



SIEMENS

The information in this document contains general descriptions of the technical options available, which do not always have to be present in individual cases and are subject to change without prior notice.

The required features should therefore be specified in each individual case at the time of conclusion of the respective contract.

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Getting to know your new hearing instrument.

Important information for the adjustment period.



Life sounds brilliant.

# Your hearing instrument – accompanying you throughout the day.



Congratulations on choosing a Siemens hearing instrument. It will be a reliable partner to accompany you through every day.

However, like everything new, it will take you a little while to become familiar with it and to adjust.

Take your time! This brochure will help you make the most out of the adjustment period. Even if you initially find it hard to get used to a hearing instrument, you will quickly come to appreciate the advantages and greater quality of life it offers.



Your new hearing  
instrument

# Learning to hear all over again.



The ticking of a clock, your car's engine, a dripping tap: your hearing instrument will enable you to hear many noises again that you might not have been aware of for a very long time.

Although this can initially seem strange, irritating or even downright unpleasant, it is completely normal. Hearing loss is generally a long, gradual process and the brain, in turn, has to readjust to the many new sounds you are experiencing. At first, you might perceive certain sounds as being loud: the fridge sounds like a freight train or flushing the toilet like a waterfall. Don't worry; this perception of sound is quite normal in the initial adjustment phase. After a while, the brain will learn to tune out the sounds you don't want to hear.

At the same time, you will rediscover many pleasant sounds, such as the rushing of a stream, birdsong or the rustling of autumn leaves. Lively discussions will become a pleasure once again and you'll be able to enjoy your favorite music in full. A whole new world of sounds will open up for you ...



Practical tips

# Practice makes perfect...



Every wearer has a different experience of adjusting to a hearing instrument, however, a few useful tips will get you off to the right start.

The most important thing is to have the right attitude. Be patient with yourself and think positively. Make a conscious effort to enjoy the various sounds and noises that you can hear again. It helps to have realistic expectations. Unlike a pair of glasses that provides an immediate remedy, you have to relearn how to hear correctly. The adjustment period can take anywhere from a few days to several weeks.

Before long, you will be able to hear and understand much more in many different situations. You will progress quickly if you wear your hearing instrument all of the time and follow these recommendations:



- Start to use your hearing instrument first thing in the morning.
- Wear it all day until you go to bed at night.
- Do not take it off, even if you think you do not need it, for example, when reading in quiet. In this way, you will also hear the doorbell or telephone ring, and also learn how it is to hear with hearing instruments in quiet.

# ... even when using a hearing instrument.



- Keep a hearing instrument diary in which you write down your positive and negative experiences.
- Listen carefully to the volume and quality of noises in different hearing situations.
- Tell your Hearing Care Professional about your experiences at your next appointment.



- Train your hearing by exposing yourself to various hearing situations.
- Especially after longer periods of living with hearing loss, dedicated hearing training is recommended – with a Hearing Care Professional or at home.
- For at-home training, use the Siemens eARena interactive audio training on DVD.

## Practical tips



# Hear and experience more and live life to the fullest.



After the initial period with your new hearing instrument, you will realize just how much your life has changed and how much more you get out of it.

Being able to hear well again has many positive effects. Studies show that the large majority of hearing instrument wearers are very or extremely satisfied with their hearing instruments. Experienced users report that their social contacts, as well as their physical and mental wellbeing, have improved markedly. They feel fitter and much more ready to take on new things.<sup>(1)</sup>

Be open to your new hearing experiences. It will improve your quality of life.

(1) Source: Marke Trak VIII, Survey of Hearing System Users, conducted by Better Hearing Institute, Washington 2011, [www.hear-it.org](http://www.hear-it.org)

# The right way to use your hearing instrument.

Siemens hearing instruments are so robust that they will function reliably for years. It is, however, important that you take care of your instrument and observe a few basic rules which will soon become habit.

## Practical tips on maintenance and use:

Hearing instruments are highly sophisticated technical masterpieces. For hygiene reasons and to maintain their functionality, clean your hearing instrument daily.

Clean your Behind-the-Ear or In-the-Ear hearing instrument according to the instructions, using only the recommended cleaning products. You will find further information in the instructions for use or contact your Hearing Care Professional.

Dry your hearing instrument overnight. Please use the recommended drying products.

After longer periods of non-use, store your hearing instrument with open battery compartment (and batteries removed) in an electrical drying system in order to prevent the penetration of moisture.

Take your instrument to your Hearing Care Professional at regular intervals for a more thorough professional cleaning.

Remember to have your replacement batteries on you at all times – just in case the battery expires while you are out and about.

Maintenance  
and use



Convenient:  
automatic battery  
charging and drying  
of the Siemens Pure  
and Motion hearing  
instruments in the  
eCharger.

# Family and friends can make a difference to hearing success.



The right support makes everything easier! Family and the social environment can help to make the adjustment period a success.

Encourage the hearing instrument user to wear the instrument on a regular basis.

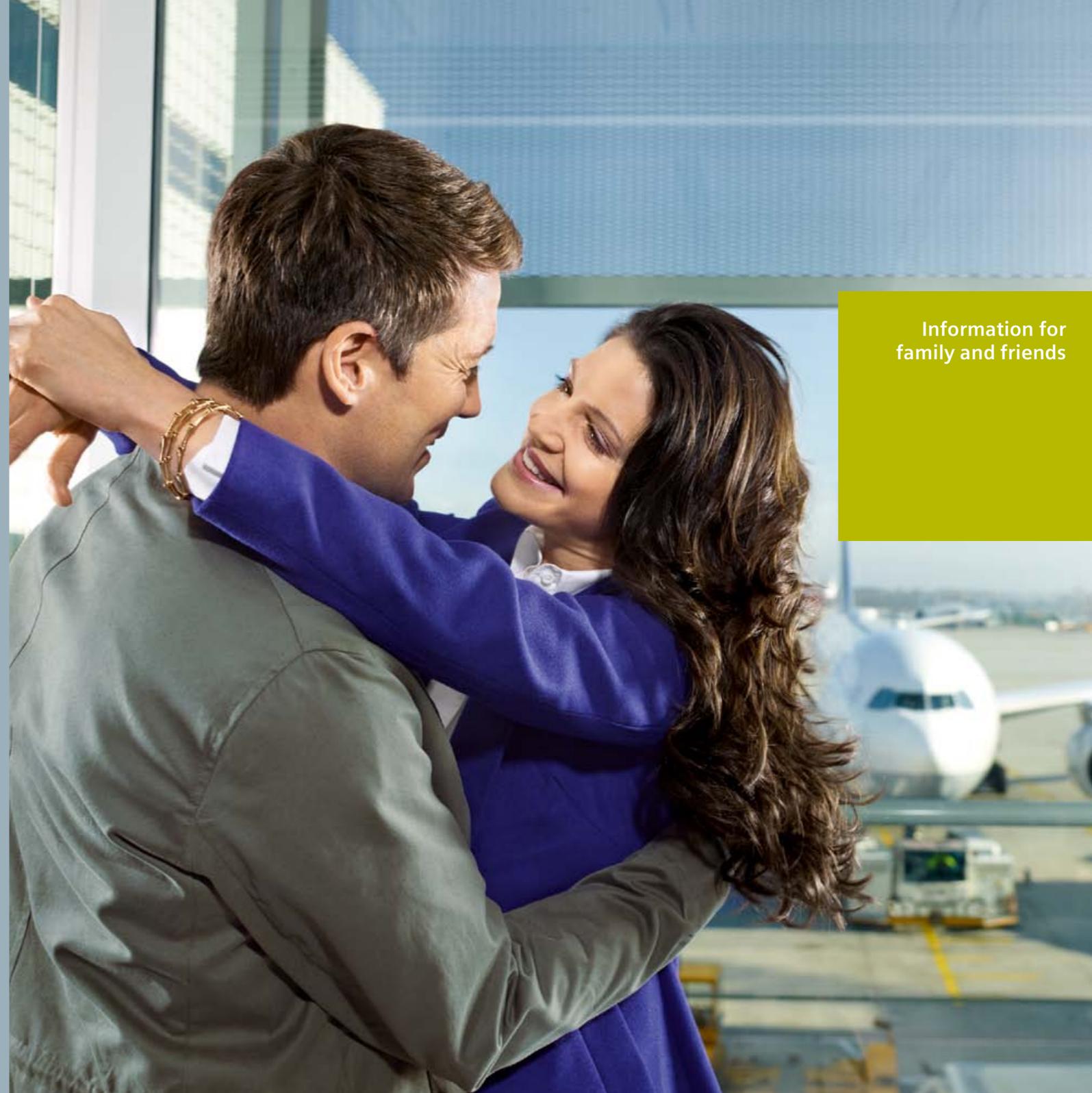
You may notice your friend or relative participating more in the conversation, or attending more social events since they have been wearing hearing instruments. Tell them you've noticed and give them frequent positive feedback.

Even if your friend or relative is wearing a hearing instrument, remember the rules for communicating with the hearing impaired:

- Before starting a conversation, catch the attention of your dialogue partner.
- It is best to face him or her.
- Make it clear what you want to talk about.
- Do not jump from one topic to another.

Last but not least: remind him or her to go to the Hearing Care Professional for fine tuning of the hearing instrument.

Information for family and friends



# Always there for you: your Hearing Care Professional.



Whether service or aftercare, your Hearing Care Professional is there for you and will ensure that your hearing instrument is finely tuned and optimized for your needs.

The Hearing Care Professional also checks that the instrument sits correctly and checks your progress with a new hearing instrument. He or she will replace worn parts and, if necessary, carry out any servicing and repairs.

Service and  
aftercare

