

Expert Tips for Hearing Wellness



Hearing health is important at every stage of life and can significantly impact overall well-being. Recognizing that hearing loss can occur at any age, adopting preventive measures is essential. Explore our comprehensive wellness tips to maintain and protect your hearing.

Hearing care for adults



- Listen to media at low volume.
- Wear ear protection when using loud equipment or in loud environments.
- Treat any illnesses, like ear infections, right away.
- See a provider if you notice hearing changes.

Tips for hearing fatigue



1. Take deep breaths and relax.
2. Reduce background noise.
3. Rest in quiet environment for 20-30 minutes.

When to visit a provider



Age	Exam time
Birth to 1 month	Exam at birth or shortly after
2 to 3 months	Follow up exam if failed first exam
3 to 6 months	Start intervention for hearing loss
6 months & beyond	Continually monitor

Hearing care for children



- Test your baby's hearing after birth.
- Monitor hearing changes from medicine or illnesses.
- Have them wear ear protection in loud environments.
- Avoid or limit exposure to loud noises.

Hearing loss affects about 2 to 3 out of every 1,000 children and approximately 15% of American adults.¹

For more information about hearing health and overall well-being visit our blog at ameritas.com/insights/hearing/.



¹ "Quick Statistics About Hearing, Balance, & Dizziness." National Institute on Deafness and Other Communication Disorders. 2024.