

# Listen up!

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***Your ears could be  
telling you something***

## Did you know?

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**1 in 9** Americans have  
hearing loss

| AND |

By 2030, that number is  
expected to double **2X**

Source: <https://www.asha.org/articles/untreated-hearing-loss-in-adults/>

## What causes hearing loss?

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Hearing loss is caused by temporary obstructions in the outer or middle ear or permanent damage to the tiny hairs in the inner ear. **Common causes of damage include exposure to noise, aging, other health conditions, and certain medications.**

## When should I get my hearing checked?

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Hearing loss can come on gradually. You may not even notice it's happening. If your hearing test reports your hearing is OK, stick to once every three to five years. You should test your hearing more often if you are 55 or older or are experiencing any of the following:

- **Consistent exposure** to loud noises
- **Difficulty understanding** in noisy environments or in groups
- **Hearing mumbling** or feeling as though people are not speaking clearly
- **Ringing** in your ears



# Your hearing program

If you think you may have hearing loss, rest easy.

Heritage Vision Plans has teamed up with Amplifon to offer you quality hearing health care.



**To learn more, call or visit:**

[www.amplifonusa.com/heritagevisionplans](http://www.amplifonusa.com/heritagevisionplans)  
1-833-934-0222

**amplifon** Hearing  
Health Care

**Heritage**  
vision plans

\***Risk-free trial** - 100% money back guarantee if not completely satisfied, no return or restocking fees. **Follow-up care** - for one year following purchase. **Batteries** - two year supply of batteries (80 cells/ear/year) or one standard charger at no additional cost. **Warranty** - Exclusions and limitations may apply. Contact Client Services (1-844-267-5436) for details.

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