

# Phonak

## Audéo Fit™ Demo Guide

### Phonak Audéo Fit

#### What is it?

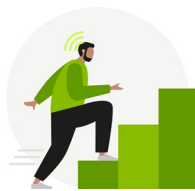
Audéo Fit promotes healthy habits by tracking heart rate, steps, activity levels and distance walked or ran. Audéo Fit and the myPhonak app track and display the average wearing time in different sound environments as well as offering optional goal setting.



#### What are the key benefits?



Regular exercise enhances both mental and physical well-being<sup>1</sup>. Audéo Fit enables patients to track physical activities.



Setting goals and tracking progress has been shown to motivate individuals to increase physical activity<sup>2</sup>. The myPhonak app offers optional goal setting.



Wearing hearing aids regularly and as recommended by the hearing care professional can improve overall wellbeing<sup>3</sup>. Patients can view wearing time in the myPhonak app.

#### How can I demo it?

##### Equipment needed

- A pair of Phonak Audéo Fit hearing aids
- Phonak Target fitting software version 7.3 or later
- Smartphone with the latest myPhonak app, downloaded, set-up and paired to the hearing aids
- Sensor Receivers and domes

Note: Ensure hearing aids and smartphone are fully charged.



## Preparation in Phonak Target

- Connect the hearing aids to Phonak Target. In the [Acoustic parameters] screen, Target will highlight the compatible coupling options
- Program the hearing aids to the patient's hearing loss and settings
- Perform the feedback test and ensure there is sufficient headroom between the feedback curve and the G50 curve
- Save and close the fitting session

## In clinic demonstration

- After demonstrating ease-of-listening and access to audibility, take a short walk with the patient in or around your clinic. Focus on hearing well in a variety of acoustic situations, as AutoSense OS™ adapts to the environment.
- While walking or after returning to the fitting room, open the myPhonak app to view the following health functions:

### On demand heart rate



- A live heart rate will be sampled every second and changes will be shown every 4 seconds on the app screen
- To view the resting heart rate, Audéo Fit would need to be worn for more than 4 hours  
Each person's heart rate is unique. Typically, a lower resting heart rate is associated with better health over the long term.<sup>4</sup>

### Steps and distance



- Tracks number of steps based on the acceleration signal in real time
- Calculates distance walked or ran
- Distinguishes between four different activity levels (none, low, medium, high) which are updated every hour  
Regular exercise enhances both mental and physical wellbeing.<sup>5</sup>

### Wearing time



- Shows the wearing time in real-time
- Displays the average wearing time in different sound environments which is updated every hour  
Patients who wear their hearing aids regularly and as recommended by their hearing care professional can improve their overall wellbeing.<sup>3</sup>

- With the latest myPhonak app, your patients can participate in their hearing health journey by setting goals for wearing time and steps. This allows your clients to track their progress and motivate them to increase their activity.

To learn more about the scientific research and integrating Well-Hearing is Well-Being, please refer to the Phonak Insight: "Empowering clients to hear well and be well: Audéo Fit and the myPhonak app with health data tracking."

1 WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020. Licence: CC BY-NC-SA 3.0 IGO

2 2018 Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: U.S. Department of Health and Human Services, 2018.

3 Vercammen, C., Ferguson, M., Kramer, S.E., et al. (2020). Well-Hearing is Well-Being. Hearing Review, 27(3), 18-22. Retrieved from <https://www.hearingreview.com/hearing-loss/patient-care/counseling-education/well-hearing-is-well-being> on June 1st, 2020.

4 Larsson, S. C., Drca, N., Mason, A. M., & Burgess, S. (2019). Resting Heart Rate and Cardiovascular Disease: Mendelian Randomization Analysis. Circulation: Genomic and Precision Medicine, 12(3), e002459.0 IGO3

5 World Health Organization. (2020). WHO guidelines on physical activity and sedentary behavior. <https://apps.who.int/iris/bitstream/handle/10665/336656/9789240015128-eng.pdf?sequence=1&isAllowed=y>