

The image is a promotional graphic for Oticon. It features a green banner at the top with the text "Your New Life STARTS NOW". Below the banner is a photograph of three people in a modern office environment. A woman in a white top and grey pants is shaking hands with a man in a light blue sweater and khaki pants. A woman in a purple top and grey pants stands between them, smiling. The background is a blurred office space with blue walls and white chairs.

Your New Life STARTS NOW

A SHORT GUIDE TO YOUR NEW HEARING DEVICES

oticon
PEOPLE FIRST



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 provide us 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 the 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 in 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.



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*

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.

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:

- *To preserve battery life when not in use, open the battery compartment.*
- *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 as well as possible, 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 your hearing care professional any questions that might have arisen since your last visit.

During the follow-up visit, you can also let the hearing care professional know in what ways your devices are helping and also whether you have been experiencing any unexpected situations, either with your hearing or with your hearing devices. This will help resolve any issues.

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?*

? *Have you done anything in particular to get used to the new sounds?*

? *Have you started doing something new, or something that you had given up due to your hearing loss, since you began using your hearing devices?*

People First

People First is our promise:
to empower people
to communicate freely,
interact naturally and
participate actively

Please contact us if you have any questions before your next appointment. It is important to us that you get the best possible results from your new hearing devices.

Hearing Care Professional: _____

Telephone number: _____

Date of fitting: _____

Date of follow-up: _____