



# Your hearing health matters



Your hearing connects you to the world and other people. Treating hearing loss may help you rediscover parts of your life that may have felt missing. And you're not alone:

**2x**

Hearing loss is 2x as common as diabetes.<sup>1</sup>

**17%**

of those who could benefit from a hearing aid actually use one.<sup>2</sup>

**7 years**

is the average time that people with hearing loss wait before seeking help.<sup>3</sup>

## Make your hearing health a priority



### Causes of hearing loss<sup>4</sup>

- Aging
- Excessive noise
- Illnesses
- Certain medications



### Simple ways to protect your hearing<sup>5</sup>

- Avoid loud, noisy activities
- Use hearing protection
- Turn the volume down
- Get your hearing tested regularly

### Risks of untreated hearing loss

Your hearing health may impact your overall health. That's why it's important to treat hearing loss early, so it doesn't potentially lead to depression, memory issues or more-severe health problems such as dementia.<sup>6</sup>

### Why you should get your hearing tested

Getting your hearing tested helps you know your current level of hearing which may prevent further problems. Studies show that treating hearing loss can slow down cognitive decline by 48%.<sup>7</sup>

**United  
Healthcare®  
Hearing**

# Start your journey to better hearing

Your hearing care professional will support you each step along the way.



**Step 1: Learn more** about your benefits, pricing and more at **UHChearing.com** or call 1-855-523-9355



**Step 2: Schedule an appointment** with a hearing care professional



**Step 3: Take a hearing exam** at your appointment for a personalized recommendation

## Why it's important to treat hearing loss early

Treating your hearing loss may allow you to enjoy daily activities, stay connected to the people you love, be more aware of your surroundings and stay healthier.

### How to support your loved one with hearing loss

- Hearing loss can be a sensitive subject, so it's important to be kind and open during conversations
- Adjust how you speak with your loved one based on their level of hearing loss (Example: Speak more slowly and face the individual)
- Go to their appointments, and be a part of their journey to show your support
- Stay patient as your loved one adjusts to their hearing aids

## Schedule your no-cost hearing exam



**Call 1-855-523-9355**  
8 a.m. to 8 p.m. CT  
Monday through Friday



**Scan QR code**  
using your smartphone's camera



**Visit UHChearing.com**  
to learn more

<sup>1</sup>Centers for Disease Control and Prevention. "Public Health and Scientific Information." [https://cdc.gov/nceh/hearing\\_loss/public\\_health\\_scientific\\_info.html](https://cdc.gov/nceh/hearing_loss/public_health_scientific_info.html). Accessed July 2023.

<sup>2</sup>World Health Organization. "Deafness and Hearing Loss." <https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss>. Accessed June 2022.

<sup>3</sup>Hearing Loss Association of America. "Do You Think You Have Hearing Loss?" [https://hearingloss.org/wp-content/uploads/HLAA\\_DoYouThinkYouHave\\_Hearing-Loss.pdf](https://hearingloss.org/wp-content/uploads/HLAA_DoYouThinkYouHave_Hearing-Loss.pdf). Accessed June 2023.

<sup>4</sup>Mayo Clinic. "Hearing Loss." <https://mayoclinic.org/diseases-conditions/hearing-loss/symptoms-causes/syc-20373072>. Accessed July 2023.

<sup>5</sup>WebMD. "8 Ways to Prevent Hearing Loss." <https://webmd.com/a-to-z-guides/hearing-loss-prevention#1>. Accessed July 2023.

<sup>6</sup>Alzheimer's Association International Conference. "Hearing Aids Slow Cognitive Decline." [https://aaic.alz.org/releases\\_2023/hearing-aids-slow-cognitive-decline.asp](https://aaic.alz.org/releases_2023/hearing-aids-slow-cognitive-decline.asp).

<sup>7</sup>Achieve Healthy Aging. "Key Findings." <https://www.achievestudy.org/key-findings>.

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