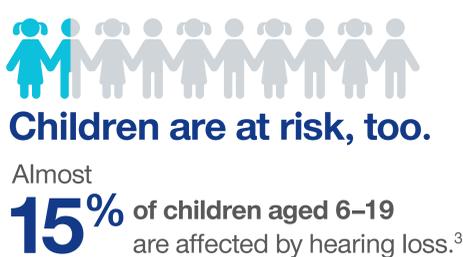
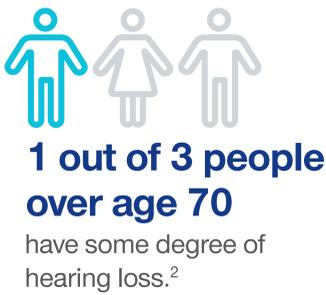


# Hearing Loss

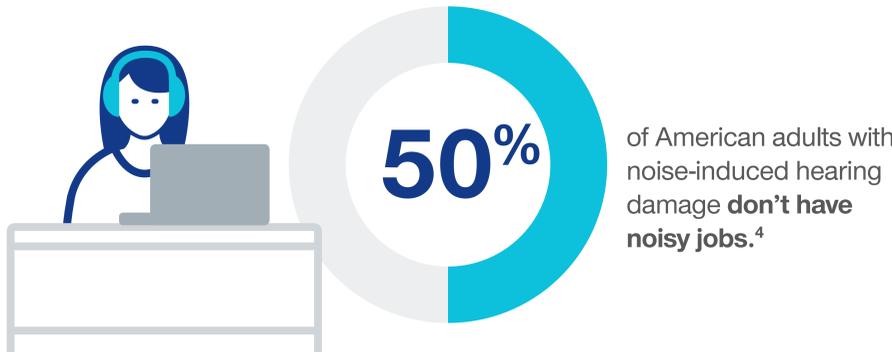
What the numbers have to say.



## Who has hearing loss?



## Everyday activities can be hard on your hearing.



## Risks and consequences.

Untreated hearing loss may lead to:



- Fatigue, stress and depression
- Social rejection and loneliness
- Risks to personal safety
- Impaired memory and learning

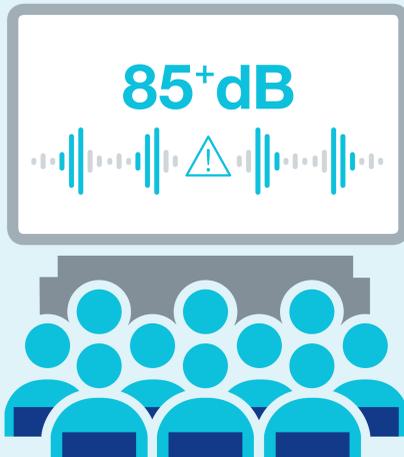


**Smoking, obesity and medications** (including common pain relievers) all increase your risk.<sup>5</sup>

Noise is the most common (and preventable) cause of hearing loss.

Sounds of 85 decibels or higher can cause hearing loss.<sup>6</sup> Examples may include:

• Movie theaters	• Rock concerts
• Lawnmowers	• Playing music with ear buds
• Sporting events	



## What you can do.

Practice healthy hearing habits.



- ✓ Turn down the volume on your music.
- ✓ Limit exposure to other noises and wear hearing protection when you can't.
- ✓ Download a decibel meter app to measure noise levels.

Take advantage of available support.



Many people put off getting their hearing checked, and **only 17%** of those who could benefit from a hearing aid actually use one.<sup>7</sup>

- 1 Check to see if you have coverage for hearing exams and hearing aids.
- 2 See a network hearing provider for a hearing exam.
- 3 Choose a hearing aid that works best for you.

## Think you might have hearing loss?

Take a quick online hearing test at [UHChearing.com/test](https://www.uhc.com/uhchearing).



<sup>1</sup> Center for Hearing and Communication. Statistics and facts about hearing loss. [cchearing.org/facts-about-hearing-loss/](https://www.cchearing.org/facts-about-hearing-loss/). Accessed April 2020.

<sup>2</sup> National Institute of Deafness and Other Communication Disorders. "Hearing Loss and Hearing Aid Use." Last updated July 17, 2017. [nidcd.nih.gov/shareable-images/infographic-hearing-loss-and-hearing-aid-use](https://nidcd.nih.gov/shareable-images/infographic-hearing-loss-and-hearing-aid-use).

<sup>3</sup> Centers for Disease Control. "Data and Statistics About Hearing Loss in Children." [cdc.gov/ncbddd/hearingloss/data.html](https://www.cdc.gov/ncbddd/hearingloss/data.html). Accessed April 2020.

<sup>4</sup> Centers for Disease Control. "Too Loud! For Too Long!" [cdc.gov/vitalsigns/hearingloss/index.html](https://www.cdc.gov/vitalsigns/hearingloss/index.html). Accessed April 2020.

<sup>5</sup> Hear-it.org. [smoking-and-being-overweight-damaging-to-your-hearing](https://www.hear-it.org/smoking-and-being-overweight-damaging-to-your-hearing). Accessed June 2020.

<sup>6</sup> National Institute on Deafness and Other Communication Disorders. "Listen Up! Protect Your Hearing." [nidcd.nih.gov/health/listen-infographic](https://nidcd.nih.gov/health/listen-infographic). Accessed April 2020.

<sup>7</sup> World Health Organization. "Deafness and hearing loss." [who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss](https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss). Accessed April 2020.

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