

Healthy hearing for life



Hearing connects to your overall health

Healthy hearing is more than being able to hear—it's deeply connected to your everyday health and well-being.

Early monitoring and treatment of hearing loss helps keep you socially connected, mentally well and physically safe.

Overall health

People who experience anxiety, depression, cardiovascular disease, diabetes or schizophrenia have a higher risk of hearing loss.^{1,2}

Quality of life

Healthy hearing may improve your quality of life by helping to reduce your risk of isolation, loneliness, depression and anxiety.^{3,4}



Cognition

Treating hearing loss early helps keep your mind sharp, which may reduce the risk of cognitive decline and can minimize fall risk and hospitalizations.^{5,6}

Prevent hearing loss with age


- ✓ **Limit:** Use of earbuds for an extended period
- ✓ **Avoid:** Loud sounds or noisy environments
- ✓ **Enjoy:** Better hearing by using ear protection and limiting listening time for loud sounds. When needed, utilize personal accessories, home technology, hearing aids and cochlear implants.

Understanding hearing health

Discover how hearing impacts your overall health, quality of life, impact on the workforce, and how you can hear your best.




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3. Shukla A, Harper M, Pedersen E, Goman A, Suen JJ, Price C, Applebaum J, Hoyer M, Lin FR, Reed NS. Hearing Loss, Loneliness, and Social Isolation: A Systematic Review. *Otolaryngol Head Neck Surg.* 2020 May;162(5):622-633. doi: 10.1177/0194599820910377. Epub 2020 Mar 10. PMID: 32151193; PMCID: PMC8292986.
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 **400 million+**

Over 400 million adults live with unaddressed disabling hearing loss.⁷ Untreated, it can impact social, physical and mental well-being, including depression, loneliness and dementia.^{1,3,4,6}

 **Safe listening**

Set personal devices at recommended listening levels and use for no longer than 60 minutes at 60% volume. Use ear protection in loud environments, such as concerts, races, sporting events and mowing the grass.

 **Annual screening**

Get a free hearing check every year. Download the Hearing Number App or visit Get Your Hearing Number. Seek professional help if recommended.

www.hearingnumber.org



Find your path

Follow the path to healthy hearing. Discover the best hearing solution for your needs such as listening devices, hearing aids or cochlear implants. Select the best option as soon as possible.

If your hearing aids make sounds louder but not clearer, a cochlear implant may provide improved clarity. Contact your hearing health professional to learn more.