

Listen Up



Do you often find yourself asking others to repeat themselves? Is there a constant ringing in your ears? If so, your ears could be trying to tell you something.

What causes hearing loss?

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?

Hearing loss can come gradually. You may not even notice it's happening. If your hearing test reports your hearing is okay, 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
- **Ringing** in your ears
- **Difficulty understanding** in noisy environments or in groups
- **Hearing mumbling** or feeling as though people are not speaking clearly



1 in 9

Americans have hearing loss. By 2030, that number is expected to double.¹

Delta Dental of Iowa now offers hearing discount benefits.

[See back for benefit information >>](#)

FOR MORE INFORMATION




Call [866-925-1698](tel:866-925-1698)

or visit deltadentalia.com/hearing

¹ <https://www.asha.org/articles/untreated-hearing-loss-in-adults/>

Worried about your hearing? We have you covered.

If you think you may have hearing loss, don't worry. Delta Dental of Iowa has teamed up with Amplifon to offer you quality hearing care.

	Benefit Description	Essential Plan
 Diagnostic Services	Hearing exam	Up to \$125*
 Hearing Devices	Includes all major brands and technology levels	Up to \$2,995 per device*
 Other Services**	1 year of free follow up care, 2 years of free batteries, and 3-year warranty for loss, repairs, or damage	Included

*The cost of a hearing exam may be as low as \$45. The cost per hearing aid through the Essential Plan may be as low as \$695.
 **Batteries - Maximum of 80 cells/ear per year. Risk-free trial - 100% money-back guarantee if not completely satisfied.
 No restocking or return fees. Warranty - Some exclusions apply. Limited to one-time claim for loss and damage. Manufacturer deductible may apply.

Take advantage of these benefits and start hearing better today!

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