



To schedule an appointment,
Call TruHearing:

1-877-760-0783

8am-8pm | Monday-Friday

*TruHearing Advanced and TruHearing Premium hearing aids connect directly to iPhone®, iPad®, and iPod® Touch devices. Connectivity also available to many Android® phones with use of an accessory.

TruHearing® is a registered trademark of TruHearing, Inc. TruHearing is an independent company that contracts with Arkansas Blue Cross and Blue Shield to provide hearing program coverage for Medi-Pak Medicare Supplement insurance policy members.

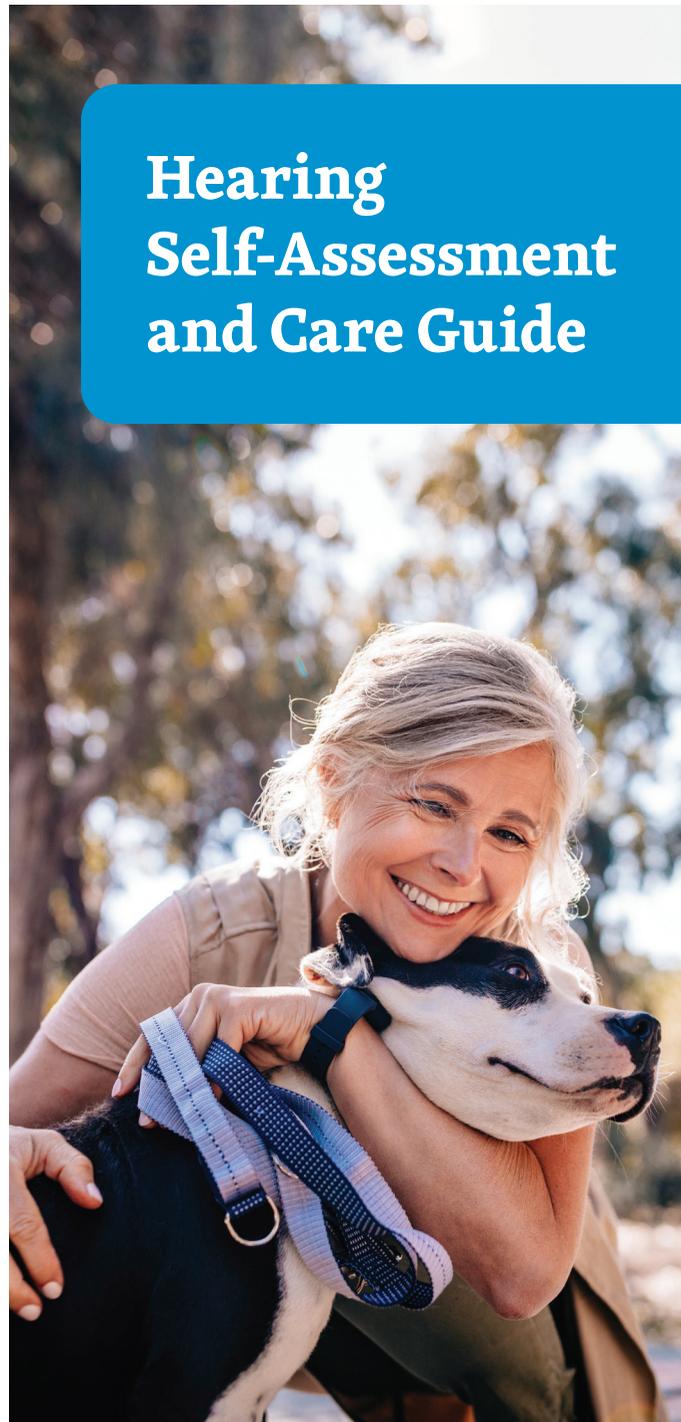
All content ©2022 TruHearing, Inc. All Rights Reserved. TruHearing® is a registered trademark of TruHearing, Inc. All other trademarks, product names, and company names are the property of their respective owners.

ARBSBS_RefCard_M_B_SB_1221

TruHearing®



Hearing Self-Assessment and Care Guide



Your Hearing Is Important

Good hearing health is important to your overall well-being. Studies have shown that people who address their hearing loss have improved long-term health and report higher levels of happiness and satisfaction with their lives. This hearing self-assessment and care guide will help you decide if it's time to have your hearing checked. You will also learn how to prepare for a first visit to a hearing health provider. Look inside to learn more.

Take Charge of Your Health

Medical studies have shown that people who treat hearing loss have improved mental acuity, a lower risk of developing dementia, or suffering from depression. Take this self-assessment to help determine if it's time for you to consider scheduling an exam.

Hearing Self-Assessment

Do you currently experience any of the following?

- Other people comment that the TV or radio is too loud
- The feeling that everyone is mumbling
- Continually asking people to repeat themselves
- People saying, "never mind" after repeating themselves
- Family and friends suggesting you may have a hearing problem
- Trouble focusing in group and social settings due to inability to hear clearly

If you experience any of the above, it may be an indication that you have hearing loss. You should schedule a hearing exam. Continue reading to learn about what you can expect during your appointment.

What to Expect at the Exam

Your first appointment will typically include the following:

History

Your provider will ask you questions about your personal hearing history, such as: have your hobbies or work activities involved high decibel sounds or loud noise over an extended period of time? Or have you had serious ear infections? This will help your provider understand any contributing factors to your hearing loss.

Evaluation

A full hearing examination typically takes 30-60 minutes. Your provider will look inside your ear, test you for the faintest tones you can hear, and assess your ability to understand words spoken at different sound levels. This enables your provider to identify the softest sounds you can hear at different frequencies. If possible, bring a family member or friend along for support during your exam and in reviewing the results.

Consultation

After testing is complete, you and your provider will discuss the results and consider options for treatment. This may include a recommendation to get hearing aids.

How You Can Prepare

As you plan for your visit, come prepared to answer the following questions. If you need hearing aids, your answers will help your provider recommend the right hearing aid for you.

1 Lifestyle Questions:

What activities are most important to you? How active do you plan to be? What are your hobbies?

2 Environment Questions:

What places do you enjoy visiting and how do you spend your time? Do you enjoy going to concerts, restaurants or large family gatherings?

3 Technology Questions:

Do you enjoy the latest technology? Are you interested in taking advantage of high-tech features such as smartphone connectivity, rechargeability, and streaming phone calls, music, or TV straight to your ears?

Your provider will explain the options that will work best for your individual hearing loss and order the hearing aid that's right for you.

About Your Benefit

Your Arkansas Blue Cross and Blue Shield plan provides you with coverage on TruHearing® hearing aids through TruHearing. These hearing aids are offered in two technology levels and an array of colors and styles.

All TruHearing Advanced and Premium Hearing Aid Models Feature:

- › Smartphone compatibility*
- › Own Voice Processing (OVP™) for a more natural sound to your own voice
- › Acoustic motion sensors adjust to your changing hearing environment



Initial Hearing Exam

Performed by in-network provider

\$0
exam fee

TruHearing Advanced

32 channels | 8 styles
Retail Price: \$2,720

up to
\$699
copay
per aid

TruHearing Premium

48 channels | 10 styles
Retail Price: \$3,250

up to
\$999
copay
per aid

Copayments vary by plan. See the benefit reference card that came with this brochure or your Evidence of Coverage for actual amounts.

Call TruHearing today to schedule an appointment.

1-877-760-0783 | For TTY dial 711

Hours: 8am-8pm, Monday-Friday