



Everything you need to know about hearing tests.

Learn what to expect for your hearing test. Plus, find out how to prepare and how often you should get tested.

Hearing loss can lead to many life challenges, and it can impact your physical, emotional and overall well-being. It's important to take good care of your hearing, and one of the simplest ways to do that is by staying up to date with hearing tests and follow-up care.

Hearing tests can provide you and your audiologist with key information. They not only help determine if you have hearing loss, but they can also reveal the severity of loss as well as the type of loss. This information can then be used to develop a treatment plan as needed.

Types of hearing tests.

There are 3 main types of hearing tests. Each type is painless, non-invasive and can be completed in a relatively short amount of time at your local network hearing provider's office.



1 Pure tone is the traditional method of testing. It uses pure tones to measure your ability to hear sounds at various pitches and volumes. Headphones are used for this test.

2 Bone conduction tests place a bone conductor behind your ear. It measures your ability to hear tones at various pitches and volumes by sending tiny vibrations through the bone directly to the inner ear.

3 Speech discrimination, also called Word Recognition Score (WRS), measures the ability to understand speech and single-syllable words at a comfortable loudness level. That number is expressed as a percentage of the total. For example, repeating 40 out of 50 words correctly would result in a discrimination score of 80%.

What to expect during your test.

Hearing professionals test your hearing using the 3 methods previously described in a safe, comfortable setting.

Prepare for your appointment by gathering or writing down important information about your hearing and overall health. Your hearing professional will ask you about:

- Your medical history
- Current health conditions, allergies and any concerns
- Symptoms of hearing loss
- Exposure to loud environments

It's also a good idea to create a list of any questions you have and bring them with you to the visit.

Things you might want to ask include:

- What can I do to help prevent hearing loss?
- What is typically recommended for hearing loss treatment?
- What coverage does my insurance provide for hearing aids?

Once your hearing test is complete, you'll have a chance to review the results with your hearing professional. He or she will explain your results and you'll work together to determine next steps based on the findings. A treatment plan, if needed, may include a recommendation for a hearing aid or other assistive device.

When to get your hearing tested.

Many people wait until they have symptoms of hearing loss to schedule their hearing test. But similar to other aspects of your health, it's better to get regular preventive tests even if you're not experiencing any symptoms. This can help catch hearing loss earlier, when it may be easier to diagnose and treat.

The American Speech-Language-Hearing Association (ASHA) guidelines state that you should get your hearing checked at least once every 10 years up to the age of 50. After 50, you should have your hearing tested every 3 years.¹ More frequent hearing tests may be recommended for individuals who have been exposed to loud noise or have existing hearing loss.



A quick, simple hearing test.

An online hearing test can tell you how well you're hearing and whether you should schedule an in-person hearing test with your local hearing provider. To take the test right from the comfort of your home, just visit UHChearing.com/hearingtest

Questions?

Call UnitedHealthcare Hearing at **1-855-523-9355, TTY 711**, Monday through Friday, 8 a.m. to 8 p.m. CT.

¹ American Speech-Language-Hearing Association. "Hearing Screening." asha.org/public/hearing/Hearing-Screening/#:~:text=You%20should%20get%20your%20hearing,happen%20as%20you%20get%20older. Accessed December 2022.

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