



Getting set up

Your Twin, working, in about fifteen minutes.

Last verified 26 July 2026

www.ai-twin.co.uk/guides

Your Twin, working, in about fifteen minutes. Last verified 26 July 2026.

AI Twin is a typed personal memory you sign in to at <https://ai-twin.app>. This guide takes you from a new account to a Twin that holds your history, receives what you send it, and answers inside the AI assistants you already use. Steps that apply only to the Practice workspace are marked Practice. Everywhere this guide shows an example, the Twin is called Luna; yours is called whatever you name it.

Before you start

You need an email address you can open, and, if you want to import your history, about ten minutes for the export steps in Get your data out. Nothing else. No card is needed to begin.

1. Create your account and sign in

Go to <https://ai-twin.app> and enter your email. AI Twin signs you in with a 6-digit code sent to that address; there is no password to invent or forget. Enter the code, name your Twin, and you are in. The name is yours to choose, and it follows your Twin everywhere, including into the assistants you connect later.

2. Meet the review queue before anything else

One idea explains most of AI Twin. Whatever arrives, from an import, an email, a paste, or an assistant, lands first in your review queue as a proposal. You confirm what becomes memory. Nothing is saved until you confirm. Every step below feeds that queue, which is why none of them can put anything into your Twin behind your back.

3. Import your history

Your Twin is most useful when it knows where you have been. AI Twin imports your existing history from ChatGPT, Claude, Notion, Obsidian, Gemini, and WhatsApp chat exports.

1. Get the export file from the source app. The exact clicks for each app are in Get your data out, including the traps, like Gemini hiding its chats under My Activity rather than the Gemini product in Takeout.
2. In AI Twin, open Settings, then Import, and drop the file in.
3. Watch the counters. The import runs through classification and lands in your review queue in batches, so you confirm your history into memory rather than swallowing it blind.

Start with the source you use most. One good import on day one beats five half-done ones.

4. Your Magic Inbox address

Your Twin has an email address of its own, shown in Settings under Magic Inbox. Forward anything worth remembering: a booking confirmation, an insurance renewal, a school letter. Forwarded mail lands in your review queue like everything else. Mail that fails authenticity checks is quarantined rather than processed, a security default that is on for every account.

5. Install the app on your phone

AI Twin is a web app that installs like a native one.

- iPhone and iPad: open <https://ai-twin.app> in Safari, tap the share button, then Add to Home Screen.
- Android: open the same address in Chrome, tap the menu, then Add to Home screen (Chrome may say Install app).

The icon on your home screen opens your Twin full-screen, signed in.

6. Practice: activate your Business twin

If you run a practice, add the Business workspace from Settings, then Workspaces.

1. Enter your company name or number; AI Twin pulls the registered details from Companies House so you type as little as possible.
2. Complete the Setup Form. It is deliberate capture, not scraping: your Twin knows what you tell it.
3. Invite your team from Users. Seats and roles are managed there; each person gets their own sign-in and sees what their role allows.

Your Personal and Practice twins stay separate workspaces with separate memories.

7. Connect Claude

The fastest external connection, available on every Claude plan, including one custom connector on the free plan.

1. In Claude, open Customize, then Connectors, and choose Add custom connector.
2. Name it AI Twin and paste the server address: <https://ai-twin.app/mcp>
3. Add it. Then, in any chat where you want your Twin present, tap the + button in the composer, hover Connectors, and toggle AI Twin on.
4. Claude asks approval the first time it uses each tool. Approve per request; there is no need to grant always-allow.

On Claude Team and Enterprise plans, an organisation admin approves custom connectors before anyone can add them. If Add custom connector is missing, that approval is usually why.

The step most people miss is the toggle in step 3: connecting at account level does not switch the Twin on in a chat. If Claude cannot see your Twin, that toggle is almost always why.

Then paste the Kick-off Prompt from Prompting your Twin. It verifies the connection in under two minutes: your Brief, your key dates, one search, and one test proposal that you will find waiting in your review queue.

To make it permanent, create a Claude Project called My Twin, paste the Master Prompt into its instructions, and ask Claude to remember your Twin's name. From then on, chats in that project treat your Twin as standard equipment.

8. Connect ChatGPT

Possible today, with honest caveats. Custom connectors in ChatGPT require a beta feature called developer mode, available on Plus, Pro, Business, Enterprise and Edu plans, not Free or Go, and set up on ChatGPT on the web.

1. On the web, open Settings, then Apps & Connectors, then Advanced settings, and switch Developer mode on.
2. A Create option appears under Apps & Connectors. Choose it, name the connector AI Twin, and paste: <https://ai-twin.app/mcp>
3. In a chat, open the + menu and select the AI Twin connector. ChatGPT asks you to confirm actions as they run; proposals to your Twin always ask.

Two things to know before you rely on it. First, availability: OpenAI has not published a UK block on developer mode, and UK users have connected custom servers successfully, but this is a staged beta and the toggle does not appear on every eligible account yet. If you do not see it, that is usually rollout, plan, or browser rather than a permanent no; try another browser, confirm you are on a paid plan on the web, and check again in a few days. Second, memory: developer mode chats do not read ChatGPT's saved memories, so put your Twin's name and the compressed Master Prompt into Custom Instructions instead. Prompting your Twin includes the compressed version, sized to fit.

If developer mode is not available to you, two legitimate routes remain: a ChatGPT Business or Enterprise workspace, where an admin can add the connector for the team, or asking us about the Actions-based alternative. We do not recommend VPNs or region workarounds; they breach OpenAI's terms.

9. Other assistants

Other assistants that support custom remote connectors can connect the same way. The compatibility page carries the current state for each one, with the feature name each assistant uses.

10. Speaking to your Twin

The Universal Input takes your voice as well as your typing. Tap the microphone, say what you want captured or asked, and your Twin transcribes it and shows you the text before anything else happens. Where the transcription is less certain, it tells you: a note appears above a transcript it is unsure of overall, and individual words it is unsure of are marked so you can correct them. You edit the text, then it goes to your review queue like every other capture. Nothing is saved until you confirm.

Speech is transcribed by a processor in the European Union under a data processing agreement, listed with our other sub-processors on the trust page.

11. Your trial

Your first seven days are a full trial, no card needed. If you have not subscribed by day seven, access pauses and your memory is kept safely for 30 days, ready for you to return. Plans and current pricing are at <https://www.ai-twin.co.uk/pricing>, and billing lives in Settings.

What is not here yet

Messaging your Twin directly on WhatsApp is not available yet. Today WhatsApp works through chat-export import, described in section 3.

If something does not work

The troubleshooting section below covers the common cases. If you are stuck beyond those, write to hello@ai-twin.co.uk and a human reads it.

Troubleshooting

I cannot find the developer mode toggle in ChatGPT.

Developer mode needs a paid plan (Plus, Pro, Business, Enterprise or Edu; not Free or Go) and setup on ChatGPT on the web, not the mobile app. Look under Settings, then Apps & Connectors, then Advanced settings. If it is not there, this is usually the staged rollout rather than a permanent no: try a different browser or a private window, confirm you are signed in to the paid plan on the web, and check again in a few days. OpenAI has not published a UK block

on developer mode, but it does not appear on every eligible account yet. If you use a ChatGPT Business or Enterprise workspace, your admin can add the connector for the whole team instead. We do not recommend VPNs or region workarounds; they breach OpenAI's terms.

ChatGPT says the connector is not safe, or it will not add.

Check the address is exactly <https://ai-twin.app/mcp> with nothing before or after it, no trailing slash and no spaces. Remove the failed attempt and add it again. If it still refuses, the handshake between ChatGPT and the server is being rejected at that moment; it is usually temporary. Write to hello@ai-twin.co.uk with a screenshot of the error and we will check our end the same day.

My sign-in code has not arrived.

Codes usually land within a minute. Check spam or junk first, and check the address you typed is the one you meant. Codes expire quickly, so request a fresh one rather than hunting for an old email. Work addresses behind strict mail filtering can delay delivery; if it is urgent, sign in with a personal address instead. Still nothing after a few tries, write to hello@ai-twin.co.uk.

My import seems stuck.

Large histories take time and arrive in your review queue in batches, so movement shows there first. Check the counters on Settings, then Import. Three common causes: a ChatGPT export split into numbered parts (import every part); a Gemini export made by ticking the Gemini product instead of My Activity, then Gemini Apps (re-export following Get your data out); and a file that is not the app's official export format. If one batch errors, the rest continue. If nothing moves at all after a refresh, note the source app and the file size and write to hello@ai-twin.co.uk.

Claude is connected but says it cannot see my Twin.

Connecting at account level is half the job; the connector also has to be switched on in the chat you are in. Tap the + button in the composer, hover Connectors, and toggle AI Twin on. This is the single most missed step in setup. In a Claude Project, the toggle applies per chat there too. If the toggle is on and tools still fail, remove and re-add the connector in Customize, then Connectors, checking the address is exactly <https://ai-twin.app/mcp>.

My export download link from another app has expired.

The vendor links are short-lived by design: ChatGPT and Claude links last 24 hours, Google and Notion links last 7 days. There is nothing to recover; run the export again from the same settings screen and download promptly this time. The steps are in Get your data out.

I cannot install the app on my iPhone.

Installation must run from Safari: open <https://ai-twin.app> in Safari itself, tap the share button, then Add to Home Screen. The option does not appear inside in-app browsers (a link opened from a chat app, for instance), and Chrome on iPhone routes through Safari machinery for this too; plain Safari is the reliable path. On Android, use Chrome and choose Add to Home screen or Install app from the menu.