The Journey to Better Hearing

Our goal is to help you regain good hearing so you can enjoy the things you like best. As a first step, please tell us about your lifestyle. In the checkboxes below, please choose the activities you enjoy on a regular basis. Then, list things you would like to do but can’t because of hearing loss.

**Private**

**BASIC TREATMENT PLAN**

If you have a **private lifestyle**, you prefer little background noise.

Common activities include:
- talking to friends and family members
- doorbells
- ringing phones
- alarm clocks, cooking timers
- use of a smartphone
- preference for rechargeable battery

**Quiet**

**MID-LEVEL TREATMENT PLAN**

People with a **quiet lifestyle** spend more time outside the home.

Common activities include:
- talking on a home phone
- driving
- religious services
- taking with other adults
- small family events
- eating at restaurants
- use of a smartphone
- preference for rechargeable battery

**Active**

**ADVANCED TREATMENT PLAN**

People with an **active lifestyle** spend lots of time on the go. They are out of the house much of the time.

Common activities include:
- shopping, going to the movies
- working out at a health club
- small meetings
- talking with children
- TV and radio
- listening to music
- use of a smartphone
- preference for rechargeable battery

**Dynamic**

**PREMIUM TREATMENT PLAN**

People with a **dynamic lifestyle** are always on the go.

Common activities include:
- going to art fairs, trade shows and other exhibits
- eating at loud or busy restaurants
- meeting friends, attending local events
- traveling through airports and bus stations
- taking part in meetings, presentations and conference calls at work
- staying “connected” by phone, computer, tablet, etc.
- use of a smartphone
- preference for rechargeable battery

What three settings would you like to hear better in?

1. __________________________________________
2. __________________________________________
3. __________________________________________

**How important is streaming to a phone?**

- [ ] Extremely important
- [ ] Not very important
- [ ] Somewhat important
- [ ] Not important at all
- [ ] Indifferent
AUDIOGRAM OF FAMILIAR SOUNDS

An audiogram is a graph that represents the way your ears respond to specific sounds. It illustrates your responses to sounds of different pitch and loudness. The gray oval shape depicts where the most common speech sounds used in everyday conversation occur.

![Audiogram of Familiar Sounds](image)

**YOUR NEXT APPOINTMENT**

Date ________________________  Time ________________________

Audiologist ________________________

Location ________________________

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