

HEARING
FITNESS™

Getting started with HearingFitness



About HearingFitness

HEARING
KEEPS
YOU FIT



A fitness tracker for your ears

Gives advice on ways to hear better, protect hearing, and stay healthier

HearingFitness is a feature which enables you to set a personal listening goal and follow your daily hearing aid use towards that goal.

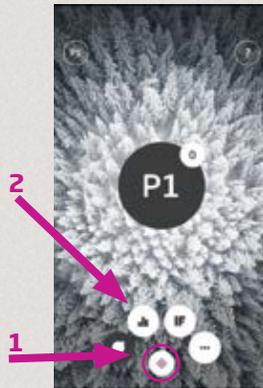
Getting Started

HearingFitness requires a personal account with Oticon. If you have already created an account for IFTTT, you can use the same one for HearingFitness. An account is not required for other features of the ON App.



Oticon HearingFitness will evolve continuously. Please find the current version and available functionalities on the App Store or Google Play. Apple, the Apple logo, iPhone, iPad, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android, Google Play, and the Google Play logo are trademarks of Google LLC.

First time use and setup



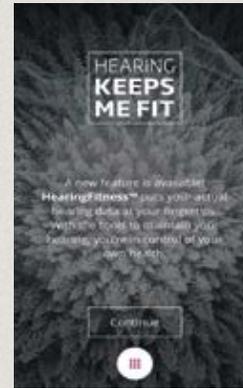
Select HearingFitness

Press the selector button (1). Select HearingFitness (2).



Update Hearing Aids

Your hearing aids may need an update to access the HearingFitness feature. Contact your hearing care professional to obtain this firmware update.



Welcome screen

Once the feature is available you will see this welcome screen.



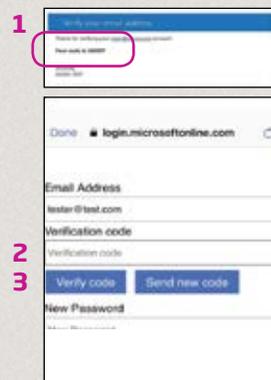
Register with Oticon

To ensure data privacy, you need to create a personal account. Select "Sign up now".



Provide email

Please enter a working email (1). This will be used for verification when creating your personal account. Press "Send verification code" (2).



Check email

You will receive a confirmation email from Oticon with a 6-digit verification code (1).

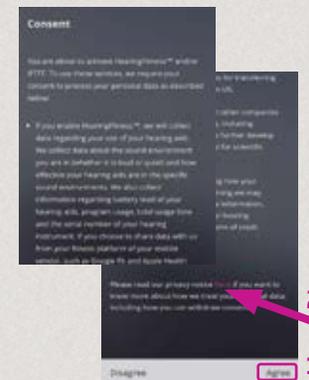
Enter verification code

Enter the 6-digit verification code (2) and press "Verify code" (3).



Create account

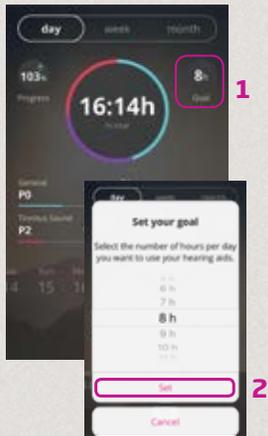
Enter and confirm New Password (1), enter Display Name (2), and finally press "Create" (3) to create your HearingFitness account.



Agree to consent

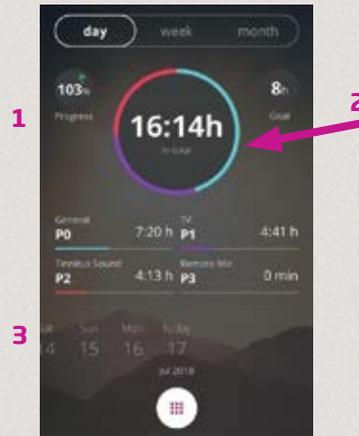
You need to agree to our privacy statement before using HearingFitness (1). The full privacy statement can be read via the link (2).

Daily use



Set goal

With HearingFitness, you can set a target number of hours you want to use your hearing aids each day. Touch the goal indicator to adjust your daily goal (1). Scroll up and down and press Set, once you chose a number of hours from the list (2).



Daily view

Now you can see your personal progress towards your goal (1). The total amount of hours is displayed in the upper circle (2) and each color identifies a program and its usage time. You can select a particular day to review past usage (3).



Weekly view

Briefly touch a particular week (1) to see its usage data, progress, and average hours per day.



Monthly view

Briefly touch a particular month (1) to see its usage data, progress, and average hours per day.