

How Treating Hearing Loss Can Change Your Life For The Better

Hearing loss often happens gradually over time. You may not even realize at first that you're not hearing sounds the way you used to. Or you may think that while your hearing isn't as good as it used to be, it's not bad enough to warrant a visit to a health-care professional. You're not alone if that's the case.

However, treating hearing loss means so much more than improving your hearing. It can have a significant impact on many aspects of your life, including your relationships, mental health, and overall quality of life.

Improved relationships and social life

If you think you have hearing loss, you may be familiar with needing to ask people to repeat themselves. Or perhaps you've started to shy away from attending social events because you find it difficult to follow conversations. Treating hearing loss can open the door to better relationships.

According to MarkeTrak 2022, a comprehensive survey conducted by the Hearing Industries Association, 1 in 2 hearing aid users report their willingness to talk and engage improved due to their hearing aids. And 48 percent said their ability to participate in groups improved.¹

But it's not just limited to group social settings. Nearly half of hearing aid users said their communication with their spouse or partner was better or a lot better after wearing hearing aids.¹

Better mental health

When you can't hear well, everyday activities such as socializing, working or volunteering, or enjoying hobbies can be more challenging. These activities can even become stress inducing and lead to feelings of isolation.

Hearing loss has been associated with higher rates of depression and anxiety especially among those who don't currently own

hearing aids.^{1, 2} But the good news is hearing aid use may lower those odds. Among the 65 percent of hearing aid users who wish they'd gotten their hearing aids sooner, better mental and emotional health was in the top two reasons why, after better social life.¹

Enhanced quality of life

The impacts of hearing loss can be far reaching, but so can the benefits of treating it. Among hearing aid owners who got their devices in the last five years, nearly two-thirds say their hearing aids regularly improve their quality of life.¹

Improvements were even noticed by individuals whose spouse or partner was the one who started wearing hearing aids. For example, 43% of respondents said their relationship was better or a lot better since their spouse or partner started wearing hearing aids.¹

As a Care N' Care (HMO/PPO) member, you have access to hearing care through TruHearing®. With your benefit, you get up to two hearing aids per year at a low copay of \$899 for HMO and \$999 for PPO per aid for the TruHearing Premium hearing aid or \$599 for HMO and \$699 for PPO per aid for the TruHearing Advanced hearing aid.

If you're experiencing hearing difficulty, we hope you'll take advantage of this program. Call TruHearing at 1-833-492-9866 to schedule a hearing exam with a provider near you.

1 MarkeTrak 2022. Hearing Industries Association (HIA).

2 Bigelow RT, Reed NS, Brewster KK, et al. Association of Hearing Loss With Psychological Distress and Utilization of Mental Health Services Among Adults in the United States. JAMA Netw Open. 2020.