



# Your Hearing Check Result

*Your results indicate your hearing is:*

- Consistent with someone with **Good hearing ability**  
**■** ***What should I do?** If you haven't had a hearing test done in the last 5 years (or at all), we recommend getting a baseline test.*
- Consistent with someone with **Reduced hearing ability**  
**■** ***What should I do?** We recommend getting a complete hearing test.*
- Consistent with someone with **Very Reduced hearing ability**  
**■** ***What should I do?** We recommend getting a complete hearing test.*

## Hearing Checks in Noisy Environments

If your hearing check was completed in a noisy environment, you might be wondering if it's accurate. You may think that background noise would impact your ability to hear any soft sounds, but human hearing is pretty amazing—we can actually hear soft sounds quite easily regardless of how loud the background noise is, so long as the frequencies are different.

That means your results were unlikely to have been affected much or at all by any background noise!



## 8 Reasons to Get a Complete Hearing Test

1. It's recommended that all adults over 55 should get their hearing tested.
2. As many as 1 in 5 people of all ages experience hearing loss—this increases to up to 4 in 5 for those over 85.
3. Untreated hearing loss is known to contribute to depression, loneliness, and isolation.
4. Untreated hearing loss can increase your risk of dementia and cognitive decline.
5. Untreated hearing loss can negatively affect the quality of life of those close to you, such as your spouse or children.
6. Treating hearing loss with hearing aids or other devices is proven to reduce the risk of cognitive decline.
7. Individuals with treated hearing loss report significantly improved social and emotional health as compared to before receiving treatment.
8. Only 20% of people with hearing loss perceive their hearing loss, but hearing loss doesn't have to be perceptible to cause complications!

