

# Your hearing health matters



Your hearing connects you to the world and other people. Treating hearing loss may help you rediscover parts of your life that may have felt missing. And you're not alone:

**2x**

Hearing loss is 2x as common as diabetes.<sup>1</sup>

**17%**

of those who could benefit from a hearing aid actually use one.<sup>2</sup>

**7 years**

is the average time that people with hearing loss wait before seeking help.<sup>3</sup>

## Make your hearing health a priority



### Causes of hearing loss<sup>4</sup>

- Aging
- Excessive noise
- Illnesses
- Certain medications



### Simple ways to protect your hearing<sup>5</sup>

- Avoid loud, noisy activities
- Use hearing protection
- Turn the volume down
- Get your hearing tested regularly

### Risks of untreated hearing loss

Your hearing health may impact your overall health. That's why it's important to treat hearing loss early, so it doesn't potentially lead to depression, memory issues or more-severe health problems such as dementia.<sup>6</sup>

### Why you should get your hearing tested

Getting your hearing tested helps you know your current level of hearing which may prevent further problems. Studies show that treating hearing loss can slow down cognitive decline by 48%.<sup>7</sup>

# Start your journey to better hearing

Your hearing care professional will support you each step along the way.



**Step 1: Call about your plan at**  
1-866-956-5400 to learn about your benefits,  
pricing and more. Reference your hearing plan  
name



**Step 2: Request an appointment with**  
a hearing care professional



**Step 3: Take a hearing exam at**  
your appointment for a personalized  
recommendation

## How to support your loved one with hearing loss

- Hearing loss can be a sensitive subject, so it's important to be kind and open during conversations
- Adjust how you speak with your loved one based on their level of hearing loss (Example: Speak more slowly and face the individual)
- Go to their appointments, and be a part of their journey to show your support
- Stay patient as your loved one adjusts to their hearing aids

## Why it's important to treat hearing loss early

Treating your hearing loss may allow you to enjoy daily activities, stay connected to the people you love, be more aware of your surroundings and stay healthier.

## Request an appointment



**Call 1-866-956-5400**  
8 a.m. – 8 p.m. CT Monday through  
Friday

**Hearing Plan Name**  
Fox Valley Laborers



**Visit EPICHearing.com**  
to learn more



**Scan QR code**  
using your smartphone's camera

<sup>1</sup>Centers for Disease Control and Prevention. "Public Health and Scientific Information." [https://cdc.gov/nceh/hearing\\_loss/public\\_health\\_scientific\\_info.html](https://cdc.gov/nceh/hearing_loss/public_health_scientific_info.html). Accessed July 2023.

<sup>2</sup>World Health Organization. "Deafness and Hearing Loss." <https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss>. Accessed June 2022.

<sup>3</sup>Hearing Loss Association of America. "Do You Think You Have Hearing Loss?" [https://hearingloss.org/wp-content/uploads/HLAA\\_DoYouThinkYouHave\\_Hearing-Loss.pdf](https://hearingloss.org/wp-content/uploads/HLAA_DoYouThinkYouHave_Hearing-Loss.pdf). Accessed June 2023.

<sup>4</sup>Mayo Clinic. "Hearing Loss." <https://mayoclinic.org/diseases-conditions/hearing-loss/symptoms-causes/syc-20373072>. Accessed July 2023.

<sup>5</sup>WebMD. "8 Ways to Prevent Hearing Loss." <https://webmd.com/a-to-z-guides/hearing-loss-prevention#1>. Accessed July 2023.

<sup>6</sup>Alzheimer's Association International Conference. "Hearing Aids Slow Cognitive Decline." [https://aaic.alz.org/releases\\_2023/hearing-aids-slow-cognitive-decline.asp](https://aaic.alz.org/releases_2023/hearing-aids-slow-cognitive-decline.asp).

<sup>7</sup>Achieve Healthy Aging. "Key Findings." <https://www.achievestudy.org/key-findings>.

Hearing aids must be ordered through the Ear Professionals International Corporation (EPIC) Hearing Healthcare provider network. Price per hearing aid, based on suggested manufacturer pricing. Hearing aids ordered through providers outside of the EPIC Hearing Healthcare provider network will not be covered. Home delivery may not be available on all plans. EPIC Hearing Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.



# Start your journey to better hearing

EPIC Hearing Healthcare provides flexible hearing care options and support for all your needs, preferences and stages of your hearing health journey.



## Step 1: Call to learn about your plan

Call EPIC at **1-866-956-5400** and reference your hearing plan name and a customer care agent will verify your coverage and answer any questions you have about your EPIC benefits, pricing and more.



## Step 2: Find a provider

Your customer care agent will connect you with an EPIC hearing professional to request an appointment for your consultation and exam. With a convenient national network of hearing care professionals, we make it easy to get the support you need.



## Step 3: Go to your appointment

Your hearing professional will conduct a hearing exam and provide a personalized recommendation, which may include hearing aids. Your hearing professional can answer any questions you have. See back for ways to prepare for your appointment.



## Step 4: Order your hearing aids

Your provider will help you choose from a broad array of hearing aids based on your unique hearing needs.



## Step 5: Schedule your fitting consultation

Your provider will program your hearing aids and make any necessary adjustments. You'll be able to ask questions and learn how to use your hearing aids in your daily life.



## Step 6: Receive ongoing support

Ensure your hearing aids are working correctly and fit comfortably with follow-up care. See back for more information.

## Prepare for your consultation

### Questions to ask your provider about your hearing health:

- What's the most likely cause of my symptoms?
- How can a pair of hearing aids benefit me?
- Do I need to see a specialist?

### What to prepare for your appointment:

- A key list of your symptoms and how long you've had them
- Medical information
- Exposure you've had to loud environments

## Good-to-know details:

- ✓ You have 60 days to try out hearing aids purchased from a provider
- ✓ Your plan includes a 3-year extended warranty for repairs and a one-time loss or damage replacement<sup>1</sup>
- ✓ Schedule up to 3 follow-up visits at no cost,<sup>2</sup> with additional support available

## Ready to go?



### Call 1-866-956-5400

8 a.m. – 8 p.m. CT, Monday through Friday  
Be sure to have your plan name handy.

### Hearing Plan Name

Fox Valley Laborers



Visit [EPIChearing.com](https://www.EPIChearing.com) to learn more

## Hearing aids are more advanced than ever

Choose from a broad array of hearing aids with the latest technology, including:

- Superior sound quality
- Recharging capabilities
- Remote adjustments
- Bluetooth streaming
- Tap control
- Enhanced smartphone app

Relate

Beltone

PHONAK

ReSound

unitron



WIDEX  
HIGH DEFINITION HEARING



### Scan QR code

using your smartphone's camera

<sup>1</sup> One-time professional fee may apply.

<sup>2</sup> Hearing aids purchased in the Silver technology level will receive 1 follow-up visit.

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