



## Four tips to get the most out of your new hearing aids



Wearing hearing aids can be truly life changing. Voices and sounds may be clearer, conversations may be easier and life may seem richer. That's why it's so important to take good care of your hearing aids so you can hear your best, every time. Here are 4 ways to do just that.



### 1 Prepare for a slight adjustment period

- Try to wear your hearing aids as much as possible; it may take a few weeks to get used to them before you're enjoying their full benefits
- Know that your voice might sound different at first—that's normal
- To hear better in a noisy environment, wear both hearing aids, turn to face the source of the sound and move as close to it as possible

### 2 Keep your hearing aids dry

- Make sure your hands and hair are dry before handling or wearing your hearing aids; if possible, avoid wearing them while sweating
- Don't store your hearing aids in the bathroom—try a dresser or nightstand instead
- Wipe the battery door dry after replacing the battery; leave the door open overnight
- Use hearing aid drying capsules to absorb moisture and prolong the life of your hearing aids

### 3 Watch out for ear wax

If you hear a whistling sound from your hearing aids, ear wax could be the cause.

- Regularly clean any ear tubes and tips, power domes or ear molds
- Change any wax guards regularly—damaged screens can allow ear wax to get in and cause your hearing aids to malfunction
- If ear wax becomes an issue, see your doctor for removal or ask about over-the-counter options

### 4 Easily fix issues if your hearing aid isn't working

First, remove the ear tube or ear hook. Does the hearing aid whistle when you hold it in your hand?

- **If the hearing aid whistles:** The hearing aid is working; the problem could be ear wax buildup in the ear tube or ear mold
  - **To clean the ear tubes:** Pull the cleaning wire all the way through the tube. If there are kinks or cracks in the tube, replace it and the tip with the extra ones that came with your order.  
To order new tubes and tips, call **1-855-523-9355, TTY 711.**
  - **To clean the ear molds:** Clean the tip with the cleaning tool (wax loop)
- **If the hearing aid does not whistle:** Replace the battery. Remove the tab from the battery and expose the battery to the air for 1 minute before closing the battery door. If that doesn't work, call customer service at **1-855-523-9355, TTY 711** for additional support.



Visit [UHChearing.com](https://www.uhc.com/hearing) for more tips and information