine they're tracked separately.

---

## **Can I switch from iOS billing to desktop billing?**

Yes. You'll need to:

1. Cancel your App Store subscription in your iOS settings.
  2. Wait until it expires.
  3. Upgrade via the desktop app (Stripe) to get unified billing and full referral benefits.
- 

## **Why do I see upgrade prompts before my word cap is reached?**

You'll get prompts:

- **At 200 words remaining**
- **At 0 words**

These are just reminders, you can still keep dictating until you reach the cap

---

## **Why is my free trial different on iOS?**

- New iOS sign-ups get **2 weeks of unlimited dictation**, no credit card required.
- If you already have a desktop account, we'll restart your iOS trial as a **goodwill gesture**.

## **Something didn't work. How do I report an issue?**

Last updated 3 weeks ago

### **Try These Troubleshooting Steps First**

Before reporting an issue, try these common solutions:

#### **For microphone detection problems:**

1. **Check Microphone Settings:** In the app, go to Settings and select your specific microphone instead of "Built-in mic" or "Auto-Detect." Save changes.
2. **Restart the App:** Close and reopen Wispr Flow to refresh settings.
3. **Check Windows Microphone Access:** Ensure microphone access is enabled in Start → Settings → Privacy & security → Microphone.

4. **Check Mute and Volume:** Confirm your mic isn't muted and the input volume is up in sound settings.
5. **Test the Microphone:** Try dictating something in the app and check if text appears in Recent Activity. If not, download the audio file from history to verify if audio was recorded.
6. **Reset Local Database:** If the app isn't working well, go to Settings → System → Data and click Reset & Restart to create a new local database. Note: This deletes local history.

If these steps don't resolve your issue, proceed to report it using the steps below.

You can send feedback to [get help from the team](#) or flag a transcript to [help improve our model](#).

### To get help from the Flow Team

1. Click the ?, then Talk to support in the bottom left corner of your Flow desktop app
2. Add details about the issue and what you expected

Sharing through here automatically attaches diagnostic information that helps us resolve the issue quickly.

- Choose the request type, "Issue", "Billing", or "Account & Data Management".
- Add details to help our team with more context.
- Attach files like screenshots, recordings, or anything else relevant to the issue.
- Consider checking the Help Center for common issues and keep us updated if things resolve!

### To flag a transcript to help improve our model

Note you will **not** get a response from the team with this option, this is just to help us improve.

#### Transcription Quality Issues

Last updated 1 month ago

If your transcriptions seem off—like they're slow to start, words are out of order, or the text isn't matching what you said—let us know! We're always working to improve, and your reports help us spot and fix issues faster.

#### How to flag a transcript

##### iOS (iPhone)

1. Swipe left on a transcript from the home page.
2. **Click on the flag**, and write some feedback to improve the model!
3. Let us know what you expected, and how it actually came out.

##### macOS and Windows

1. **Click the flag icon** next to the transcription you want to report.

2. **Add a note** about what you said and how you expected Flow to transcribe it. This detail helps our engineering team pinpoint the issue.
3. That's it! When you flag a transcript, Flow automatically sends backend logs tied to that specific session, so our team can investigate and improve accuracy.

### Want to help us improve our model?

Flag a transcript to help improve our model.

You will **not** get a response from the team with this option, this is just to help us improve.

### [How to Update the Wispr Flow App](#)

#### How to Update the Wispr Flow App

Last updated 1 month ago

We regularly ship updates to squash bugs, improve stability, and roll out new features. Here's how to check for and install the latest version of Wispr Flow on your device.

The app will **auto-update** if the Wispr Flow app has been inactive for 1hr.

**Note:** There is currently *no way* to turn off the auto-update

---

#### iOS (iPhone)

1. Open the App Store.
2. Tap your profile icon in the top right.
3. Scroll to see available updates.
4. If Wispr Flow is listed, tap "**Update**."

Or search for "Wispr Flow" in the App Store and update directly from the app page.

---

#### macOS & Windows

1. Open **Wispr Flow**.
2. Click the **Settings** icon.
3. Look in the **bottom-left corner** of the Settings window — you'll see your current **Flow version** (e.g., Flow v1.3.543).
4. Click the  **arrows** next to it to check for updates.
  - If an update is available, it will automatically download and install.
  - If no update is available, it will say "Up to Date"

---

#### Alternative Updating Methods

## macOS

1. Click the Wispr Flow icon in your top menu bar (upper-right corner of your screen).
2. Select “**Flow version**” to see if you’re on the latest version.
3. If you’re not, you’ll be prompted to update.

If you downloaded from the Mac App Store, you can also update via the App Store:

Open the **App Store** → Click **your name** → Scroll to find **Wispr Flow** → Click “**Update**”

---

## Windows

1. Click the Wispr Flow icon in the system tray (bottom-right corner of your screen).
2. Select “**Flow version**” to check if you’re up to date.
3. If there’s a new version, you’ll see an option to install it.

You can also download the latest version anytime from: [wisprflow.ai/download](http://wisprflow.ai/download)

---

Need help updating or not sure what version you’re on? Check from the app toolbar as noted above, or [report an issue directly from the app](#).

## Completely Removing Wispr Flow from Your Device

Last updated 4 months ago

If you’re trying to **completely remove Wispr Flow from your device**, follow the steps below. These will help fully wipe app data — including any residual files — so you can start fresh. If it still doesn’t resolve things, reach out and we’ll take it from there.

---

### What's happening

When Wispr Flow is uninstalled using standard methods (like “Add or Remove Programs” on Windows), some residual files or registry entries may remain. This can cause Flow to auto-log back into your account after reinstalling, instead of starting clean.

---

### Quick steps to try

---

## iOS

1. **Delete the app from your device. This will remove all data associated with the app.**  
Long-press the Flow app → Remove App → Delete App
- 

## macOS

## 1. **Quit Flow completely**

Click the Wispr Flow icon in the menu bar → **Quit Flow**.

## 2. **Confirm Flow is completely quit**

Go to Activity Monitor and search for Wispr Flow. If there are any processes still running, force quit them.

## 3. **Remove the app**

Drag Flow from your Applications folder to the Trash and empty it.

## 4. **Delete residual files**

Open Finder, press **Shift + Command + G**, and check these folders for any “Wispr Flow” files to delete:

- ~/Library/Application Support/
- ~/Library/Caches/
- ~/Library/Preferences/

---

## Windows

## 1. **Uninstall from Apps & Features**

Go to **Settings** → **Apps** → **Installed Apps** (or “Add or Remove Programs”) → uninstall **Wispr Flow**.

## 2. **Confirm Flow is completely quit**

Go to Task Manager and search for Wispr Flow. If there are any processes still running, force quit them.

## 3. **Remove leftover folders**

Delete any “Wispr Flow” folders in:

- C:\Users\[YourUser]\AppData\Local\
- C:\Users\[YourUser]\AppData\Roaming\

---

## Still not working?

We've found these steps resolve the issue for most users. If you're still stuck **report an issue directly in the app**, and we'll take a closer look.

## Notes Not Syncing

Last updated 4 months ago

If you're running into **notes not syncing between iOS and desktop**, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn't resolve things, reach out and we'll take it from there.

## What's happening

Notes on iOS and desktop should sync automatically, but sometimes users are looking at different areas of the app or the sync just needs a refresh. The “Recent Activity” tab on iOS shows local dictation history and does **not** sync with desktop—only the Notes tab syncs across devices.

---

## Quick steps to try

Choose the device you’re using and follow the steps that apply:

---

### iOS

1. Make sure you’re viewing the **Notes** tab (middle tab at the bottom of the screen), not **Recent Activity** on the home screen.
  2. Look for the syncing icon at the top of the Notes tab.
  3. Pull down from the top of the Notes list to manually refresh sync.
  4. Confirm you’re on the [latest version](#) of the Wispr Flow iOS app.
- 

### macOS/Windows

1. Open the **Notes** tab in the desktop app.
  2. Look for the refresh icon and click it to manually trigger sync.
  3. Confirm you’re on the [latest version](#) of the Wispr Flow desktop app.
- 

## Still not working?

We’ve found these steps resolve the issue for most users. If you’re still stuck [report an issue directly in the app](#).

### Wispr Flow interfering with Outlook and Google

Last updated 4 months ago

#### Troubleshooting Steps

If you’re running into **Wispr Flow triggering unintended keystrokes in Outlook or Google apps**, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn’t resolve things, reach out and we’ll take it from there.

---

## What's happening

When Wispr Flow is active, certain hotkeys (like Ctrl+Opt or Ctrl+Win or Ctrl+Alt) can unintentionally trigger actions inside apps like Microsoft Outlook or Google products when you

release the hotkey. This can break normal UI behavior making it hard or impossible to use those apps as intended.

---

### Quick steps to try

Choose the device you're using and follow the steps that apply:

---



1. *(No iOS-specific impact for this issue.)*
- 



1. Check what shortcut you've set to start dictation in Wispr Flow.
  2. If you're seeing unwanted keystrokes or actions in Outlook/Google apps, change the shortcut to something less likely to conflict
  3. Test again to see if the issue is resolved.
  4. If the issue persists, note exactly what keystrokes are appearing (e.g., only "V" or a combination of keys) so we can give you the most relevant fix.
- 



1. Check what shortcut you've set to start dictation in Wispr Flow.
  2. If you're seeing unwanted keystrokes or actions in Outlook/Google apps, change the shortcut to something less likely to conflict (for example, **Ctrl+Alt** or **Right Ctrl** instead of **Control+Win**).
  3. Test again to see if the issue is resolved.
  4. If the issue persists, note exactly what keystrokes are appearing (e.g., only "V" or a combination of keys) so we can give you the most relevant fix.
- 

### Still not working?

We've found these steps resolve the issue for most users. If you're still stuck **report an issue directly in the app**.

#### Not Pasting into a Remote Desktop

Last updated 4 months ago

If you're running into **transcriptions not pasting into a remote desktop**, try the steps below. These are the most reliable workarounds while we continue investigating on our end.

Flow is not officially supported in remote desktops, but we'll try our best to get it up and running.

#### Known unsupported remote desktops:

Citrix

---

#### What's happening

Currently, Wispr Flow can't reliably paste transcriptions into remote desktop environments if your normal paste shortcut (**Cmd+V** on macOS or **Ctrl+V** on Windows) doesn't work. This is a limitation with how remote desktops handle clipboard data.

---

#### Quick steps to try

---



**iOS**  
*(No iOS-specific impact for this issue.)*

---



1. Try manually copying the transcription from Wispr Flow (highlight → **Cmd+C**) and pasting it into the remote desktop (**Cmd+V**).
  2. If that doesn't work, paste into a local app first (like Notes orTextEdit) and then copy/paste into the remote desktop.
  3. If neither works, there's currently no supported method for direct paste into remote desktops.
- 



1. Try manually copying the transcription from Wispr Flow (highlight → **Ctrl+C**) and pasting it into the remote desktop (**Ctrl+V**).
  2. If that doesn't work, paste into a local app first (like Notepad) and then copy/paste into the remote desktop.
  3. If neither works, there's currently no supported method for direct paste into remote desktops.
- 

#### Still not working?

At this time, if your paste shortcut doesn't work in a remote desktop environment, Wispr Flow isn't able to insert transcriptions directly. We recommend using the local copy-and-paste workaround until we can improve compatibility.

## No Internet Connection

Last updated 4 months ago

If you're running into **Wispr Flow showing "No Internet Connection" even when you're online**, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn't resolve things, reach out and we'll take it from there.

---

### What's happening

Flow occasionally can't connect to our servers even if your internet is working. This is often due to VPNs, firewalls, or proxy settings, but can also happen if the app needs a quick restart.

---

### Quick steps to try

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#### iOS

1. Run a quick speed test to confirm your device is online.
  2. Fully close and relaunch Wispr Flow.
  3. Turn off any VPN, proxy, or firewall and test again.
- 

#### macOS

1. Run a speed test to confirm you can reach the network.
  2. Fully quit Wispr Flow (**Cmd+Q**) and confirm it's closed in **Activity Monitor**.
  3. Reopen the app and check if the connection works.
  4. If you have a VPN, proxy, or firewall, turn it off and try again.
- 

#### Windows

1. Run a speed test to confirm you can reach the network.
  2. Fully quit Wispr Flow from the taskbar or **Task Manager**.
  3. Reopen the app and check if the connection works.
  4. If you have a VPN, proxy, or firewall, turn it off and try again.
- 

### Still not working?

If disabling a VPN, proxy, or firewall resolves the issue, **report an issue in the app directly** and let us know which one you're using and we'll work on a way to keep Flow connected without turning it off.

## Unexpected Long Hallucinations

Last updated 4 months ago

### Why this exists

Flow includes an **Easter egg feature** called **Command Mode**. When triggered, it can sometimes produce very long or playful responses, like turning “*Testing 123*” into:

“Testing, one, two, three loud and clear! Ready to launch into the stratosphere of conversation!  


We’re currently revamping Command Mode to make it more intuitive. In the meantime, if you’re running into unwanted “hallucinations,” follow these steps.

---

### Quick steps to try

#### 1. Check your hotkey settings

- Open **Flow Settings** → **Hotkeys**.
- Make sure the hotkey for **Command Mode** is something obscure (e.g., Fn + Shift + P).
- This reduces the chance of triggering it by mistake.

#### 2. Avoid trigger phrases

- Starting a transcript with “*Hey, Flow*” (or similar) currently **activates Command Mode**.
- Until we ship the new toggle, avoid using this phrase if you want normal dictation.

### Issues with upgrading to Flow Pro

Last updated 2 months ago

#### Overview:

This article provides troubleshooting steps to resolve issues users may run into when trying to upgrade from a Basic to Pro / Team plan.

Common scenarios include payment window errors, checkout page not loading, or subscription status not updating correctly after payment.

A specific issue is when payment completes successfully, but the app continues to show Basic status instead of Pro.

#### Quick Steps to Try:

If you’re experiencing issues upgrading to Flow Pro, follow these steps:

1. Sign out of Flow (Settings > Account > Sign out)
2. Completely quit the Flow app; if it won’t quit, [“force quit” the application](#).
3. Relaunch Flow and sign back in.

Important: If you use multiple sign-in methods (like both Google and Microsoft accounts), make sure to use **the same authentication method you originally used to create your account**. Using different authentication methods may cause subscription recognition issues.

#### Next Steps:

##### Firewall and network security settings

*If the basic steps above don't resolve the issue, your firewall or corporate network security settings may be blocking the app's connection to our subscription servers.*

*This is particularly common for enterprise users with restrictive network policies. To resolve this:*

1. **Check your firewall settings** - Ensure the Flow app is allowed to communicate through your firewall
2. **Review corporate network policies** - If you're on a corporate network, contact your IT administrator to verify that the app can access our subscription verification servers
3. **Try a different network** - Test the app on a different network (such as mobile hotspot) to confirm if network restrictions are the cause

##### Team Pro accounts

If you were added to a Team account by an admin, the same network connectivity issues can prevent your member status from syncing properly. Follow the same firewall and network troubleshooting steps above.

If you continue experiencing issues after checking your network settings, please contact our support team for further assistance.

##### Login Issues with Wispr Flow

Last updated 2 months ago

##### Troubleshooting Steps

If you're experiencing login issues with Wispr Flow, such as being unable to sign in or receiving error messages, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn't resolve things, reach out and we'll take it from there.

##### What's happening

**Note:** Wispr Flow supports sign-in through Apple, Google, or Microsoft only. You cannot switch between login methods once your account is created, and multiple email addresses cannot be linked to a single account. If you need to use a different email, you'll need to create a new account.

Choose the device you're using and follow the steps that apply:



## 1. Force close and restart the app

Close the app completely and relaunch it

## 2. Check for updates

Ensure you have the latest version of Wispr Flow installed from the App Store



## 1. Quit and restart the application

Completely quit Wispr Flow (don't just close the window)

## 2. Check for updates

Ensure you're running the latest version of the app

## 3. Clear cache and reinstall

If issues persist, uninstall and reinstall the application



## 1. Close and restart the application

Exit Wispr Flow completely from the system tray

## 2. Check for updates

Ensure you're running the latest version of the app

## 3. Clear cache and reinstall

If issues persist, uninstall and reinstall the application

## Testing Your Setup

After completing these steps, test that the Flow bar in Wispr Flow shows volume activity when you speak. If it remains grey or unresponsive, the microphone configuration still needs adjustment.

- Contact our support team

- We'll flag your case to engineering for a deeper look and keep you updated from there.
- Please include the email address associated with your account and any error messages you're seeing.

## Default Keyboard Not Sticking

Last updated 3 months ago

### What's happening:

You've already dragged Wispr Flow to the top of your iOS keyboard list, but every time you switch into a new app you still need to manually bring it up.

### Why it happens:

- iOS controls which keyboard shows by default. Third-party keyboards (like Wispr Flow, Grammarly, Gboard, etc.) can't override this behavior.
- Wispr Flow today is not a full letter keyboard — it's designed to give you quick capture via the mic and number pad, and then redirect you back to Apple's keyboard so you still get swipe typing and autocorrect.

### Workarounds / next steps:

- Unfortunately there's no way to force iOS to always show Flow as the default.
- The good news: we do plan to build a **full letter keyboard** (with autocorrect, swipe typing, and the works). That's on our roadmap once we expand our iOS and ML engineering team. If you know great folks — send them our way .

## Microphone Keeps Resetting

Last updated 3 months ago

### What's happening:

When you switch input devices (like plugging in headphones), you sometimes lose mic access and need to re-enable it by going back into the app.

### Why it happens:

- iOS privacy restrictions prevent third-party keyboards from automatically re-granting mic permissions when devices change.
- Flow isn't allowed to just turn the mic back on without you approving it.

### Workarounds / next steps:

- We recommend setting up a **dictation shortcut** so you can toggle Flow quickly without ever switching apps.
- Install the shortcut here: [wisprflow.ai/ios-clipboard-shortcut](https://wisprflow.ai/ios-clipboard-shortcut).
- Then map it to either:
  - Your iPhone's **Action Button**, or

- A **Double Back Tap** (Settings → Accessibility → Touch → Back Tap).

This lets you turn Flow on/off or copy text straight to your clipboard — no app switching required.

### How do I change my account login email?

Last updated 2 months ago

#### Short answer

Right now, there isn't a way to change the email on an existing Wispr Flow account. **Because we operate with Zero Data Retention (ZDR), none of your existing data will be transferred to a new account.**

#### Best path forward

Cancel the subscription on your current account, then create a new account using the email you want. If any billing adjustments are needed (credits, refunds, discounts), contact us and we'll handle it on the backend.

---

#### Quick steps

##### 1. Cancel your current subscription

- Website purchase: cancel from your billing portal.
- App Store purchase: Settings → Subscriptions → Wispr Flow → Cancel.

##### 2. Create a new account

- Sign up with your **new email** and select your plan.

##### 3. Reach out for billing help

- Send us **both emails** (old and new) and your plan details.
  - We'll take care of any **billing adjustments**.
- 

#### Good to know

- **Zero Data Retention (ZDR):** We don't retain your content for migration. Creating a new account means previous account data **cannot be moved or restored**.
  - **Team/Enterprise:** If your access is managed by your company, ask your admin to invite your new email.
  - **Receipts & discounts:** Share your latest receipt so we can quickly re-apply discounts or credits if needed.
- 

#### We're here to help

After you've created the new account, contact [support@wipsr.ai](mailto:support@wipsr.ai) and provide us with the following information:

- Old email:
- New email:
- Plan (Pro, Business, Student):
- Where you purchased (Website/App Store):

We'll take it from here.

## How to Delete Transcripts

Last updated 2 months ago

Wispr Flow gives you full control over your voice data and transcripts. You can delete individual transcripts or clear all history, depending on your needs.

### On Desktop (MacOS or Windows)

You can delete transcripts directly from your **Home** screen or through **Settings**.

#### Option 1: Delete Individual Transcripts

1. Open **Wispr Flow**.
2. Go to the **Home** tab to view your **Recent Activity**.
3. Hover over the transcript you want to remove.
4. Click the **three dots (... More options)** on the right.
5. Select **Delete transcript**.
  - The selected transcript will be **permanently removed**.

#### Option 2: Delete All History

1. Open **Settings** → **Data & Privacy**.
2. Click **Delete history of all activity**.
  - This will erase all transcripts and voice data stored locally on your device.

### On iPhone (iOS)

#### Automatically Delete Transcripts

1. Open the **Wispr Flow app**.
2. Go to **Settings** → **Privacy**.
3. Turn on **Automatically Delete Transcripts**.
  - When enabled, Wispr will automatically delete all transcripts **at the end of each day**.

### Note

Deleted transcripts cannot be recovered.

Transcripts are local to your device.

### Wispr Flow Platform Compatibility Matrix

Last updated 2 months ago

#### Flow features by platform

Feature	macOS	Windows	iOS
Dictionary	✓	✓	✓
Snippets	✓	✓	✓
Smart Formatting / Context Awareness	✓	✓	✓
Keyboard Shortcut Customization	✓	✓	✗
Clipboard/Text Injection	✓	✓	✗
Command Mode	✓	✓	✗

#### Additional details:

- Flow relies on system-level actions only on desktop operating systems, which iOS restricts. Text injection and clipboard restoration require background access to other app windows — something iOS apps are sandboxed from doing.
- Command Mode depends on desktop frameworks to execute actions across apps, which aren't supported in the iOS environment.
- Dictionary, Snippets, and Notes sync across devices and platforms; but transcript history is stored locally on each device and does not sync.

---

#### Flow settings by platform

Feature	macOS	Windows	iOS
---------	-------	---------	-----

Plan & Billing			
Privacy Mode			
Delete Transcripts			
User Stats			

#### **Additional details:**

- Delete Transcripts:
  - Desktop: You can only clear all history manually; there's no automatic deletion schedule.
  - **iOS:** You can set Flow to automatically delete history every 24 hours for added privacy.

User stats on iOS may appear to lag briefly because sync happens in the background on mobile, but the data ultimately matches your desktop usage

#### **Quit & Relaunch Wispr Flow**

Last updated 1 month ago

Sometimes Wispr Flow can stay running in the background even after you close it — especially when your computer wakes from sleep or after an update.

---

#### **When to Try This**

If you notice:

- Flow freezing or becoming unresponsive
- Microphone not being detected
- Transcriptions failing or timing out
- App not updating or opening properly after an update

Follow the steps below to fully quit and relaunch Flow.

---

#### **iOS (iPhone)**

1. Swipe up from the bottom of the screen and pause to open the **app switcher**.
2. Find **Flow** and swipe it up to close it completely.

3. Reopen **Flow** from your home screen.
- 

### macOS

1. Open **Activity Monitor** (search for it using Spotlight).
2. In the search bar, type **Wispr**.
3. Select **any "Wispr" processes**, then click the **Stop (X)** icon to quit both.
4. Reopen **Wispr Flow** from your Applications folder or Dock.

Simply pressing **Command + Q** only quits the main app — not the helper app or some background processes. Quitting both ensures Flow restarts cleanly.

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### Windows

1. Press **Ctrl + Shift + Esc** or open **Task Manager** from the Start menu.
2. Search "Wispr" and under **Processes**, look for **Wispr Flow** and any related helper processes.
3. Right click each one and click **End Task**.
4. Reopen **Wispr Flow** from the Start menu or desktop shortcut.

Right-clicking "Quit" from the taskbar sometimes leaves helper or background processes running — always double-check in Task Manager.

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### After Restarting

Reopen Flow and test dictation again. In most cases, this resolves freezing, lag, updating, and connection problems. If you still run into issues after a full restart, please try to [fully delete and reinstall Wispr Flow](#).

If any step is unclear or you get stuck while reinstalling, please **reach out to our support team** or **report an issue directly from within the app**, we'll be happy to help you get back up and running!

#### **Why sign-in methods or hidden email addresses can cause account confusion**

Last updated 2 weeks ago

#### **Issue**

You might see "No account found" or "Create new account" when trying to sign in, even though you already use Flow. This usually happens when the sign-in method or email address doesn't match how your original account was created.

If you sign in with a different method or email than the one tied to your subscription, Flow will open a new free account — which can make it look like your Pro plan or workspace is missing.

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## When using

### Sign in with Google and Sign in with Email

## Explanation

Flow supports both **Sign in with Google** and **Sign in with Email**, but they work differently.

If you originally created your account using **Sign in with Google**, Flow links your account to your Google identity, not just your Gmail address. Later signing in with **Email** — even using the exact same Gmail address — creates a separate, blank account. This can make it look like your data or subscription is missing when you're simply logged into a different account.

## Common symptoms

- You see “No account found” when using Email sign-in.
- Flow opens but your workspace or subscription appears empty.
- Your original transcripts or notes are missing.

## How to fix it

Try these quick checks:

1. On the login screen, select **Sign in with Google** instead of entering your email manually.
  2. Confirm you’re using the same Google account originally linked to Flow.
  3. Once signed in, stay consistent — always use **Sign in with Google** for this account.
- 

## When using

### Hide My Email (iCloud+)

## Explanation

Apple’s **Hide My Email** feature creates a private relay address that forwards messages to your real inbox. If you used this option when signing up for Flow, your account is tied to that hidden

address (for example, [abc123@privaterelay.appleid.com](mailto:abc123@privaterelay.appleid.com)). Flow doesn't automatically recognize your real email, so logging in with it creates a separate account.

### Common symptoms

- “No account found” when signing in with your real email.
- You can’t access your existing notes or Pro plan.
- Receipts or messages from Flow show an unfamiliar “@[privaterelay.appleid.com](mailto:privaterelay.appleid.com)” address.

### How to fix it

Try these quick checks:

1. On your iPhone, open **Settings** → **Apple ID** → **iCloud** → **Hide My Email**.
  2. Find the entry for **Wispr Flow** and copy the private relay address.
  3. Sign in to Flow using that relay address — that’s your actual Flow account email.
  4. Keep using the same address or Apple sign-in option moving forward.
- 

If you’re unsure which account you used, check your Flow receipts or welcome email — the “To” field shows the address tied to your account. Still stuck? Contact Flow Support, and we’ll help locate and reconnect you to the correct workspace.

## Understanding the Flow System Status Page

Last updated 1 month ago

*If something in Flow isn’t working as expected — for example, dictation not starting, delayed text output, or connectivity issues — one of the first things you can do is check the **Flow System Status Page**.*

### What this page shows

The **Flow Status Page** provides real-time information about the health of our systems and apps:

- **Desktop App (macOS)**
- **Desktop App (Windows)**
- **iOS App**

Each component shows recent uptime history using colored bars:

-  **Green:** Fully operational
-  **Yellow:** Partial disruption or degraded performance
-  **Red:** Outage or major service interruption

At the top of the page, you'll see a summary banner, for example:

 *We're fully operational*

 *We're investigating an issue affecting some users*

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### When to check this page

If you're experiencing an issue and it's not clear what's causing it:

1. Visit the Flow Status Page (you can find it at [status.wisprflow.ai](https://status.wisprflow.ai) or from the in-app Help menu).
2. Look for any current **yellow or red** indicators next to your platform (Mac, Windows, or iOS).
3. If there **is** an incident shown, our engineering team is already investigating. You may need to:
  - a. Wait until the status returns to **green**
  - b. Then **quit and reopen Flow**
  - c. If prompted, **update** to the latest version once the fix is released

If the page shows **all green**, the issue you're seeing is likely **not caused by a known outage or bug**. In that case, you can continue troubleshooting or contact our Support team for help.

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### Stay updated

You can also click “**Subscribe to updates**” at the top of the page to receive email alerts whenever there is:

- Scheduled maintenance
- Performance degradation
- Service restoration

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**Tip:** If you recently restarted your computer or updated Flow and still see an issue while the system is fully operational, try for checking [microphone system \(macOS, Windows\) permission settings](#).

## How to Fully Delete and Reinstall Wispr Flow

Last updated 1 month ago

If Wispr Flow isn't working as expected, doing a **full reinstall** can often fix performance, microphone, or shortcut issues.

Below are complete steps for **Mac**, **Windows**, and **iOS (iPhone)** users.

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### iOS (iPhone)

#### 1. Delete the app

- Tap and hold the **Wispr Flow** icon from the Home Screen.
- Select **Delete App → Delete**.

#### 2. Reinstall from the App Store

- Open the **App Store**, search **Wispr Flow**, and tap **Download**.
- 

### macOS

#### 1. Quit Wispr Flow completely

- Open **Activity Monitor** (search "Activity Monitor" in Spotlight).
- In the search bar, type **Wispr**.
- Select all Wispr-related processes (including **Wispr Helper**) and click the **Stop (X)** icon to end them.
  - Or double-click on each task and press **Quit**

#### 2. Delete the app

- Open your **Applications** folder.
- Drag **Wispr Flow** to the **Trash**  or Right click and "Move to Trash".

#### 3. Remove cached data

- In Finder, click **Go (in the top left) → Go to Folder...**
- Paste this path and press Enter:

`~/Library/Application Support/`

- Find and delete the folder named **Wispr Flow**.

#### 4. Reinstall the latest version

- Visit [our website](#) and download the newest version.
  - Open the installer and follow the on-screen steps.
- 



#### 1. Close Wispr Flow

- Press **Ctrl + Shift + Esc** to open **Task Manager**.
- Find all **Wispr Flow** processes and click **End Task**.

#### 2. Uninstall the app

- Open **Control Panel** → **Programs** → **Uninstall a program**.
- Select **Wispr Flow** and click **Uninstall**.

#### 3. Delete leftover files

- Open File Explorer and paste this path:  
%AppData%
  - Delete the **Wispr Flow** folder if it's there.

#### 4. Reinstall the latest version

- Go to [our website](#) and download the Windows installer.
  - Run the setup file and follow the installation prompts.
- 

After reinstalling, log back in with your same account (Apple, Google, or email). Your subscription and settings will sync automatically.

If any step is unclear or you get stuck while reinstalling, please **reach out to our support team or report an issue directly from within the app**, we'll be happy to help you get back up and running!

#### Billing FAQs

Last updated 3 months ago

Making your payments smooth

#### How do I upgrade?

Once you've [downloaded Flow](#) and completed onboarding, you will be on a two week free trial. To upgrade, click "Get Flow Pro" from the left side of your Flow desktop app. You can also find Plan and Billing under Settings.

Yes! When you first create an account, you will start a two week free trial of Flow Pro. Students with verified education emails receive an extended 90-day free trial instead. At the end of your trial period, you will convert to a Flow Basic plan. If you want to continue using Flow Pro features, you can upgrade anytime from your Flow desktop app.

### **Is there a free trial or free plan available?**

Yes! When you first create an account, you will start a two week free trial of Flow Pro. At the end of the two weeks, you will convert to a Flow Basic plan. If you want to continue using Flow Pro features, you can upgrade anytime from your Flow desktop app.

### **How much does Flow Pro cost?**

The Pro plan is \$15/month if you pay monthly, or a discounted \$12/month with annual billing.

### **What do I get with Flow Pro?**

#### **Intro to Flow Pro ( [What you get](#))**

TLDR: unlimited words, access to our iOS app, early access to new features, VIP support, and command mode!

### **Can I have centralized billing for my team?**

#### **Create a Flow Team**

You can go to [admin.wisprflow.ai](https://admin.wisprflow.ai) to create a team and central billing and user management

#### **Learn more about ( [Flow for Teams](#))**

Learn more about how we support and help scale with companies of all sizes

### **Can I change or cancel my subscription at any time?**

Yes, you can cancel your subscription at **Settings → Plan and Billing → Manage Subscription** in your Flow desktop app. If you cancel Flow Pro, your subscription will remain active until the end of the billing period, after which you'll automatically be downgraded to Flow Basic (you won't lose access to the app entirely). You won't be charged again for the Pro plan.

If you want to completely delete your account and data, you can go to **Settings → Account → Delete Account** in your Flow desktop app.

If you run into any issues, let us know [support@wisprflow.ai](mailto:support@wisprflow.ai).

### **Do you have a discount for students / educators?**

#### **Flow for Education ( [Education discounts](#))**

Yes, students & educators get discounted pricing with an active education email. You can learn more at [wisprflow.ai/students](https://wisprflow.ai/students)

### **Do you have a discount for non-profits?**

#### **Flow for NGOs ( [Non-profit discounts](#))**

Yes, we do! You can learn more about our initiatives for nonprofits here:

<https://wisprflow.ai/for-non-profits>

## **Do you have an API?**

Last updated 5 months ago

While our API isn't publicly available just yet, we're always open to exploring potential partnerships.

If you think your company could be a great fit, please [fill out this form](#). Currently, we're prioritizing API partnerships that make sense for both sides. If it's a good fit, we'll reach out!

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## **Pro Subscription Not Showing on Desktop App**

Last updated 3 months ago

### **Troubleshooting Steps**

If you're running into issues where your Pro subscription isn't showing up on your desktop app despite being active on mobile, try the steps below. These are the most reliable workarounds while we continue investigating on our end. If it still doesn't resolve things, reach out and we'll take it from there.

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### **What's happening**

Users who have purchased a Pro subscription may find that their desktop app still shows a Basic subscription, particularly after logging out and back in or when using different sign-in methods between devices.

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### **Quick steps to try**

Choose the device you're using and follow the steps that apply:

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#### **1. Verify your subscription status**

Check that your Pro subscription is active on your iOS device

#### **2. Note your login method**

Take note of which email address or Apple ID you're using to sign in

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#### **1. Use the same login method**

Ensure you're using the exact same email address or Apple ID that you used on your mobile device

## 2. Completely quit and restart

Close the Flow app completely and restart it

## 3. Sign out and back in

If the issue persists, try signing out of your account and signing back in with the correct credentials

## 4. Check for updates

Ensure you're running the most recent version of the Flow application

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### Important Notes

- If you use Sign in with Apple, make sure you're using the same Apple ID across devices
  - Your subscription is tied to the specific email address used for purchase
  - Using different email addresses or Apple IDs will result in separate accounts, even if they belong to the same person
- 

### Still not working?

We've found these steps resolve the issue for most users. If you're still stuck:

- Report an issue directly in the app to provide our team access to your backend logs
- Include your payment confirmation or receipt number when contacting support
- Provide all email addresses you've used to sign into Flow

### How to Apply Education, Non-Profit, and Special Discounts

Last updated 3 months ago

#### Available Discounts

Flow offers several types of discounts for eligible users:

- Education discount (50% off + 3 months free) - For students and educators
  - Non-profit discount - For registered 501(c)(3) organizations
  - Senior citizen discount - Available upon verification
  - Accessibility support discount - Available upon verification
- 

#### What's happening

After being approved for a discount, some users may not see the reduced pricing reflected in their account when trying to upgrade.

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## **How to Get Approved**

1. **Student/Educator:** Sign up with your verified .edu assigned email address
  2. **All other discounts:** Email verification to [support@wispr.ai](mailto:support@wispr.ai)
- 

## **Applying the Discount**

1. **Restart the app completely**

After receiving approval, quit and restart the Flow application

2. **Click "Upgrade to Pro"**

The discount should be automatically applied when you select your subscription

3. **Verify pricing**

Confirm the discounted rate is showing before completing payment

---

## **Still not working?**

If you don't see the discount after following these steps:

- Make sure you're logged in with the same email address used in your discount application
- Contact support with your approval email for assistance

Note: Discounts are currently available for Flow Pro individual plans. For team/enterprise plans with special pricing needs, please contact sales directly.

## **What is Flow Team and Flow Enterprise**

Last updated 4 months ago

### **What is Flow Team**

Flow Team is a way to get you and your organization onto Flow. You will have access to all our Pro features, which can be used across your entire team.

### **What is Flow Enterprise**

Flow Enterprise is similar to Flow Team with added security, privacy, and data retention features. It is a simple way to up-level your team while at the same time holding admin control on privacy and security settings.

### **Comparison of Flow Team vs Flow Enterprise**

Features	Teams	Enterprise
# of Users	Minimum 3 users	No minimum users

Unlimited Dictations		
100+ Languages		
Centralized Billing		
Admin Dashboard		
Desktop & iOS Access		
Shared Snippets		
Shared Dictionary		
HIPAA Compliance (Individual-Level)		
HIPAA Compliance (Organization-Wide)		
SOC 2 Type II Compliance		
SSO / SAML OIDC		
Enforced Privacy Mode		
Advanced Security & Controls		
MSA & DPA		

## VIP Productivity Coaching



Customer Support

Prioritized

Dedicated

V

### Get started with Flow Team or Flow Enterprise

Last updated 4 months ago

Follow this quick guide to sign up for Flow Team or Flow Enterprise plans.

#### Sign up for Flow Team or Flow Enterprise:

- Step 1: Sign up at [admin.wisprflow.ai](https://admin.wisprflow.ai)
- Step 2: You can pick your plan, add billing information, invite your team, and you're good to go

#### Sign up video tutorial:

#### Minimum users:

- For Flow Team, we require a minimum of three users
- For Flow Enterprise, we do not have a minimum number of users required

#### Additional resources:

- [Admin portal: managing users & billing](#)
- [Configure SSO](#)
- [Wispr Flow IT guide on privacy and security](#)

#### Have more questions?

You can also find time to chat with our sales team at Wispr Flow [here](#) or email Flow support at [support@wispr.ai](mailto:support@wispr.ai).

### Configure SSO

Last updated 4 months ago

A walk through on configuring Single Sign-On (SSO) for your organization. SSO allows your team to securely access our platform, streamlining login and improving security.

#### What You'll Need:

- ✓ Access to your organization's Identity Provider (Okta, Azure AD, Google Workspace, etc.)

- Admin permissions on both your IdP and Wispr Flow
- Metadata details or SSO configuration URL from your IdP

#### Steps to Enable / Set Up SSO:

1. **Access the Admin Portal:** Go to [admin.wisprflow.ai](https://admin.wisprflow.ai) → **Settings** → **SSO Configuration**. Click “Connect” to begin setup.
  - If you already see a provider listed instead of the “Connect” button, SSO is already set up for your organization.
2. **Start the Guided Setup:** Click “Set up SSO” to launch the setup wizard. You’ll be guided through:
  - a. Selecting your identity provider (e.g., Okta, Google, etc.)
  - b. Setting up the SAML app in your IdP
  - c. Completing connection via WorkOS. No need to manually input metadata—just follow the steps in the wizard.
3. **Complete the Test Authentication**

At the end of the wizard, you'll be prompted to **perform a test authentication**. **⚠ This step is mandatory.** The SSO setup is **not considered complete** until this test passes.

**Note:** Sometimes newly created SAML apps take time to fully propagate. If the test fails, it might not be due to a misconfiguration. Wait 15–20 minutes and try again.

4. Click on the “Refresh” button to complete SSO configuration.
5. **Enforce SSO (Optional only available for Enterprise):** After a successful test, you can choose to enforce SSO for your entire organization by enabling “**Enforce SSO for all members.**”

#### Tutorial

#### Best practices:

- Enable SSO for all employees — you'll only be billed for users who actively sign up for a Wispr Flow account. Granting access doesn't incur charges on its own.
- Certain firewalls can prevent us from redirecting users back to our app after login. If this is the case, check your firewall configurations.
- Certain VPNs might mess with authentication. If this is the case, turn off your VPN.

#### Need Help?

If you run into issues or need assistance, reach out to our support team at [support@wispr.ai](mailto:support@wispr.ai).

#### Admin portal: managing users & billing

Last updated 2 months ago

This guide shows you how to add/delete users and how to manage billing as a Flow Team/Enterprise admin.

### **What is the admin portal:**

Your admin portal gives you full control over your organization's account. You can easily manage billing and subscriptions, add or remove users, and configure organizational settings like privacy mode and Single Sign-On (SSO) to ensure secure and streamlined access for your team.

You can access your admin portal at: [admin.wisprflow.ai](https://admin.wisprflow.ai)

### **Adding users:**

There are a few ways to add users to your team or enterprise account. New seats are billed on a prorated basis.

1. Manually: If you're the admin, you can go into your [admin portal](#) → **Users** to directly add team member as either admin or member.
1. Automatically: Within [admin portal](#) → **Settings** → **Organization**, turn on “Automatically add new users with a company email to the enterprise plan.” This will ensure new Flow users are automatically added.

### **Deleting users:**

- If you're the admin, you can go into your [admin portal](#) → **Users** to directly delete team member as either admin or member.

When you remove a member or revoke an invite, the seat becomes available for reuse during the current billing period. If it remains unused, it will be automatically removed at the start of the next cycle and will not be charged.

**Important limitation:** Users cannot change their email addresses through the admin portal or user settings. If a user needs to change their email address, they must cancel their existing subscription and create a new account with the desired email address. Note that this process will result in data loss. Contact support if billing adjustments are needed during this transition.

### **Billing:**

- You can manage subscriptions and change plans in [admin portal](#) → **Settings** → **Billing**
- Within **Manage Subscription**, you can update your subscription, add or change payment method, and see your invoice history
  - You also have the option to upgrade from a monthly plan to an annual plan for additional discounts and savings.

### **How to upgrade from monthly to annual plan:**

- Navigate to [admin portal](#) → **Settings** → **Billing**
- Toggle to “**Annual**” and click on “**Save with Annual**”

Reference: [Admin portal: managing users & billing](#)

### **Wispr Flow IT guide on privacy and security**

Last updated 5 months ago

You can read all about our privacy and security features in this guide. This is also a guide for your IT team to help configure users in Wispr Flow.

## Get started in 60 seconds

Go to [admin.wisprflow.ai](https://admin.wisprflow.ai) and create an account for your company. You can directly choose your plan, add your billing information, and invite users.

## How We Protect Your Data

- [Overview](#)
- [Flow for Enterprise - Privacy Policy](#)
- [Trust Center](#)
- [Data Processing Addendum](#)

## Zero data retention (aka Privacy Mode)

Privacy Mode means that no transcript data is stored on our servers, or used for model training by us or any third party. No one apart from the individual users can see what they've dictated.

If you sign up for Flow Enterprise, Zero Data Retention is enforced across all your users by default.

## SSO

Wispr Flow supports every SSO provider for SSO / SAML authentication. Just sign up for an Enterprise Plan and you can click "Set up SSO" in the Settings. SCIM coming soon.

## Privacy and Security Common Questions

### How can I control who has access?

You'll get access to an admin dashboard where you can manage your users and assign roles.

### What if somebody leaves the company?

You can remove them from the admin portal and reuse that seat for somebody else on your team. We're soon going to add SCIM to automate the process.

### Who can see the recordings and transcripts? How can we delete them?

Flow is built on a foundation of privacy. If you turn on privacy mode, data will not be stored in the cloud or used for model training. Only that individual user can see what they have said. It is stored locally on users' machines. When a user signs out, the local transcript data is deleted. There is an option in the admin portal that lets you auto-delete everybody's local history every day.

### How can I get a vendor questionnaire filled?

For documents that answer most of your questions, you can request access from our Trust Center ([trust.delve.co/wispr-flow](https://trust.delve.co/wispr-flow)). If there is a questionnaire you need filled out, we recommend sending it in as an Excel sheet to [enterprise@wisprflow.ai](mailto:enterprise@wisprflow.ai), and our team will get back to you within 48 hours.

## **Upgrade from Flow Team to Enterprise**

Last updated 5 months ago

This guide shows you how to upgrade from Flow Teams to a Flow Enterprise account in the admin portal.

### **What are the benefits of upgrading?**

1. More privacy and security controls for your team
  - a. Privacy mode enforced for the entire organization
  - b. Option to enforce single sign-on (SSO)
  - c. Zero data retention enforced for the org
  - d. Full visibility into our SOC 2 report, DPA, and other data/security policies
2. Dedicated customer support (available via Slack for 100+ user teams)
3. Bulk discounts available

### **Curious about bulk discounts?**

[Talk to our sales](#) team to get your special discount for you and your organization

### **How to upgrade from team to enterprise?**

- Navigate to [admin portal](#) → **Settings** → **Billing**
- Under the “Choose your plan” section, click on “Upgrade” to enterprise

### **How to upgrade from monthly to annual plan:**

- Navigate to [admin portal](#) → **Settings** → **Billing**
- Toggle to “**Annual**” and click on “**Save with Annual**”

## **Overview**

Last updated 2 months ago

### **You control your data**

Our users use Flow for their more sensitive personal and work communications, and we take their privacy very seriously.

We offer a **Privacy mode** to all users (free and paid) to let them control whether their data is used to improve Flow’s models. You can learn more about how it works here: [wisprflow.ai/data-controls](https://wisprflow.ai/data-controls)

Wispr Flow is also **SOC 2 Type II** compliant and we have frequent security audits and penetration testing.

For any vendor questionnaires, feel free to send them to [enterprise@wisprflow.ai](mailto:enterprise@wisprflow.ai)

### Is Flow HIPAA compliant?

Yes! For more information check out [this article](#).

## Flow for Enterprise

Last updated 5 months ago

With enterprise-grade security, Flow is ready to up-level your team

Questions? Contact us at [enterprise@wispr.ai](mailto:enterprise@wispr.ai)

You can also find our Trust Center at <https://app.delve.co/wispr-flow>

### Here's what you can expect when you look to bring Flow to your company

1. Privacy is top of mind. All Enterprise users get Zero Data Retention enabled for their org by default. This means **no transcript data** is stored on our servers, visible to anyone except the user, or used for model training.
2. We are SOC2 Type II compliant.
3. Servers are all based in the United States.
4. A video of our capabilities: <https://wisprflow.ai/flow-video-apr-2025>
5. Flow works across all your applications—Mac, Windows, and iOS—with no additional setup.

### You also get our wide-range of features

- Unlimited words
- Flow on Desktop and iPhone
- 100+ languages
- Admin controls
- Role based access controls
- SSO / SAML OIDC
- Enforce Privacy mode for everyone
- SOC2 compliance
- Advanced Security & Controls
- VIP Productivity Coaching
- Dedicated support

- Volume based discounts
- More team-based features coming soon

## HIPAA Support

Last updated 4 months ago

Wispr Flow now supports HIPAA-compliant workflows for medical professionals, clinics, and enterprise teams. With a signed **Business Associate Agreement (BAA)** and **Zero Data Retention (ZDR)**, Flow gives you the power to dictate freely—without compromising patient privacy.

### Check out this short video

In under 3 minutes, we walk through how HIPAA support works in Flow, how ZDR keeps your data private, and where you can enable HIPAA settings today.

### What is a BAA?

A **Business Associate Agreement (BAA)** is a HIPAA-required contract that allows Wispr Flow to handle Protected Health Information (PHI) on your behalf.

If you're a healthcare provider using Flow to dictate anything containing patient details, a BAA ensures we're handling that data in a compliant, secure way.

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### Where Can I Enable HIPAA?

#### Available Now

HIPAA support is currently available!

- Anyone can request and sign a BAA.
  - **Zero Data Retention (ZDR)** is included—no transcripts, no storage, no traces left behind.
  - You can enable **HIPAA + ZDR** right from your personal account settings.
- 

### How Do HIPAA and ZDR Work Together?

- **HIPAA** ensures Flow operates under strict security and privacy standards for any healthcare-related use.
- **ZDR (Zero Data Retention)** ensures your voice and text are not stored or reviewed after each session.

Together, they allow medical teams to use Flow with confidence—knowing nothing stays behind and everything is handled securely in real time.

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## Why Doctors & Medical Teams Use Flow

Flow is a favorite for clinicians, therapists, and care teams because it's:

- Secure (HIPAA + ZDR enabled)
  - Smart (accurate transcription—even with complex medical terms)
  - Fast (dictate into any app you're already using)
  - Clean (nothing stored, nothing reviewed)
  - Flexible (works on Mac, Windows, and iOS)
- 

## FAQ

### Do I need a BAA to use Flow for medical notes?

Yes. If you're handling PHI and need HIPAA compliance, we'll provide you with a BAA.

### Is HIPAA available for individual users?

Yes!

### Is any of my voice or text stored?

No. With ZDR, your content disappears after each session—nothing is saved, ever.

### Can I share HIPAA compliance info with my IT/security team?

Yes. Our Trust Center with full compliance documentation (SOC 2, HIPAA, etc.).

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Need help enabling HIPAA for your team or reviewing a BAA? Contact us at [support@wispr.ai](mailto:support@wispr.ai).

## How to setup Privacy Mode

Last updated 3 months ago

### Setup Privacy Mode

1. For individual users:
  - Open your Wispr Flow app settings
  - Locate the Privacy Mode toggle switch
  - Enable the toggle to activate Privacy Mode
2. For organization administrators (Business tier only):
  - Access your organization's admin settings
  - Look for Privacy Mode controls
  - Enable "Enforce Privacy Mode" to activate it across your organization

Note: Organization-wide Privacy Mode enforcement is only available on Business tier accounts. Teams accounts currently do not have access to this feature.

## Usage

When Privacy Mode is enabled:

- Your speech data is not stored or used for AI training purposes
- Personal data remains protected and private
- The setting should persist between app sessions (Note: If you experience issues with the setting not saving on iOS, please contact support)

For additional information about data privacy controls and settings, visit [our data controls page](#).

## Flow Support

Find solutions and get help from our expert customer support team.