

Get a good start with your new hearing aids



Tips, advice, and
information about
what to expect during
the first 30 days

oticon
life-changing technology

Congratulations

on taking this vital step



This is the start of a rewarding journey

During the first few days, some sounds may appear louder than before. It's wonderful what technology can do!

You may also find the world becomes full of new sounds like birds chirping, traffic buzzing, and staircases creaking. This is because you may start to notice things again that you haven't been aware of for some time.

Start gradually and be kind to yourself

Some new sounds may take a little getting used to. In fact, your first days with hearing aids may be a bit challenging. Don't worry though; it's the same for most people and you'll be amazed how quickly this phase passes.

Your brain simply needs a little time to adjust. It has to re-learn how to process all the sounds it suddenly hears again. For some people, this takes a few days. For others, a month or more. So it may need a little patience. But we promise it will be worth it!

Rediscovering your hearing

Advice to help you during the first days

Here are some tips that many people have found invaluable. We hope you will benefit from them too:

- Use your new hearing aids as much as possible - even in peaceful environments such as your home, where you talk to your family or neighbours
- Give yourself time to get used to your own voice to begin with. It will sound a little different while you get used to your hearing aids
- The more you use your new hearing aids, the better you will re-train your brain. That's why you should wear them for at least 6 hours every day.
- It is OK to take off your hearing aids for a short break if you need it

Your brain will begin to reprocess all the unusual sounds you hear and make them more normal. At the same time, it will re-learn to concentrate on what's important and filter out unimportant sounds.



For more advice on getting started with hearing aids, visit our blog at:
www.oticon.global/tips



Getting out and about

Exciting places take a little readjustment

Lively places like restaurants may be a challenge when your hearing aids are new. They can even be challenging for people who hear normally too.

In noisy places, your hearing aids will help you ignore background noises while concentrating on the most important sounds. Allow yourself some time to get used to this.

3 quick tips for getting out and about

- Try to sit with your back to any noisy areas
- Ask for a table in the quietest area of the restaurant, such as a booth or corner that's well away from the kitchen or bar
- At large events such as seminars, arrive a bit early and sit in the front row



Get direct audio in theatres, churches, and more

Many public venues have a 'hearing loop'. This is like a microphone that sends audio to hearing aids that have a telecoil. If your hearing aids have a telecoil programme, switch it on to receive the venue's audio directly in your hearing aids.

How other people can help you

While you're getting used to your new hearing aids, you can make it easier for yourself by telling people how they can help you.

- If you need a little help to hear a conversation, you can ask the people speaking to move closer to you
- If you have trouble understanding people, ask them to speak a more clearly

Living with your new hearing aids



Make your hearing aids part of your routine

It is helpful to make a routine so caring for your hearing aids becomes as natural to you as brushing your teeth.

Oticon hearing aids are built to withstand the wear and tear of daily life, and even work after being submerged in water. However, their lifespan depends on the care you give them. Hearing aids usually last from three to seven years.

Tips for looking after your hearing aids

- Store them in the same place every night
- Replace disposable batteries on a set day, or charge rechargeable batteries each night
- Let moisture escape by opening the battery doors and placing them in a hearing aid drier or storing them in a non-enclosed place
- Avoid sand, sunscreen, and saltwater
- Avoid contact with make-up, hairspray, and other beauty and skincare products
- Clean them regularly - place a reminder in your calendar
- Wipe domes clean of earwax with a tissue and replace wax filters regularly



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Connecting to other devices

Bluetooth® hearing aids can connect with many of the devices you use every day.

You can stream audio such as music, podcasts, and audiobooks to your hearing aids from compatible smartphones.*

See what else is possible with hearing aid accessories in the table below.

What you can do	The accessory you need
Stream TV sound wirelessly	TV Adapter
Have hands-free calls using a mobile	ConnectClip acts as a microphone
Remotely control hearing aids	The Oticon ON app or Remote Control or ConnectClip
Receive a speaker's voice from a distance	ConnectClip or EduMic are remote microphones
Receive audio from public hearing loop systems	EduMic captures audio for hearing aids with no telecoil
Stream audio from a computer or tablet	ConnectClip or EduMic transmit audio wirelessly to your hearing aids
Have hands-free calls via a landline phone	Phone Adapter and ConnectClip

* Find out more about phone compatibility at www.oticon.global/compatibility



Did you know we have a free app for your smartphone?

It is called **Oticon ON** and it will help you:

- Discreetly adjust the volume of your hearing aids
- Switch programmes
- Locate your hearing aids
- Check your battery status
- Connect your hearing aids to other compatible devices ... and much, much more



Made for
iPhone | iPad | iPod

Works with
android

Android devices need to support Audio Streaming for Hearing Aids (ASHA) to allow direct streaming to Oticon More. Please visit oticon.global/compatibility for more information.

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Contact your local hearing care professional: