

Published on *SeniorNavigator* (<https://seniornavigator.org>)

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

► [OTC Hearing Aid Tip Sheet pdf](#)

Article Source

Hearing Loss Association of America

Source URL

<https://www.hearingloss.org>

Last Reviewed

Monday, October 17, 2022