


# Your new life starts now

A short guide to your new hearing devices



A person with long blonde hair, wearing a white shirt, is sitting on a grassy hill. They are looking towards a forest of trees. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The background is a soft-focus forest with green and brown tones. The foreground shows the texture of the grass and the lower branches of a tree with green leaves.

## Back to where you belong

Your sense of hearing is a vital link to your world—a source of pleasure, and information and communication.

Congratulations on your new hearing devices. You are now on the path to better hearing and more listening enjoyment.



# Getting off to a flying start

This guide has been designed to help you get off to the best possible start.

On the following pages, you will find plenty of useful hints and tips about how to get the most out of your new hearing devices. It's best to be prepared about what to expect in the first few days and weeks.

This guide is also meant to help your family and friends to better understand your experiences and help support your success.

The key to satisfaction with your new hearing devices is to wear them in different situations and experience for yourself how they help you get more out of life.

## A new world of sounds

From the voices of people in conversation, to the song of birds, to the rustle of a newspaper, the sounds around us provide much information and enjoyment. Your new hearing devices will now let you appreciate a richer world of sound.

At first, you will notice that you are hearing speech and other sounds you may not have heard for a long time. Your brain may need a little time to adjust in order to focus on the sounds that are important and filter out the rest. Today's advanced hearing technology is designed specifically to help your adjustment process.

You will quickly find that you are able to better understand what people are saying, and with less effort. After only a short period you will realize that your brain has adjusted to this enhanced sound information and you will forget you are wearing hearing devices.

Your new ability should be a very positive experience over the next days and weeks.





## Success tips for your first few days... and beyond

Start by wearing your instruments for most of the day and in the following situations:

- ▶ In quiet situations, such as one-on-one conversations in your living room
- ▶ While listening to the television or radio
- ▶ In noisier environments such as a mall or supermarket
- ▶ On the telephone
- ▶ With friends or family at home and at your favorite restaurant

Your hearing devices will help you pick up more conversation, even when there is background noise. To begin with, many sounds will seem louder than they were before you got your hearing instruments. This is perfectly normal and is not because your volume has been set too loud. It is because you are hearing sounds you may not have heard for several years or more. To assist with this adjustment period, your hearing care professional can set your hearing devices to automatically increase to your full prescription in gradual steps.

# Did you know?

You will probably no longer need to have the TV or radio turned up as high as before – something that your family and friends may appreciate as much as you do.

## Communication tips for the whole family

Family, friends and colleagues can do a lot to help you hear better. That is why it is important to let them know about your hearing instruments and to tell them what they need to do to make communicating easier for you.

Here are some of the things you can ask your conversation partner to do:

- ▶ Ask them to move closer and sit or stand in the light to make their facial expressions and lips easier for you to see.
- ▶ Remind them not to talk while chewing.
- ▶ Suggest that they not “hide” behind a newspaper or lean their cheek or chin on their hand while talking.
- ▶ Ask them to talk slower and more clearly.
- ▶ If you have difficulty understanding, ask them to try rephrasing the sentence rather than just repeating.
- ▶ Avoid conversations in doorways and near windows; if you cannot close them, find somewhere quieter to talk.
- ▶ Having a conversation in an echoing room is difficult. Try to find a place where your conversation is not distorted.

# Being prepared for new experiences



## Looking after your hearing instruments

Hearing devices have to cope with everything from moisture and heat to wax and hair care products. To keep them in good condition, follow the guidelines below:

- ▶ *Always keep your devices clean and dry.*
- ▶ *Make a habit of cleaning your hearing devices every day. Never use household cleaning fluids, oil or water. Follow the manufacturer's cleaning instructions.*
- ▶ *Check the sound outlet of your hearing devices and remove any earwax on a daily basis.*
- ▶ *Always check to make sure you have removed your hearing devices before swimming, showering or applying hairspray.*





## Follow-up appointment

To adjust your hearing devices to your hearing and lifestyle, your hearing care professional will probably ask you to come back for a follow-up appointment to check on your progress. This follow-up appointment also gives you a good opportunity to ask any questions that might have arisen since your last visit.

During the follow-up visit, you have an opportunity to report how your hearing devices are helping, and also to explain any unexpected issues that you noticed. This is all important information for your hearing care professional to know.

Additionally, we always recommend that you bring a relative or friend along when meeting your hearing care professional. Both of you are able to provide valuable information about your lifestyle and hearing habits. By bringing two opinions, you improve your hearing care professional's chances of perfectly adjusting your hearing devices to your individual needs. Two people remember more than one.

# Have you thought about...

After a few days and again after a few weeks, it is a good idea to sit down and reflect upon your experiences with your hearing devices. The following questions may help you to get your thoughts started. Please answer these questions and bring the completed form with you to your follow-up visit:

Which new sounds have you experienced since you started wearing your new hearing devices?

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Explain anything in particular that you did to get used to the new sounds.

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Since you received your new hearing devices, what new activities have you tried? Have you gone back to any activities you had given up because of your hearing loss?

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How have your family or friends reacted to your new devices? Ask them if they notice any differences in communicating with you.

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Indicate any concerns or challenges you are experiencing with your hearing devices.

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## Your Hearing Devices:

**Manufacturer:**

**Model:**

**Serial number:**

**R:**

**L:**

Hearing Care Professional: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Date of fitting: \_\_\_\_\_

Date of follow-up: \_\_\_\_\_

