About Navi in your meetings

For anyone who meets with a coach or another professional in Specthrive. How the person you meet with may use Navi, our AI helper, to draft your meeting summary, what Navi reads, where it runs, and how you'll know.

The person you meet with may use Navi, our AI helper, to turn the notes they typed in your meeting into a short summary for you. They check every line before it's sent. In this guide the coach is Imani and the student is Arlo.

What Navi reads

Only that meeting's notes, and what you both decided about last time. Navi reads the notes the person you meet with typed in that meeting, your first name, so what you agreed can be written in your words, and their decisions about the work from your last summary. Nothing else in your account: not your plans, trackers, messages, reflections or documents. Nothing is recorded.

The notes stay theirs. Only the person who wrote them can see their notes, and Navi drafting from them doesn't change that. You get the summary, not the notes.

Where it runs

On Google's Vertex AI, under our healthcare data agreement. Navi drafts on Google Cloud's Vertex AI, under our Business Associate Agreement with Google Cloud. Your notes are never used to train AI.

The same for every client, including under 18. There's nothing for you to switch on or off, because the notes are the professional's own. See Privacy for the full detail.

Before it reaches you

The person you meet with checks it first. Navi only drafts. They check every line, and can change any of it, before sending. What you get is what they chose to send. To read your summaries, say Got it and reply, see Read your meeting summaries.

Getting help

Tell us if something looks off. If you have a question about how Navi was used for a summary, ask the person you meet with, or get in touch. There's no need to share what the summary says.