

Vista Rm 312

behind-the-ear (BTE)

hearing aid guide



Your hearing aids

Hearing healthcare professional: _____

Telephone: _____

Model: _____

Serial number: _____

Replacement batteries: Size 312

Warranty: _____

Program 1 is for: _____

Program 2 is for: _____

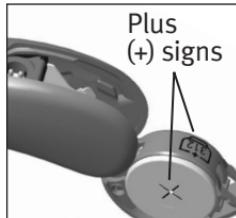
Program 3 is for: _____

Program 4 is for: _____

Date of purchase: _____

Quick reference

Changing batteries



Low battery warning



2 beeps every
30 minutes

Battery size



312

On/Off

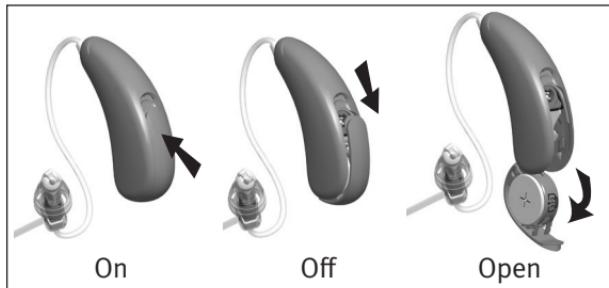
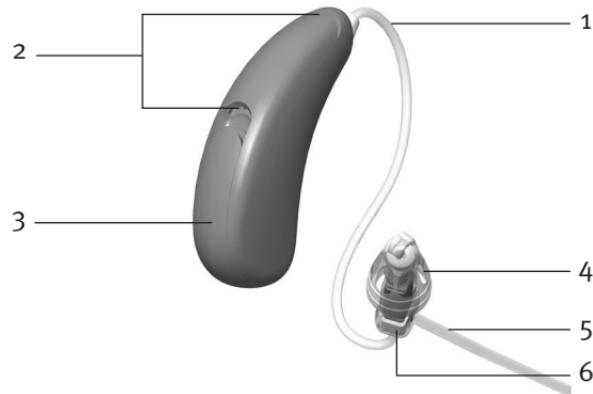


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Your hearing aids at a glance

- 1 **Wire** - connects the speaker unit to your hearing aids
- 2 **Microphone** - sound enters your hearing aids through the microphones
- 3 **Battery door (on & off)** - close the door to turn on your hearing aids, partly open the door to turn off your hearing aids. Opening the door all the way gives you access to change the battery
- 4 **Dome** - holds the wire in place in your ear canal
- 5 **Retention piece** - helps prevent the dome and wire from moving out of the ear canal
- 6 **Speaker unit** - amplifies the sound and sends it directly into the ear canal
- 7 **Custom mold** - holds the hearing aids in place and contains the speaker unit



Warnings

- ⚠ The intended use of hearing aids is to amplify and transmit sound to the ears and hereby compensate for impaired hearing. The hearing aids (specially programmed for each hearing loss) must only be used by the intended person. They should not be used by any other person as they could damage hearing.
- ⚠ Hearing aids should only be used as directed by your physician or hearing healthcare professional.
- ⚠ Hearing aids will not restore normal hearing and will not prevent or improve a hearing impairment resulting from organic conditions.
- ⚠ Do not use your hearing aids in explosion hazard areas.
- ⚠ Allergic reactions to hearing aids are unlikely. However, if you experience itching, redness, soreness, inflammation or a burning sensation in or around your ears, inform your

hearing healthcare professional and contact your physician.

- ⚠ In the unlikely case that any parts remain in the ear canal after the removal of the hearing aid, contact a physician immediately.
- ⚠ Remove your hearing aids for CT and MRI scans or for other electromagnetic procedures.
- ⚠ Special care should be exercised in wearing hearing aids when maximum sound pressure levels exceed 132 decibels. There may be a risk of impairing your remaining hearing. Speak with your hearing healthcare professional to ensure the maximum output of your hearing aids is suitable for your particular hearing loss.

Magnet warnings

- ⚠ Be sure the magnet is securely affixed to the telephone.
- ⚠ Keep loose magnets out of reach of children and pets.

- ⚠ If the magnet falls into your ear, contact your hearing healthcare professional.
- ⚠ If the magnet is swallowed, contact your physician immediately.
- ⚠ The magnet may affect some medical devices or electronic systems. Always keep the magnet (or the telephone equipped with the magnet) at least 30 cm (12") away from pacemakers, credit cards, floppy disks or other magnetically sensitive devices.
- ⚠ Too high distortion during dialing or phoning may mean that the phone handset is stressed by the magnet. To avoid any damage, please move the magnet to another place on the telephone receiver.

Battery warnings

- ⚠ Never leave hearing aids or batteries where small children and pets can reach them.
- ⚠ Never put hearing aids or batteries in your mouth. If a hearing aid or battery is swallowed, call a physician immediately.

Precautions

- ⚠ The use of hearing aids is only part of hearing rehabilitation; auditory training and lip reading instruction may be required as well.
- ⚠ In most cases, infrequent use of hearing aids does not provide full benefit. Once you have become accustomed to your hearing aids, wear your hearing aids everyday all day.
- ⚠ Your hearing aids use the most modern components to provide the best possible sound quality in every listening situation. However, communication devices such as digital cell phones can create interference (a buzzing sound) in hearing aids. If you experience interference from a cell phone being used close by, you can minimize this interference in a number of ways. Switch your hearing aids to another program, turn your head in a different direction or locate the cell phone and move away from it.

Note to hearing healthcare professional

⚠ Domes should never be fitted on patients with perforated eardrums, exposed middle ear cavities, or surgically altered ear canals. In the case of such a condition, we recommend to use a customized ear mold.

Labeling

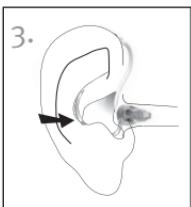
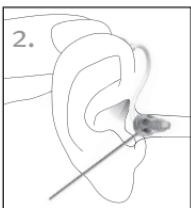
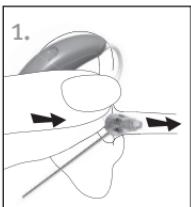
The serial number and year of manufacture are located inside the battery door.

Putting your hearing aids on your ears

Your hearing aids may be color-coded with an indicator that is visible when the battery door is open: red = right ear; blue = left ear.

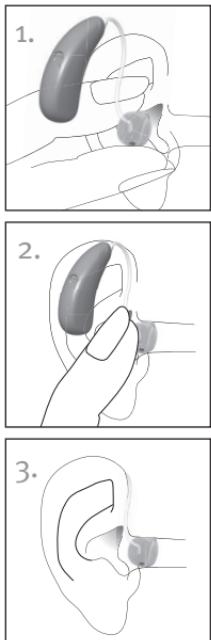
Hearing aids with domes

1. Hold the wire where it attaches to the dome and gently push the dome into your ear canal. The wire should lie flush against your head and not stick out.
2. Place the hearing aid over the top of your ear.
3. Place the retention piece in your ear so it rests at the bottom of the opening of your ear canal.



Hearing aids with custom shells

1. Hold the custom shell between your thumb and index finger. The opening should be pointing in towards your ear canal with the hearing aid resting upwards above your ear.
2. Carefully insert the custom shell into your ear. The shell should fit into your ear snugly and comfortably.
3. Place the hearing aid over the top of your ear.

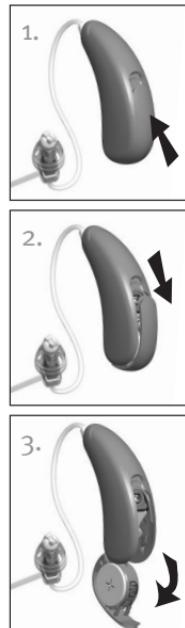


Turning your hearing aids on and off

Your hearing aids have a three-position battery door that acts as an on/off switch and that allows access to the battery compartment.

1. **On:** Close the battery door fully.
2. **Off:** Partially open the battery door.
3. **Open:** Fully open the battery door to access and change the battery.

Note: When turning your hearing aid on and off while it is on the ear, grasp the top and bottom of the hearing aid with your index finger and thumb. Use the index finger of your opposite hand to open and close the battery door.



Battery information

To replace the battery, fully open the battery door for access to the battery compartment.

Low battery warning

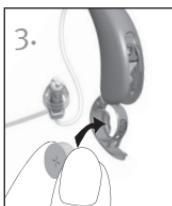
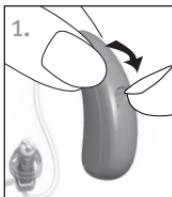
Two long beeps indicate the hearing aid battery is low. After the low battery warning, sounds may not be as clear. This is normal and can be fixed by changing the batteries in the hearing aids.

If you are not able to hear the low battery warning, your hearing healthcare professional can change its pitch or loudness. If you prefer, it can be turned off entirely.

 Your hearing aids are designed to generate a low battery warning every 30 minutes until you change the batteries, but depending on the condition of the batteries, they may die before another low battery warning occurs. Therefore, it is recommended that the batteries are replaced as soon as possible once you hear the low battery warning.

Replacing the battery

1. Gently swing out the battery door with your fingernail.
2. Push the battery with your thumb and index finger towards the open side, and remove.
3. Insert the new battery into the battery compartment with the plus (+) sign on the battery facing the same way as the plus (+) sign on the edge of the battery door. This will ensure that the battery door closes properly.
4. Close the battery door.



Caring for batteries

Always discard batteries in a safe and environmentally friendly way.

To prolong battery life, remember to turn your hearing aids off when not in use, especially when asleep.

Remove the batteries and keep the battery door open while hearing aids are not being worn, especially when asleep. This will allow internal moisture to evaporate.

Tips for wearing hearing aids for the first time

- Start in a quiet room at home first to get used to the new sound quality. Sounds like the ticking of a clock, the humming of the computer, the beep of the microwave or the rustling of clothes or paper may seem loud to you at first, because you have not been hearing them properly for a long time.
- Read aloud to yourself and learn to adjust the volume of your own voice when you are wearing the hearing aids.
- Talk to different people and learn how to distinguish between different sound patterns again.
- It will take some time before you are completely used to your hearing aids and can fully enjoy the benefits.
- Wear your hearing aids for as many hours a day as you can, and for a little longer each day.

- Make notes at the back of this booklet, write down difficult situations and describe what any unpleasant noises were like. This information will help your hearing healthcare professional to fine-tune the hearing aids better for your needs.
- Involve your family and friends in this familiarization period. For example, ask someone to set the television to a comfortable volume.
- When you are beginning to get used to wearing the hearing aids, wear them in more difficult listening environments such as the office, at parties or in restaurants. This can be difficult even for people who can hear normally. Give yourself time to regain your ability to hear in these difficult situations.
- Make your hearing aids part of your everyday life and be patient with yourself while you are learning to hear sounds correctly.

Tinnitus masker

The tinnitus masker is a broadband sound generator available on Vista N hearing aids. It provides a means of sound enrichment therapy that can be used as part of a personalized tinnitus management program to provide temporary relief from tinnitus.

The underlying principle of sound enrichment is to provide supplementary noise stimulation which can help defocus your attention from your tinnitus and avoid negative reactions. Sound enrichment, coupled with instructional counseling, is an established approach to managing tinnitus.

Tinnitus masker warnings

 Air conduction hearing aids with the tinnitus masker are to be fitted by a hearing healthcare professional familiar with the diagnosis and management of tinnitus.

- ⚠ Should you develop any side effects while using the tinnitus masker, you should discontinue use of the device and seek a medical evaluation. Side effects include headaches, nausea, dizziness, heart palpitations or decrease in auditory function (such as decreased tolerance to loudness, speech not as clear or worsening of tinnitus).
- ⚠ The volume of the tinnitus masker can be set to a level which could lead to permanent hearing damage when used for a prolonged period of time. Should the tinnitus masker be set to such a level in your hearing aid, your hearing healthcare professional will advise you of the maximum amount of time per day you should use the tinnitus masker. The tinnitus masker should never be used at uncomfortable levels.

Important information

- ⚠ The tinnitus masker generates sounds that are used as part of your personalized tinnitus management program to provide temporary relief from tinnitus. It should always be used as prescribed by a hearing healthcare professional who is familiar with the diagnosis and treatment of tinnitus.
- ⚠ Good health practice requires that a person reporting tinnitus have a medical evaluation by a licensed ear physician before using a sound generator. The purpose of such an evaluation is to ensure that medically treatable conditions, which may be causing tinnitus, are identified and treated prior to using a sound generator.
- ⚠ The tinnitus masker is intended for adults 18 years of age or older who have both hearing loss and tinnitus.

Operating instructions

Your hearing aids can be adjusted with the use of an optional remote control.

Remote control

The optional remote control allows you to switch between different listening programs and change your volume settings.

Program control

Each time you push the button, you will move to a new program.

Program 1 (e.g. automatic program)		1 beep
Program 2 (e.g. speech in noise)		2 beeps
Program 3 (e.g. easy-t/telephone)		3 beeps
Program 4 (e.g. music)		4 beeps
Easy-t/telephone (see pg 24)		short melody

Your hearing aids beep to indicate which program you are in.

Please see the front of this booklet for a listing of your personalized programs.

Volume control

If your remote control has been configured to adjust volume, you can adjust the volume level by pushing the + or – button.

As you change the volume, your hearing aids will beep.

Volume setting	Beeps	
Recommended volume level		1 beep
Turning volume up		short beep
Turning volume down		short beep
Maximum volume level		2 beeps
Minimum volume level		2 beeps

Tinnitus masker

If your remote control has been configured to adjust the tinnitus masker, you can adjust the level of the noise when your hearing aids are in the tinnitus masker program. To adjust the noise level:

- Push the + button on your remote control to increase the tinnitus masker in both hearing aids
- Push the – button on your remote control to decrease the tinnitus masker in both hearing aids

As you change the level, your hearing aids will beep.

For more information or details, please see page 17.

Using the telephone

As telephones do not all work the same, you may experience different results from different phones. You can use many phones by simply holding the receiver to your ear, without the need to change to a dedicated telephone program on your hearing aid. You may need to move the handset slightly up or back to find the position that sounds best to you.

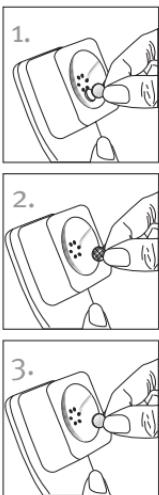
Depending on the phone type you use, your hearing healthcare professional might have selected a dedicated phone program on your hearing aids. Your hearing aids may have an automatic telephone program (easy telephone feature), which automatically switches to a dedicated telephone program when a telephone receiver is brought close to one of your hearing aids. You will hear a short melody to indicate you are in the telephone (easy telephone) program.

When the receiver is moved away from the hearing aid, it will automatically return to the previous listening program. If the hearing aid

does not switch to the telephone program automatically when the telephone receiver is held to the ear, the magnet for easy telephone hearing aids should be attached to the telephone receiver. The magnet is designed to strengthen the magnetic field at the ear piece of hearing aid compatible telephones.

To affix the optional magnet:

1. Clean the telephone receiver. Hold the magnet near the “listening end” of your telephone receiver and release it. The magnet will flip to the appropriate side and seek the optimal position on the telephone receiver.
2. Place the double-sided tape in this optimal position on the telephone receiver.
3. Attach the magnet to the tape.



 Your hearing healthcare professional may also have set up a phone program that you can access through the push button on your hearing aids, or through your optional remote control.

If your hearing aids are configured to work with the wireless uDirect™ 3 or uStream streamers, you might benefit from a Bluetooth® hands free option. Refer to the uDirect or uStream user guide for more information.

The Binaural Phone feature enables you to hold a phone to one ear and hear the sound clearly in both. No accessories are required.

Protecting your hearing aids

- Open the battery door when not in use.
- Always remove your hearing aids when using hair care products. The hearing aids can become clogged and cease to function properly.
- Do not wear your hearing aids in the bath or shower or immerse them in water.
- If your hearing aids do become wet, do not attempt to dry them in an oven or microwave. Do not adjust any controls. Open the battery doors immediately, and allow your hearing aids to dry naturally for 24 hours.
- Protect your hearing aids from excessive heat (hair dryer, vehicle glove box or dashboard).
- Ensure you do not twist or squeeze the wire when your hearing aids are placed in their case.
- Regular use of a dehumidifier, such as a Dri-Aid kit, can help prevent corrosion and prolong the life of your hearing aids.
- Do not drop your hearing aids or knock them against hard surfaces.

Cleaning your hearing aids

Use a soft cloth to clean your hearing aid at the end of each day, and place it in its case with the battery door open to allow moisture to evaporate.

Regular cleaning of the microphone ports with the supplied cleaning brush will ensure that your hearing instrument will maintain its sound quality. Your hearing healthcare professional can demonstrate this for you.

 Ear wax is natural and common. Ensuring your hearing aids are free of ear wax is an important step in your daily cleaning and maintenance routine.

 Never use alcohol to clean your hearing aids, custom molds or domes.

 Do not use sharp tools to dislodge ear wax. Sticking household items into your hearing aids or custom molds can seriously damage them.

Cleaning your custom shells and domes

Clean the domes and shells on the outside daily with a damp cloth. Avoid getting any water in and around the speaker units (microphone shields) and custom shells.



 Note: The wires, speakers, domes or custom shells should never be rinsed or submerged in water as water drops may block sound or damage the electrical components of the hearing aids.

Domes should be replaced by your hearing healthcare professional every 3-6 months or when they become stiff, brittle, or discolored.

If your shells require further cleaning, the speaker waxguard may be plugged and require replacing. See your hearing healthcare professional.

Signature features of your hearing aids

Binaural Phone

The Binaural Phone feature enables you to hold a phone to one ear and hear the sound clearly in both ears. No accessories are required.

uDirect 3, uStream and uTV 3

The uDirect, uStream and uTV™ are optional accessories for your hearing aids.

- uDirect and uStream are streamers that provide easy, hands-free access to Bluetooth enabled devices, such as mobile phones. They can provide remote control functions to adjust your hearing aids for increased listening comfort. uDirect also has a wired audio jack to plug in devices like MP3 players.
- uTV is used with a streamer to send sound from your TV directly to your hearing aids. The uTV can also transmit sound from stereo systems, computers and other audio sources.

For more information on using the uDirect 3, uStream or uTV, please see the user guide for that accessory. For information on how to get a streamer or uTV accessory, please contact your hearing healthcare professional.

Troubleshooting guide

Cause	Possible remedy
No sound	
Not turned on	Turn on
Low/dead battery	Replace battery
Poor battery contact	Consult your hearing healthcare professional
Battery upside down	Insert battery plus (+) side up
Custom shells/ domes blocked with ear wax	Clean custom shells/ domes. See “Cleaning your hearing aids.” Consult your hearing healthcare professional
Plugged microphone opening	Consult your hearing healthcare professional

Cause	Possible remedy
Not loud enough	
Low volume	Turn up volume; see hearing healthcare professional for models without a volume control or if problem persists
Low battery	Replace battery
Custom shells/domes not inserted properly	See “Putting your hearing aids on your ears.” Remove and reinsert carefully
Change in hearing	Consult your hearing healthcare professional
Custom shells/domes blocked with ear wax	Clean custom shells/domes. See “Cleaning your hearing aids.” Consult your hearing healthcare professional
Plugged microphone opening	Consult your hearing healthcare professional
Intermittent	
Low battery	Replace battery
Dirty battery contact	Consult your hearing healthcare professional

Cause	Possible remedy
Two long beeps	
Low battery	Replace battery
Whistling	
Custom shells/domes not inserted properly	See “Putting your hearing aids on your ears.” Remove and reinsert carefully
Hand/clothing near ear	Move hand/clothing away from your ear
Poorly fitting custom shells/domes	Consult your hearing healthcare professional
Not clear, distorted	
Poorly fitting custom shells/domes	Consult your hearing healthcare professional
Custom shells/domes blocked with ear wax	Clean custom shells/domes. See “Cleaning your hearing aids.” Consult your hearing healthcare professional
Low battery	Replace battery
Plugged microphone opening	Consult your hearing healthcare professional

Cause	Possible remedy
Custom shells/domes falling out of ear	
Poorly fitting custom shells/domes	Consult your hearing healthcare professional
Custom shells/domes not inserted properly	See "Putting your hearing aids on your ears." Remove and reinser carefully
Weak on the telephone	
Telephone not positioned properly	Move telephone receiver around ear for clearer signal. See "Using the telephone"
Hearing aid requires adjustment	Consult your hearing healthcare professional

For any problems not listed in the guide, contact your hearing healthcare professional.

Warning to hearing aid dispensers (to comply with the U.S. Food and Drug Administration (FDA) regulations)

A hearing aid dispenser should advise a prospective hearing aid user to consult promptly with a licensed physician (preferably an ear specialist) before dispensing a hearing aid if the hearing aid dispenser determines through inquiry, actual observation, or review of any other available information concerning the prospective user, that the prospective user has any of the following conditions: (i) Visible congenital or traumatic deformity of the ear. (ii) History of active drainage from the ear within the previous 90 days. (iii) History of sudden or rapidly progressive hearing loss within the previous 90 days. (iv) Acute or chronic dizziness. (v) Unilateral hearing loss of sudden or recent onset within the previous 90 days. (vi) Audiometric air-bone gap equal to or greater than 15 decibels at 500 hertz (Hz), 1,000 Hz, and 2,000 Hz. (vii) Visible evidence of significant cerumen accumulation or a foreign body in the ear canal. (viii) Pain or discomfort in the ear. Special care should be exercised in selecting and fitting a hearing aid whose maximum sound pressure level exceeds 132 decibels because there may be risk of impairing the remaining hearing of the hearing aid user. [This provision is required only for those hearing aids with a maximum sound pressure capability greater than 132 decibels (dB).]

Important notice for prospective hearing aid users

Good health practice requires that a person with a hearing loss have a medical evaluation by a licensed physician (preferably a physician who specializes in diseases of the ear) before purchasing a hearing aid.

Licensed physicians who specialize in diseases of the ear are often referred to as otolaryngologists, otologists or otorhinolaryngologists. The purpose of medical evaluation is to assure that all medically

treatable conditions that may affect hearing are identified and treated before the hearing aid is purchased. Following the medical evaluation, the physician will give you a written statement that states that your hearing loss has been medically evaluated and that you may be considered a candidate for a hearing aid. The physician will refer you to an audiologist or a hearing aid dispenser, as appropriate, for a hearing aid evaluation. The audiologist or hearing aid dispenser will conduct a hearing aid evaluation to assess your ability to hear with and without a hearing aid. The hearing aid evaluation will enable the audiologist or dispenser to select and fit a hearing aid to your individual needs. If you have reservations about your ability to adapt to amplification, you should inquire about the availability of a trial-rental or purchase-option program. Many hearing aid dispensers now offer programs that permit you to wear a hearing aid for a period of time for a nominal fee after which you may decide if you want to purchase the hearing aid. Federal law restricts the sale of hearing aids to those individuals who have obtained a medical evaluation from a licensed physician. Federal law permits a fully informed adult to sign a waiver statement declining the medical evaluation for religious or personal beliefs that preclude consultation with a physician. The exercise of such a waiver is not in your best health interest and its use is strongly discouraged.

Children with hearing loss

In addition to seeing a physician for a medical evaluation, a child with a hearing loss should be directed to an audiologist for evaluation and rehabilitation since hearing loss may cause problems in language development and the educational and social growth of a child. An audiologist who is qualified by training and experience to assist in the evaluation and rehabilitation of a child with hearing loss is recommended.

Information and explanation of symbols



The CE symbol is a confirmation that this product meets the requirements of the R&TTE Directive 1999/5/EC on Radio and Telecommunication Terminal Equipment. The numbers after the CE symbol are the numbers of the consulted certified bodies under the above mentioned directives.



This symbol indicates that it is important for the user to read and take into account the relevant information in this user guide.



This symbol indicates that it is important for the user to pay attention to the relevant warning notices in this user guide.



Important information for handling and product safety.



Australian EMC and Radiocommunications compliance label.



This symbol indicates that the products described in these user instructions adhere to the requirements for an application part of Type B of EN 60601-1. The surface of the hearing aid is specified as applied part of Type B.



This symbol shall be accompanied by the name and the address of the authorised representative in the European Community.



This symbol shall be accompanied by the name and the address of the manufacturer (who are placing this device on the market).

Operating conditions:

This device is designed such that it functions without problems or restrictions if used as intended, unless otherwise noted in these user guides.

Transport and storage conditions:

Temperature: -20° to $+60^{\circ}$ Celsius (-4° to $+140^{\circ}$ Fahrenheit).

Humidity: Up to 90% (non condensing).



The symbol with the crossed-out garbage bin is to make you aware that this device may not be thrown away as normal household waste. Please dispose of old or unused devices, at waste disposal sites intended for electronic waste, or give your device to your hearing healthcare professional for disposal. Proper disposal protects the environment and health.

 **Bluetooth** The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Unitron is under license. Other trademarks and trade names are those of their respective owners.

Compliance information

Declaration of conformity

Unitron hereby declares that this Unitron product meets the requirements of the Medical Devices Directive 93/42/EEC as well as the Radio and Telecommunications Terminal Equipment Directive 1999/5/EC. The full text of the Declaration of Conformity can be obtained from the manufacturer.

The hearing aid described in this user guide is certified under:

Standard hearing system

USA FCC ID: VMY-UWNBo

Canada IC: 2756A-UWNBo

Notice 1

This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions:

- 1) this device may not cause harmful interference, and
- 2) this device must accept any interference received, including interference that may cause undesired operation.

Notice 2

Changes or modifications made to this device not expressly approved by Unitron may void the FCC authorization to operate this device.

Notice 3

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules and ICES-003 of Industry Canada. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This device generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the device into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Australia: Supplier Code Number  N15398

New Zealand: Supplier Code Number Z1285

Patient feedback

Record your specific needs or concerns and bring to your first office visit after getting your hearing aids.

This will help your hearing healthcare professional to address your needs.

Additional notes

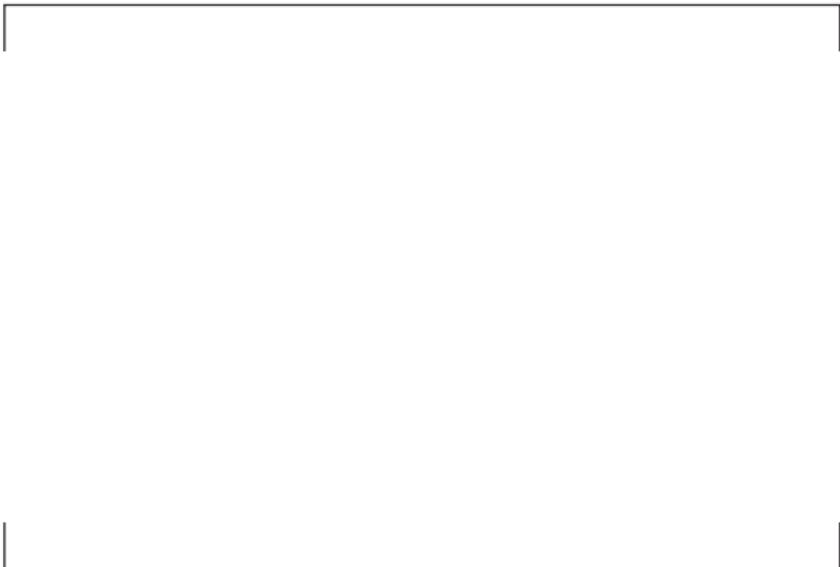


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