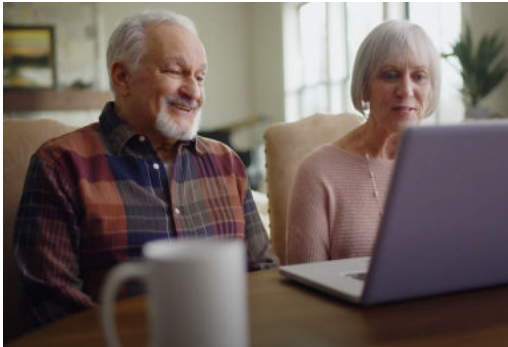


HAVE YOU HEARD?

2024 NEWSLETTER - VOL 3

IT'S GOOD TO HEAR!

End of Year Check List for your Hearing Health Care



PRIORITIZE YOUR HEALTH, MAXIMIZE YOUR INSURANCE BENEFITS

As the year comes to a close, it's an ideal time to reassess your overall health—particularly your hearing. Just as regular visits to your doctor or dentist are vital, prioritizing your hearing health is essential for maintaining a high quality of life. With the holiday season approaching, travel plans on the horizon, and year-end insurance benefits set to expire, now is the perfect time to schedule a hearing care appointment to ensure you're well-prepared for the year!

If you have a friend or family member who has not had their hearing checked in the last two years, now is also a great time for you to share with them the importance of a baseline hearing evaluation and routine monitoring starting at age 55.



INSURANCE CHECK LIST:



Use Remaining Insurance Benefits: Make sure to use any benefits before your deductible resets or your benefits change.



Health Savings Account (HSA) or Flexible Spending Account (FSA): Use those funds to cover eligible expenses, such as new hearing aids, hearing aid batteries, accessories, or professional services before the funds expire.



HEARING AID CARE CHECK LIST:



Clean Your Hearing Aids: Regularly clean the devices to remove wax and debris, which can affect performance.



Inspect for Wear and Tear: Check for any damage, cracks, or discoloration that may require repair or replacement.



Update Hearing Aid Software: If your hearing aids are connected to an app or smartphone, check for any software updates to improve functionality. If not, ask your audiologist to check at your next appointment.



Change Wax Guards and Domes: Replace these components if they are worn or clogged to maintain sound quality.



HEARING HEALTH CHECK LIST:



Annual Hearing Test: Schedule a hearing exam to monitor any changes and adjust your aids accordingly.



Recalibration: If needed, your audiologist will recalibrate your hearing aids for optimal performance.



Earwax Check: Have a professional, clear excess earwax that may affect your hearing or hearing aids.

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TIME FOR YOUR BASELINE HEARING TEST

Schedule your hearing test before the end of the year, particularly if you identify with any of the following:

- **Adults 55 and older** – Regular evaluations are recommended.
- **People in loud environments** – Those exposed to frequent loud noises, such as in construction or music.
- **Individuals with a family history of hearing loss** – Higher risk due to genetics.
- **People with hearing difficulties** – Difficulty hearing in the clarity of speech, conversations, or noisy settings.
- **Individuals with tinnitus** – Persistent ear ringing or buzzing is often a sign of underlying hearing loss.
- **People with chronic ear issues** – Recurring infections or medical conditions.
- **Diabetics and those with cardiovascular conditions** – Common health conditions like hypertension or high cholesterol increase your risk of hearing loss.
- **Anyone without recent hearing tests** – Hearing should be routinely checked just like vision and dental checks.

Help us learn!

What did you experience before deciding to get a hearing test?

1. Difficulty understanding conversations
2. Frequently asking for repetition
3. Increasing TV/Media Volume
4. Ringing/buzzing in ears
5. Trouble hearing on the phone/using speakerphone
6. Nothing. I'm being proactive and getting a baseline test!
7. Other

Scan the QR code below to submit your answer.

