FREE FIELD SHEET · Nº 102
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KEYWORD DUET

CLAUDE DUET FIRST-LOOK CHECKLIST

What to check before you let Claude Duet touch your real business accounts

CHECKS	DO FIRST	PARTS	COST
15	4	4	Free



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Anthropic launched Claude Duet on 21 October 2026, an AI agent for professionals and small business owners. It is a research preview, with a waitlist for Pro, Max and Ultra subscribers in the US. Before anyone on your team connects it to real accounts, use this checklist to test it safely on low-risk tasks first.

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TICK IT ON YOUR PHONE
youtube.hamzajameel.com/free/duet-102

PART 1 OF 4 — 4 CHECKS

What changed

- [ ] 1.1

Anthropic launched Claude Duet, a new AI agent positioned as a competitor to Meta's Muse and OpenAI's Dots.

This is a new, separate product from Anthropic, not an update to the existing Claude chat assistant.

- [ ] 1.2

Duet is designed for professionals and small business owners.

That is how The Verge describes it, so expect everyday business tasks to be the focus.

- [ ] 1.3

Duet is a research preview, according to Anthropic.

A research preview means the product is early-stage and may change, have bugs, or behave unpredictably. Treat it as a test, not a finished tool.

- [ ] 1.4

Duet is available as a standalone app on iOS and Android, and also through Claude on the web.

Access is by waitlist, on Pro, Max and Ultra plans in the US. Team and Enterprise plans are not included yet.

PART 2 OF 4 — 3 CHECKS

Before you install it

- [ ] 2.1 DO FIRST

Confirm who on your team is allowed to install new AI agent apps.

Because this is a new agent still in research preview, check with whoever manages company app approvals or IT policy before anyone installs it on a work device.

- [ ] 2.2

Decide which account you will use to sign in first.

Use a secondary or test account rather than your main business account for the first session, since the agent is new and its behavior with connected accounts has not been widely vetted yet.

- [ ] 2.3

Write down what task you want to test before opening the app.

Pick one small, low-stakes task (for example, drafting a social post or summarizing a document) so you can judge the output clearly instead of testing many things at once.

PART 3 OF 4 — 5 CHECKS

First session checks

Do these in order the first time you open Duet, whether on iOS, Android, or Claude on the web.

☐ 3.1 DO FIRST

Open Duet and read any onboarding or permissions screen fully before tapping through it.

Research preview agents often ask for account or data access upfront. Note exactly what it is asking to connect to before you approve anything.

☐ 3.2

Give it one simple, reversible task as a first test.

Something you can easily undo or check, like drafting a reply or outlining a document, lets you see how it works without risk.

COPY THIS

```
Draft a short [email/social post] about [topic]. Do not send or publish it, just show me the draft.
```

☐ 3.3 DO FIRST

Check whether the agent asks for confirmation before taking any action on your behalf.

Anthropic says it asks before sensitive operations like sending messages or paying. Good behavior looks like the agent pausing to show you a draft or plan and asking 'should I proceed' before sending, posting, or purchasing anything. If it acts without asking, stop and review its settings.

☐ 3.4

Review exactly what the output contains before approving any real action.

Read the full draft or result, not just the first line, and check for factual errors, wrong names, or anything you would not want sent under your business's name.

☐ 3.5 DO FIRST

Test one task that touches a real account only after the above checks pass.

Once you have seen it behave predictably on a reversible task, try something like checking a calendar or reading an email, still watching for confirmation prompts before it takes action.

PART 4 OF 4 — 3 CHECKS

Ongoing precautions

☐ 4.1

Keep a written log of what accounts and permissions you have connected to Duet.

Note the date, the account, and what access you granted so you can revoke it quickly if needed.

☐ 4.2

Set a reminder to check back on Duet's permissions after each major update.

Because it is a research preview, Anthropic may change features or access levels. Recheck connected accounts and permissions periodically rather than assuming settings stay the same.

☐ 4.3

Tell your team it exists and set a rule for who can connect it to company accounts.

The goal is to avoid someone enabling account access on their own before anyone has reviewed how the agent behaves.

WANT ME TO LOOK AT YOURS?

If you have gone through this and want a second pair of eyes, book a free call. We open the account together and look at what is actually happening. No deck, no pitch.

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SOURCES

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