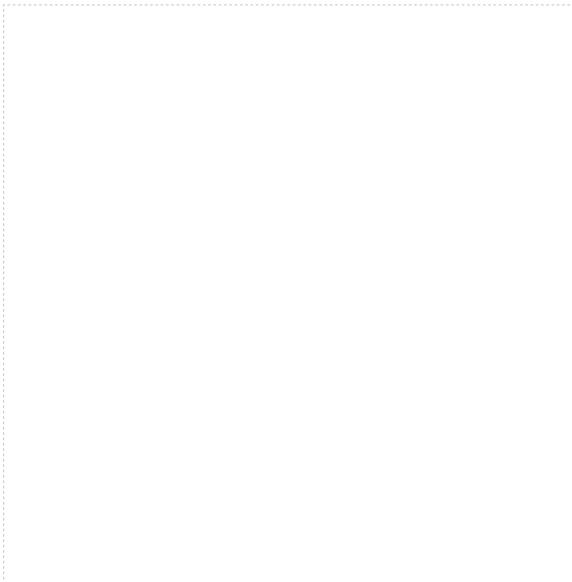




TO SCHEDULE A HEARING EVALUATION OR FOR MORE INFORMATION CONTACT:



ReSound helps people rediscover hearing solutions that emulate the function of the natural ear. Our aim is to give you the opportunity to live a rich, active and fulfilling life unaffected by hearing loss.

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rediscover hearing

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Adjusting to  
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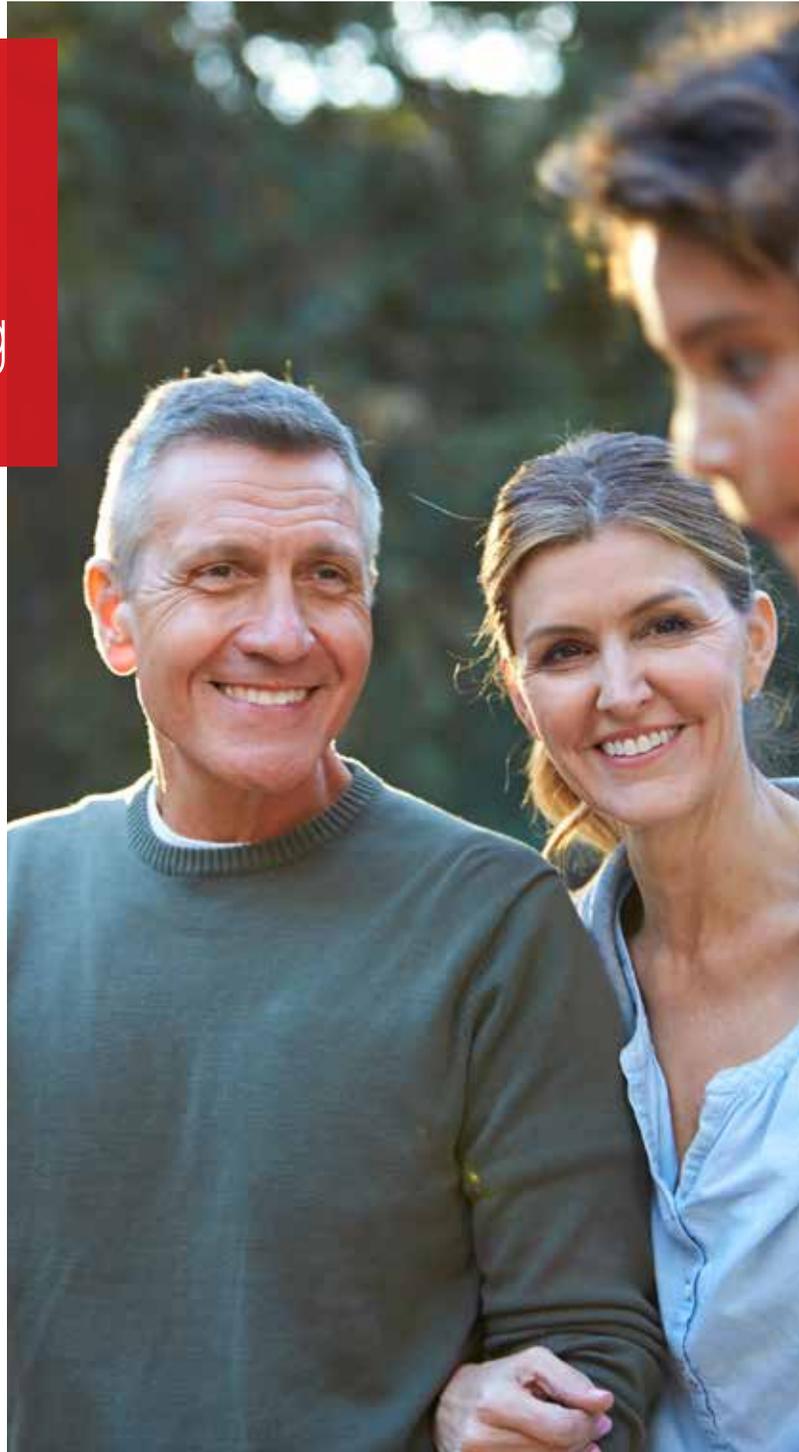
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# Connect to the world and rediscover hearing

Choosing the right hearing aids is the beginning of the journey to hearing well again. Now that you own new hearing aids, it is time to maximize your listening experiences and rediscover the sounds you have been missing.

Although modern hearing aids are a complete communication system, it still takes first-time wearers time to adjust to their new hearing aids. Additionally, there is a lot to learn about how to use, maintain and care for your hearing aids. Consider reaching out to a family member, friend or loved one who can help you adjust to the new responsibilities of hearing aid ownership.

Most importantly, go slow, learn one thing at a time, practice and stay in contact with your hearing healthcare professional. All will take time, but know that many hearing aid wearers say the time spent adjusting is well worth the benefits.



# Adjusting to your hearing aids

The tips below can help you adjust to your new hearing aids and get the most out of every listening experience.

## START WEARING YOUR HEARING AIDS

Your hearing care professional will advise you on how long each day to wear your hearing aids during the first few weeks. During this time you will become more comfortable wearing the devices as well as putting them on and taking them off.

## GIVE YOURSELF TIME

Hearing aids are designed to provide you with a greater range of sounds and these new sounds may surprise and tire you at first. It's ok to take a break from conversations or noisy environments, as needed.

## ADJUST TO YOUR OWN VOICE

It is likely that at first, your voice will sound different and this is to be expected. The more consistently you wear your hearing aids the better your voice will sound to you.

## DON'T EXPECT TO HEAR EVERYTHING RIGHT AWAY

Avoid turning up the volume too loud, as this can lead to distorted sound and discomfort. If possible, program your hearing aids to automatically adjust when in different listening environments.

## BLOCK OUT THE NOISY WORLD

Start by focusing on what you want to hear and practice filtering out the rest.



## Hearing loss also affects friends, family and loved ones.

Hearing loss has a profound influence on the person with the hearing loss and everyone around them. For a new hearing aid wearer, the role of a family member, friend or loved one is important during the adjustment period. It is essential that all work on techniques to make communication more successful.

### Communication Tips

- 1: Provide subject before speaking.
- 2: Ensure you have the attention of the person you are speaking to.
- 3: Face the person and speak clearly - round tables are better for conversation between numerous people than square tables.
- 4: Speak at a reasonable speed; do not hide your mouth, eat or chew gum.
- 5: Find a quiet place to talk to help reduce background noise.
- 6: Stand in a well-lit area and use facial expressions or gestures to give clues.
- 7: Take turns speaking and avoid multiple conversations.
- 8: Instead of repeating, try rephrasing what you said. Some words are easier to understand than others.
- 9: Be patient, stay positive and supportive.

# Follow-up appointments

There will be periodic appointments with your hearing care professional to address several items. Topics may include:

- Review of directions given to you during the fitting appointment.
- Discussion of your overall experience with the hearing aids.
- Programming adjustments to improve the sound quality or fit of the hearing aids.
- Routine maintenance, troubleshooting and servicing.
- Determining the need for new earmolds.
- Time for questions and answers.

**Before your first follow-up appointment, take time to think about the questions below, and bring the answers with you.**

What are your overall thoughts about your new hearing aids?

What new sounds have you experienced since you began wearing your hearing aids?

Do you have any questions regarding your hearing aids technology, features or functions?

Are you experiencing any challenges with your new hearing aids?

Have you noticed any changes in communication with family, friends or loved ones?

# Troubleshooting common hearing aid problems

PROBLEM	CAUSE	SOLUTION
Hearing Aid is "Dead"	Dead battery	Replace battery
	Clogged sound outlet	Clean sound outlet or change wax filter
	Clogged microphone opening	Clean microphone opening with brush
Performance is Inconsistent	Battery may be running low	Replace the battery
Hearing Aid is Not Loud Enough	Receiver tube is blocked	Remove blockage and clean
	Your hearing has changed	See a hearing care professional
Distorted or Unclear Sound	Battery may be running low	Replace the battery
	Dirty or corroded battery contacts	Clean battery surfaces with dry cloth and replace battery
Whistling or Howling When Inserted	Hearing aid is not inserted properly	Remove and reinsert hearing aid
	Ear wax	See a hearing care professional

If none of these suggested solutions solve your problem, please contact your hearing care professional. Never attempt to repair your hearing aids yourself. You may cause more damage, which could be irreparable.

# Maintaining your hearing aids

Maintaining your hearing aids through daily cleanings and regular service visits is important. Proper care helps retain optimum hearing conditions, extends the life of your hearing aids and ensures good hygiene.

## Caring for your hearing aids

- Clean gently
- Avoid dropping
- Maintain excellent ear hygiene
- Change wax filters regularly
- Switch devices off when not in use
- Store in a dry and cool place
- Change the battery before running out of power
- Leave repairs and servicing to a professional
- Wash hands before touching the devices
- Remove devices prior to showering, swimming or when blow drying hair

## Cleaning your hearing aids

It is important to keep your hearing aids in the best condition possible, which means following a few simple, but essential steps when cleaning the device(s).

## Advice before cleaning

- Have your hearing care professional show you how to properly clean your hearing aids
- Purchase hearing aid cleaning tools through your hearing care professional
- Hold the hearing aid over a soft surface, in case it is dropped during cleaning
- Never use water, alcohol, solvents or cleaning fluids on the hearing aids

## Cleaning In-the-ear (ITE) Hearing Aids

- STEP 1** | Clean the hearing aids every day with a soft, dry cloth.
- STEP 2** | Brush the microphone cover with a brush tool designed for the hearing aids.
- STEP 3** | Replace the wax filter regularly.

## Cleaning Behind-the-ear (BTE) Hearing Aids

- STEP 1** | Brush the microphone cover with a brush tool designed for the hearing aids.
- STEP 2** | For thin-tube hearing aids, twist the tube off and slide a cleaning pipe down the tube from the part that connects to the hearing aid to the tip that goes in the ear.  
  
Use a soft, dry cloth to clean the exterior of the earmold. To remove wax from the earmold, use a wax pick tool. If the earmold needs additional cleaning, consult with a hearing care professional.
- STEP 3** |

### Your Hearing Device

Manufacturer: \_\_\_\_\_

Model: \_\_\_\_\_

Serial Number: \_\_\_\_\_

R: \_\_\_\_\_

L: \_\_\_\_\_

