

# How To Get Your Hearing Aids

## Hearing Aids

A hearing aid is a device that makes sounds louder. It is worn inside of your ear. There are many different shapes, sizes and styles available.

## Hearing Loss

If you have hearing loss, part of your ear has been damaged. A hearing aid can't bring back normal hearing but it can help you hear better.

Hearing loss affects each person differently. For example, a person with mild hearing loss may have no problems with daily activities. Another person may have a lot of problems communicating with others.

Most people gradually lose their hearing. It will take time for you to get used to hearing the sounds you have been missing.

Call your primary care provider if you think you need a hearing aid for 1 or both ears. You may see an audiologist (hearing specialist) to have a hearing test.

## Step 1: Hearing Test

Your primary care provider will help you schedule a hearing test with an audiologist. The goal of this test is to find out if you have normal hearing or if you have any hearing loss.

Your audiologist will give you some information about hearing loss and hearing aids to take home with you. The audiologist will also schedule a hearing aid consultation to talk about your options.

## Step 2: Hearing Aid Consultation

You will be asked to schedule a 60-minute hearing aid consultation. There is a charge for this visit. If you have insurance coverage for hearing aids, the bill can be sent to your insurance company.

During this visit, your audiologist will:

- help you decide which style and technology is right for you
- take molds of your ears, if needed
- talk with you and give you information about:
  - what hearing aids can and cannot do
  - ways for you and your friends and family to communicate better
  - helpful accessories you can use with your hearing aids
  - exercises you can do to improve how your brain responds to the sounds around you.

## Step 3: Hearing Aid Fitting

Your audiologist will schedule a time for you to come in for a hearing aid fitting. This visit will take about 1 hour.

You will need to pay for your hearing aids, ear molds (if needed) and the dispensing fee when you come for your hearing aid fitting.

*(over)*

During your fitting visit, your audiologist will:

- create the settings in the hearing aids that are best for your hearing loss
- make sure the fit of the hearing aids is right
- show you how to work the hearing aids
- show you how to take care of the hearing aids
- help you practice putting in and taking out the hearing aids.

You will have a test called real ear measurement at your hearing aid fitting or at one of your follow-up visits. During this test, your audiologist will measure the sound in your ear to make sure the soft sounds can be heard and the loud sounds are not too loud.

You will have 45 days to try your new hearing aids. During this time, you will be able to make sure that you have the right style that fits your needs. Talk with your audiologist if you are unhappy with your hearing aids.

#### **Step 4: Follow-up Visits**

You will have your first follow-up visit 1 to 2 weeks after your hearing aid fitting. You will be seen 2 to 3 times during the first 90 days.

During your follow-up visits, your audiologist will make sure you have the best technology and style to fit your needs. Your audiologist will also discuss with you whether additional options or features are needed.

#### **Step 5: Regular Maintenance**

During your routine follow-up visits, your hearing aids will be cleaned and checked to make sure they are working well. Your audiologist will determine if any changes to your hearing aids are needed.

Most patients have 1 to 2 visits each year but you may be seen more or less often. You will be sent reminders about your appointments.

You will need to pay for any charges your insurance does not cover during these visits. Call your insurance provider to find out what is and isn't covered under your plan.

If you do not have insurance, you may choose from one of the following payment options:

- pay for each service as you have it done
- purchase 1 year of service. This covers any work done in the clinic during the first year. It would not cover any repair work done by the manufacturer not under warranty.

#### **Warranty Information**

Hearing aids purchased at Allina Health have a 2 or 3 year manufacturer's warranty. This covers any repairs done to your hearing aids by the manufacturer during this time.

A fee is charged for replacement of your hearing aids.

#### **Whom to Call With Questions**

Call your audiologist if you have any questions or concerns about your hearing aids or follow-up care.