



Considering OTC Hearing Aids? HLAA's OTC Tip Sheet Can Help

OTC hearing aids are now available directly to consumers without a prescription or medical consultation. They are intended only for adults 18 and over with perceived mild-to-moderate hearing loss.

What is "mild-to-moderate" hearing loss?

You may have mild-to-moderate hearing loss if...

- You have trouble understanding conversations in groups, with background noise or when you can't see who is talking.
- You have trouble hearing on the telephone.
- You need to turn up the volume of television or radio loud enough for others to complain.
- Your friends or family notice that you often don't understand them.
- You frequently ask others to repeat themselves.

OTC hearing aids may NOT help you if...

- You also have trouble hearing conversations in quiet environments.
- It's difficult to hear loud sounds like power tools or motor vehicles.
- You have underlying medical concerns or conditions.

If you experience these issues, visit a hearing care professional.

Important questions to ask about OTC hearing aids

- Is there a free trial period or money back **return policy**?
- Does it need a smartphone app or computer to install, operate and customize to my needs?
- Is it compatible with cellphones or smartphones?
- Does it have connectivity via Bluetooth or **telecoil** to a smartphone, computer or listening system? Can the hearing aid's amplification be adjusted? How do you control feedback?
- Is it water/sweat resistant?
- How does it control, reduce or block out background or wind noise?
- How long is the battery life? Can it be recharged?

Other considerations

- Pay attention to package warnings. If you have pain, sudden hearing changes or dizziness, see a doctor.
- If the first hearing aid doesn't work, keep trying. You may want to seek the help of a hearing health care professional to advise you.

Read more at hearingloss.org/OTC.

You're not alone!

Millions of people have hearing loss and you're taking a first important step to address yours.

HLAA's nationwide community of support is here to help.

Get involved with HLAA.

