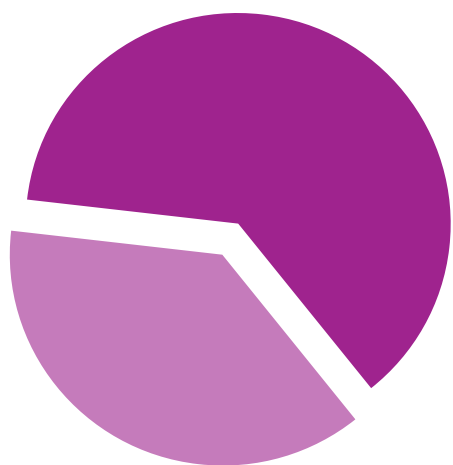


Not hearing like you used to?

6 quick tips for easy communication



62%

of communication is non-verbal

LISTEN WITH YOUR EYES

Give the speaker your full attention. Watch for visible speech movements, facial expressions and body gestures.

AVOID THE CROWD

Avoid areas that are poorly lit and very noisy when possible. Limit the number of people you speak with at one time. Be aware that groups speak at a faster rate. Make sure you sit within 3-6 feet of the speaker.



BE HONEST

Tell your family and friends about your hearing loss. Be assertive; tell others how best to talk to you and set realistic expectations.



LEAD THE CONVERSATION

Initiate topics of conversation based on your choice and participate. Being aware of current events can also help understanding the conversation.



SAY WHAT?

Ask for clarification when necessary; ask people to rephrase or slow down.



KEEP UP YOUR SENSE OF HUMOR

Stay positive and relax.



Call 888-407-7177 to find a hearing care provider near you and schedule a hearing exam.