NOT HEARING LIKE YOU USED TO?

Nonverbal communication is the single most powerful form of communication.

1. LISTEN WITH YOUR EYES
   Give the speaker your full attention. Watch for visible speech movements, facial expressions and body gestures.

2. BE HONEST
   Tell your family and friends about your hearing loss. Be assertive; tell others how best to talk to you and set realistic expectations.

3. SAY WHAT?!
   Ask for clarification when necessary; ask people to rephrase or slow down.

4. AVOID THE CROWD
   Avoid areas that are poorly lit and very noisy when possible. Limit the number of people you speak with at one time. Be aware that groups speak at a faster rate. Make sure you sit within 3-6 feet of the speaker.

5. LEAD THE CONVERSATION
   Initiate topics of conversation based on your choice and participate. Being aware of current events can also help understanding the conversation.

6. KEEP UP YOUR SENSE OF HUMOR
   Stay positive and relax.

Call 1-844-267-5436 to find a hearing care provider near you and schedule a hearing exam.