

## QUICKTIP

# Balance Assessment

Available in the mobile app, Balance Assessment utilizes the sensors onboard the hearing aid to obtain accurate recordings and scoring of standard balance assessment examinations.

## How it works

The Balance Assessment consists of 4 standing exercises and 2 chair exercises. The standing exercises involve standing in 4 different foot positions for 10 seconds each. The first of 2 chair exercises involve repeated standing and sitting for 30 seconds. The second is a timed walking task.

### To begin the balance assessment:

- 1 Tap **Health > Balance Assessment > Start Assessment.** [Fig. 1]

**NOTE:** The user can exit the balance assessment at any time, or skip individual exercises.

- 2 Read the information on the Reminder screen. Select **Next.**

- 3 Complete the initial screening. Once the screening is complete, tap **Continue assessment.** [Fig. 2]

- 4 Before you begin, prepare the following and tap **Next:** [Fig. 3]

- Straight-back chair
- Measuring tape
- Open space
- Desk or table

- 5 Position the chair against the wall and ensure there is at least 10 feet of walking space in front of it. Tap **Next.**

- 6 Spoken instructions will now play through the hearing aids. Adjust volume for comfort using the volume buttons on the mobile device.

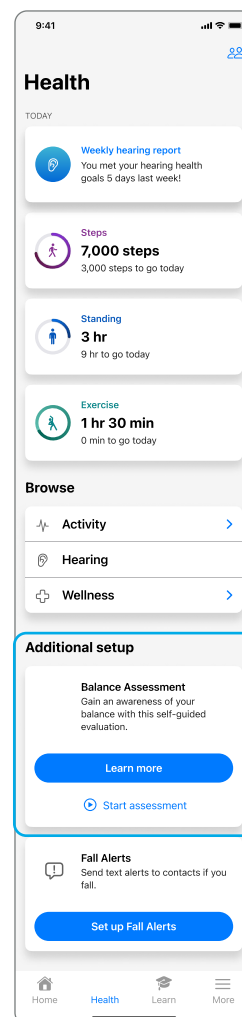


Figure 1

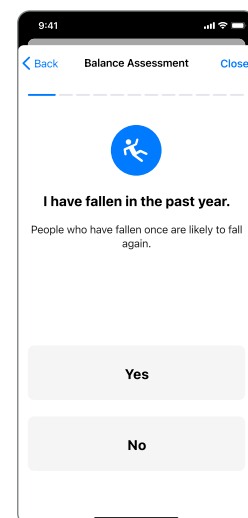


Figure 2

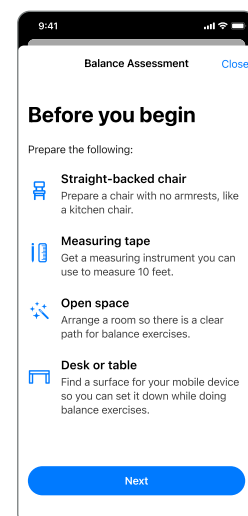


Figure 3

## How it works (Continued)

### Standing exercises

- Review the standing exercises. Tap **Next**. [Fig. 4]
  - For all exercises, tap **Preview Exercise** to hear spoken instructions and see a visual example of the exercise. Tap **Begin Exercise** and set the mobile device down on the desk or table, or **Skip to Next Exercise**. [Fig. 5]
- 7 The timed exercises will stop automatically, and spoken instructions will say “exercise completed”. Tap **It went well, continue** or **I want to try again** after each exercise. [Fig. 6]

### Chair exercises

- Review the chair exercises. Tap **Next**. [Fig. 7]
  - For all exercises, tap **Preview Exercise** to hear spoken instructions and see a visual example of the exercise. Tap **Begin Exercise** and set the mobile device down on the desk or table, or **Skip to Next Exercise**. [Fig. 8]
- 8 The timed exercises will stop automatically, and spoken instructions will say “exercise completed”. Tap **It went well, continue** or **I want to try again** after each exercise. [Fig. 6]
- 9 Review your assessment results. For help improving and maintaining your balance, practice the Balance and Stability exercises in the Learn section of the app. For any concerns about your results, or before starting this or any exercise program, please consult with your primary medical provider. [Fig. 9]
- 10 Tap **Health > Wellness** to view balance assessment history.

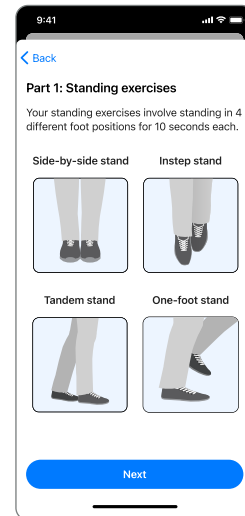


Figure 4

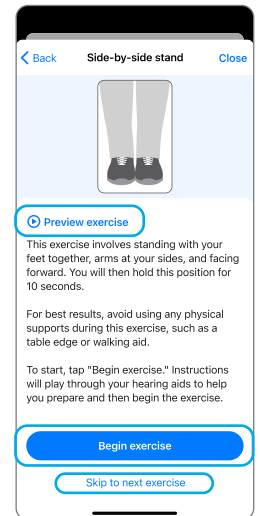


Figure 5

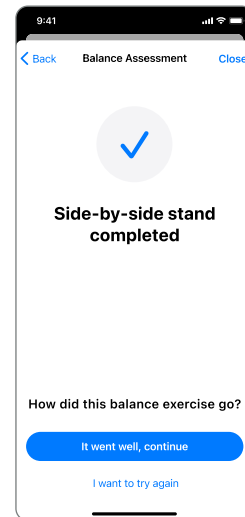


Figure 6

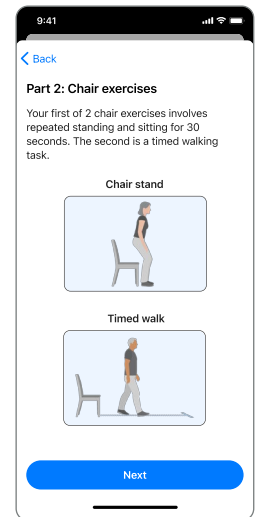


Figure 7

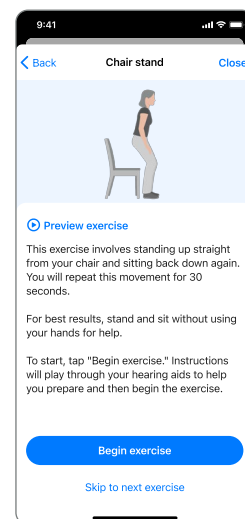


Figure 8

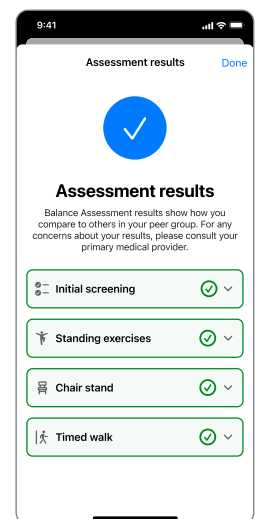


Figure 9

## Other

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The Balance Assessment feature guides users through a questionnaire and guided exercises to provide awareness of how a user's balance compares to that of their peers. The feature is designed to support a user's general health and wellness and is not intended to detect, diagnose, treat, cure, or prevent any disease or medical condition. The balance assessment feature is not a substitute for medical evaluation. You should consult with a medical professional before starting any exercise program. Always ensure that you are in a safe environment when performing these exercises, and consider having someone present for support if needed to help ensure your safety. It is crucial to exercise discretion and caution and stop using the feature immediately if you feel unsteady, dizzy, or unwell during the exercises.

This app may have slight differences depending on your phone.

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