

# What to expect at your first appointment



Thank you for joining our hearing health program and for trusting us to help you on your hearing care journey! We know your first appointment can be a bit overwhelming, but feeling prepared can help reduce some of those nerves. Here's what you can expect both before and during your appointment.

## Before your appointment

- Plan for a 60-90 minute appointment
- Consider bringing a family member or friend . Not only will they make you feel more comfortable but they can also help you answer questions and retain all the new information you'll be getting
- Bring a notebook and pen to take notes

## During your appointment

- Your hearing health care provider will discuss your hearing issues and perform testing to determine the best solution for your specific needs
- Your testing may include:
  - **Complete Medical and Hearing Health History -**  
Explores your personal medical and hearing history and concerns.  
Complete the enclosed medical history form in preparation for your appointment.
  - **Ear Canal Inspection -**  
Examines whether there may be excessive wax or damage to your ear drum
  - **Hearing Threshold Test -**  
Determines your degree of hearing loss
  - **Speech Discrimination Tests -**  
Evaluates your ability to understand speech in different environments
- Your provider may recommend hearing aids. If so, they will help you determine which type and style is right for you based on your degree of hearing loss and lifestyle

**Haven't scheduled an appointment yet?**

Give us a call at **1-888-816-4461**

and we will help you set an appointment with a provider near you.



# Having a conversation with your hearing care provider

## What questions will my provider ask me?

- What is your daily routine?
- How comfortable are you with technology?
- How often are you surrounded by background noise?
- Do you notice buzzing, whistling, chirping or ringing in one or both ears?
- What do you care most about when selecting a hearing aid: cost, appearance, technology, customization?

## What questions should I ask my provider?

- What type of hearing loss do I have?
- What is the degree/severity of my hearing loss?
- Can my hearing loss be corrected with hearing aids?
- How much improvement in my hearing can I expect with hearing aids?
- Do both ears have the same hearing loss and do I need hearing aids for both ears?
- How often do I need to have my hearing aids adjusted?
- How long will my hearing aids last?
- Can I do anything to prevent future hearing loss?

Our team is committed to making sure you receive the highest quality hearing health care. If you have any questions, comments or concerns during this process, please contact us directly at **1-888-816-4461**. We're happy to assist you in any way possible.