



Get Off to a Great Start

Learning Session 1



Hello and welcome to the introduction to your new hearing aid.

Scroll down to get started on your first learning session



It All Starts with You

Mindset. Expectations. Getting Acquainted.

In this learning session, you'll find:

- 4 Things You Should Know When Getting New Hearing Aids
- Good Advice on Expectations
- Getting Acquainted: Inserting and Removing Your Hearing Aids
- 3 Tips for Getting Started

Estimated Time for this Session: 8 - 10 min.

Step 1 of 4

4 Things You Should Know When Getting New Hearing Aids

Learn what to expect and what to be aware of during your first 14 days with your new hearing aids.



Set Yourself Up for Success

Scroll down to get started on your first Learning Session



Step 2 of 4

Keep Expectations Realistic

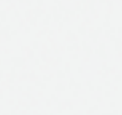
No one adjusts to hearing aids in a day or even a week. Here's what Beltone experts say about keeping your expectations realistic.



BE PATIENT

Getting to know your hearing aids, how they work and which settings work for you is a learning process.

- Just keep working through these sessions.
- You will be successful.



IT'S A NEW FEELING

Most people know the feeling of earbuds or in-ear headsets. But wearing hearing aids all day can take some adjustment.

- Good News: the awareness of wearing your hearing aids will soon diminish.
- Soon, you'll hardly notice them at all.
- You may even need to remind yourself to remove them before taking a shower.



BETTER, BUT DIFFERENT

Your hearing aids will provide improvement to one of your most important senses.

- You should be able to hear sounds and words that you've been missing, and follow conversations more easily.
- But remember: no hearing aid can restore natural hearing. You are acclimating to new sounds and, with time, they will become natural and normal to you.

Move on to Step 3

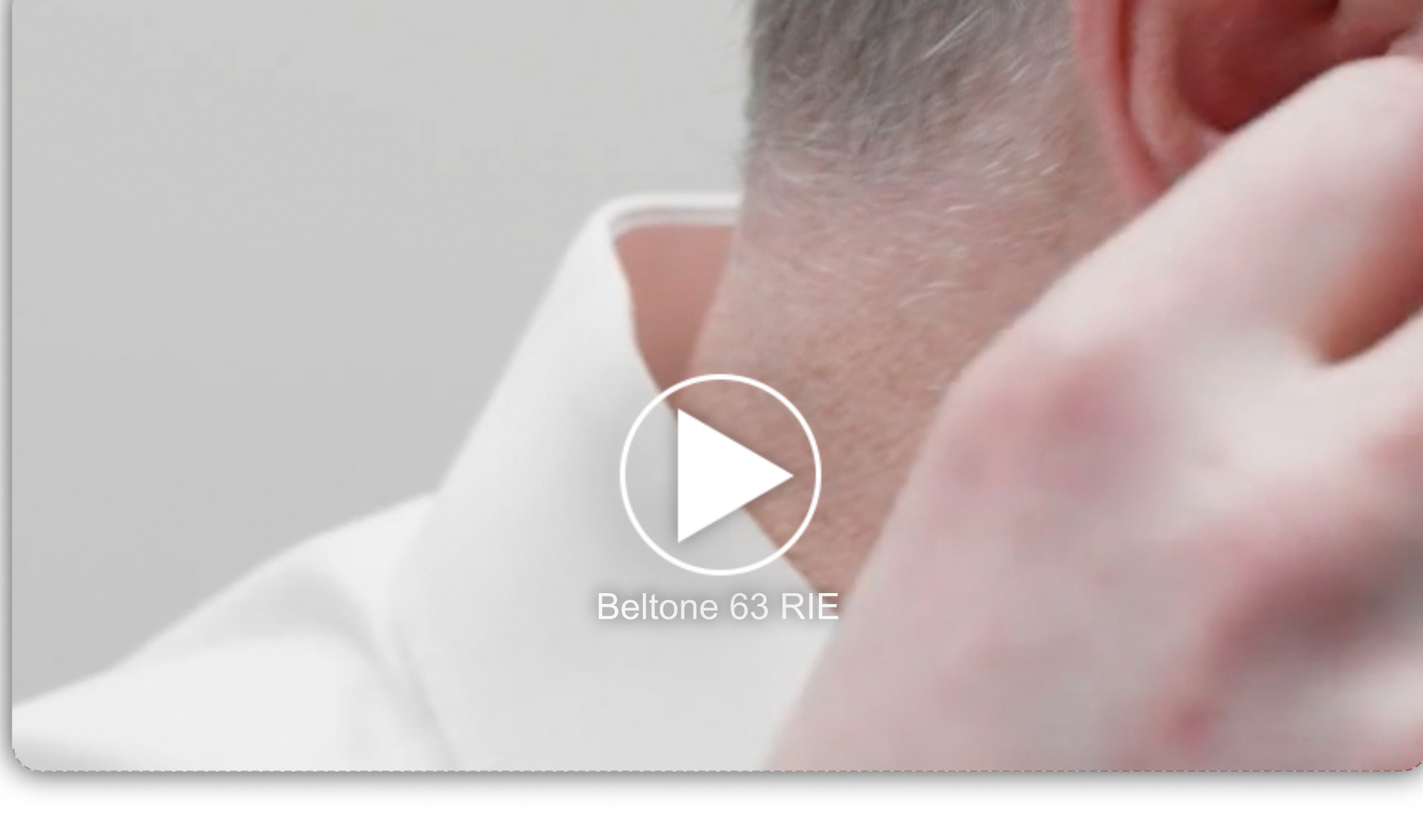


Step 3 of 4

Getting Acquainted With Your New Hearing Aids: Inserting and Removing

In the next few days you'll be a pro at inserting and removing your hearing aids. Achieving a comfortable and secure fit will be practically automatic.

Learn an easy technique, watch the video.



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TRY THIS TECHNIQUE

Did you notice how slow and controlled the movements are on the video?

Mimic that approach as you insert the dome into your ear.

- Does your hearing aid feel comfortable and secure?
- If not, remove and try inserting again, slowly and smoothly.
- Soon, you'll know instantly when it feels right and what to adjust if it doesn't.

BENEFITS OF CHECK MY FIT

When your hearing aids are fitted properly, they stay securely in place, accurately provide your prescribed volume and give less feedback. A secure and comfortable fit means you can maximize the benefits of your hearing aids and approach all of life's moments with confidence.

The Check My Fit feature is available in the HearMax App. Just tap "My Beltone" and then tap "Check My Fit"

HERE'S HOW CHECK MY FIT WORKS:

Step 1

Your Hearing Care Professional took reference photos of your hearing aids properly fitted in your ears when you received them.

Step 2

If at any time you want to check the fit of your hearing aids, open the Check My Fit feature in the HearMax app and follow the on-screen prompts to take pictures of your hearing aids in your ear(s).

Step 3

Check My Fit will show your current fit and your reference photos side by side for comparison. If the images match, your hearing aids are correctly fitted! If you need to make adjustments, tap the on-screen prompt to take another photo for comparison.

Move on to Step 4



Step 4 of 4

3 Tips for Getting Started

1

Wear Your Hearing Aids as Much as Possible

The most effective way to get used to the new feeling and sound of your hearing aids is to wear them, even when you're by yourself.

- You may start with just 2 hours the first day, then 4, 8 and so on.
- Take breaks only when you need them, then go back to your schedule.

2

Set Goals

Like any serious goals we set, a good practice is to write them down.

- The practice of writing down how long you intend to wear your hearing aids shows you are committed.
- As you meet goals, you're also setting a benchmark. For example, if you wore your hearing aids for 5 hours today, commit to beat that goal tomorrow.
- Appreciate how far you've come. Keep a visual account of your progress handy (on your computer, phone or the refrigerator door).

3

Practice by Watching TV

Watching TV is a great way to get used to your new hearing aids: the evening news, a good TV program or a favorite movie.

- While TV audio isn't exactly the same as real-life conversation, it can be helpful in getting acclimated to different types of speech, sounds and music.

Insider Tip

When taking a break, treat it as a brief "timeout" and set a timer.

Set the timer for 10-15 minutes.

Put hearing aids back in when the timer goes off.



Insider Tip

Challenge yourself by turning down the volume to resemble a normal, live conversation

Ask a partner or friend to make sure that the volume is in the normal range.

