



# Better hearing, easier than you'd think

Maybe you're missing a word here and there in conversations and asking people to repeat themselves. Or maybe you've noticed you're turning the TV up extra loud.

If you suspect your hearing isn't what it used to be, over-the-counter (OTC) hearing aids might be for you. They're covered through UnitedHealthcare Hearing,<sup>1</sup> and could be an important boost for your overall wellness since hearing affects physical and mental health, too.<sup>2</sup>

## What are OTC hearing aids?

You can think of over-the-counter hearing aids like you think of reading glasses. If your vision is getting worse, you go to an eye doctor to get a prescription for lenses. But for smaller challenges like reading, you can figure out, through trial and error, what magnification you need for your specific needs.

OTC hearing aids are similar: If you notice sudden, dramatic loss of hearing, you would go to a hearing care professional right away. But if you're just starting to notice small ways you can't hear as well as you once did, an OTC hearing aid might be the small, simple fix that does the trick.

### OTC hearing aids can:

- ✓ Be a good solution for self-diagnosed mild to moderate hearing loss
- ✓ Make the sounds you want to focus on clearer while reducing background noise
- ✓ Let you research, buy and adjust your own hearing aids without the hassle of provider appointments
- ✓ Be an affordable, convenient way to help you stay active and hear more of what you want to

### An important first step

Hearing loss can have many different causes, including wax buildup or an injury to your ear. Have your hearing checked by a hearing care professional before investing in an OTC hearing aid to identify the cause of hearing issues, plus to get advice on using your hearing aids.

**United  
Healthcare<sup>®</sup>  
Hearing**

# Are OTC hearing aids for you?

Not sure if OTC hearing aids are right for you — or if you even have hearing loss? You can start with our hearing health questionnaire at [UHCHearing.com](https://www.uhchearing.com), where answering a few questions can reveal what next steps might help your hearing. Or you can visit a hearing care professional for an initial consultation. Learn more about what to expect from using OTC hearing aids:

## Pros

- Work well for self-diagnosed mild to moderate hearing loss
- A convenient, quicker step forward, since you don't need an appointment
- Great choice for people who are comfortable with smartphones and apps, since many OTC devices require these for setup
- Designed to be easy to wear and simple to adjust settings

## Cons

- OTC devices come with a limited number of settings, so they might not be a solution for all your hearing needs in different environments
- Can be bulkier or more noticeable — but that also can make them more durable
- Generic sizes and fewer preset options vs. prescription hearing aids

## Plan on the right OTC hearing aid

As soon as you start looking at OTC hearing aids, you'll see a remarkably wide range of prices and capabilities. UnitedHealthcare Hearing only offers OTC aids selected by experienced hearing professionals, choosing them based on the reputation of the maker, quality and good value for the price. All have been selected as being reliable, high-quality and good value for the price. In our assortment, you'll see:



**All-day-use hearing aids** that can adapt to multiple situations, from home to out and about



**Situational-use hearing aids** that offer single-setting functions for specific needs, such as a noisy restaurant or a business meeting



**A range of support** from models that include virtual access to a hearing care professional to more self-guided, do-it-yourself choices

## Learn more

Visit [uhchearing.com/shop-OTC](https://www.uhchearing.com/shop-OTC) to see our expert-recommended choices. You'll be able to view OTC hearing aid features — plus take advantage of UnitedHealthcare Hearing's discounted pricing.

<sup>1</sup>Coverage may vary by plan.

<sup>2</sup>The Lancet. "Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): a multicentre, randomised controlled trial." [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01406-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01406-X/fulltext).

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Benefits, features, and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply. Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider.

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