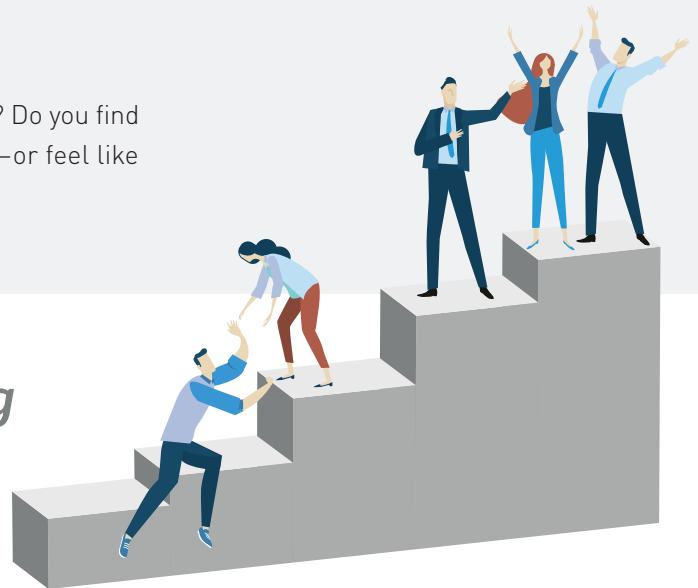




Five steps to better hearing

Is hearing loss affecting your relationships or quality of life? Do you find yourself avoiding activities that you once found enjoyable—or feel like you're missing out—because hearing is a challenge?

You can easily do something about it. Just follow these five simple steps.



Step 1:

Test your hearing

Confirm if you have hearing loss by going to Starkey's free online hearing test at: **starkey.com/hearingtest**

Or, get a comprehensive audiological examination from a hearing care professional near you. Find one at: **locations.starkey.com**



Step 2:

Join the club

If you have hearing loss, you're not alone. It's the third most common chronic physical condition in the U.S.¹

Millions of people around the globe have hearing loss, including²:



One quarter of those over 60



A third of the population 70+



More than half of people over 85

Step 3:

Know the effects of hearing loss

Many people ignore hearing loss because they think the consequences are not that bad. But years of research show otherwise. Untreated hearing loss has been proven to impact our physical and mental health and, ultimately, our quality of life.

The growing list of issues linked to hearing loss includes³:

- Relationship issues
- Social isolation
- Falls
- Depression
- Anxiety
- Cognitive decline and dementia

Step 4:

See a hearing care professional

Don't wait until hearing loss leads to bigger, irreversible issues. Treat it as soon as possible.

Start by making an appointment with an experienced hearing care professional. They have the experience and equipment needed to perform a thorough and proper audiological evaluation, then prescribe the solution and treatment protocol that best meets your unique hearing and lifestyle needs.

To find an authorized hearing care professional near you, visit locations.starkey.com

Step 5:

Hear better. Live better.

It's proven that hearing health is connected to our overall health and well-being—and treating hearing loss has numerous benefits. In fact, research shows that using hearing aids is associated with:



A reduced risk⁴ of dementia, depression and falls



Improved quality of life⁵



Why did I wait 20 years to do this?

— David T., Hearing aid wearer

Are you ready to hear better?

We can help.

Visit **starkey.com** to get started today!



Hear better. Live better.

Sources:

¹ <https://www.cdc.gov/mmwr/volumes/65/wr/mm6515a2.htm> | ² WHO, World Report on Hearing, 2021 | ³ <https://stanmed.stanford.edu/treatment-hearing-loss-cusp-transformation/>
⁴ <https://agsjournals.onlinelibrary.wiley.com/doi/10.1111/jgs.16109> | ⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7020090/>

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