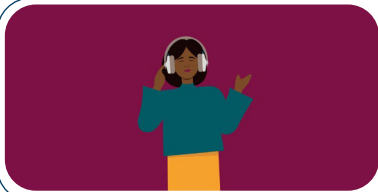


5 tips for healthy ears

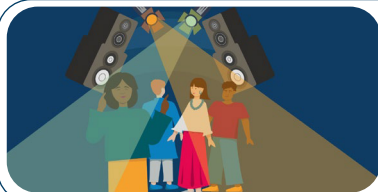
Did you know that healthy hearing can boost your cognitive, emotional, and physical well-being?¹



1

Listen safely

Keep headphone volume below 60%, using noise cancelling headphones and safe listening features.²



2

Protect your ears

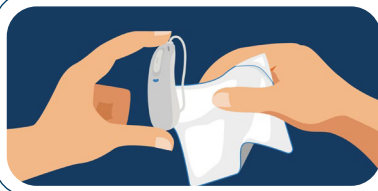
Wear earplugs and limit the time in loud places.



3

Get your ears checked

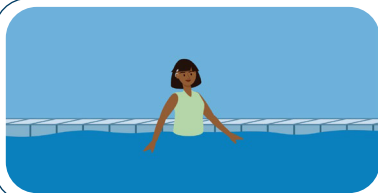
Have your hearing checked by an audiologist regularly.



4

Clean and care

Ask your audiologist for advice and care products for your hearing device.



5

Ensure proper fit

Always check if the fit of your cochlear implant is secure.

¹ Vercammen, C., Ferguson, M., Kramer, S.E., Meis, M., Singh, G., Timmer, B., Gagné, J-P., Goy, H., Hickson, L., Holube, I., Launer, S., Lemke, U., Naylor, G., Picou, E., Scherpiet, S., Weinstein, B., & Pelosi, A. (2020). Well-Hearing is Well-Being: A Phonak Position Statement. Hearing Review, 27, 18-22.

² World Health Organization (2021): Did you know 1 in 2 young people are at risk of hearing loss due to unsafe listening?, as consulted on February 19: https://cdn.who.int/media/docs/default-source/ncds/sdr/deafness-and-hearing-loss/mls-who-a5-flyer.pdf?sfvrsn=e60aa7a8_14&download=true