

# Considering OTC Hearing Aids? HLAA's OTC Tip Sheet Can Help

## **What is “mild to moderate” hearing loss?**

### **You may have mild to moderate hearing loss if...**

- You have trouble understanding conversations in groups, with background noise, or when you can't see who is talking.
- You have trouble hearing on the telephone.
- You need to turn up the volume of television, or radio loud enough for others to complain.
- Your friends or family complain that you don't understand speech, and ask them to repeat often.

### **OTC may NOT help you if...**

- You also have trouble hearing conversations in quiet environments.
- You also have trouble hearing loud sounds like power tools, or motor vehicles.

***If you experience these, you should see a hearing care professional.***

### **Important questions to ask about OTC hearing aids**

- Is there a free trial period, or money-back return policy?
- Does it need a smartphone, app, or computer to install, operate, or customize to my needs?
- Is it compatible with cell phones, or smartphones?
- Does it have connectivity via Bluetooth, or telecoil to a smartphone, computer, or listening system?
- Can the hearing aid's amplification be adjusted?
- Is it water/sweat resistant?
- How does it control, reduce, or block out background, or wind noise?
- How long is the battery life? Can it be recharged?

## Other considerations

- Pay attention to package warnings. If you have pain, sudden hearing changes, or dizziness, see a doctor.
- It may take time to adjust to hearing devices.
- If the first hearing aid doesn't work, keep trying, and you may want to seek the help of a hearing care professional to advise you.

► Learn more at [hearingloss.org/OTC](https://hearingloss.org/OTC)

► [OTC Hearing Aid Tip Sheet pdf](#)

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<https://www.hearingloss.org>

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