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## [Considering OTC Hearing Aids? HLAA's OTC Tip Sheet Can Help](#)

### Over-the-Counter (OTC) Hearing Aids

OTC hearing aids are now available directly to consumers without a prescription or medical consultation. They are intended only for adults 18 and over with perceived mild-to-moderate hearing loss.

### Considering OTC Hearing Aids?

[VIEW PRINTABLE HLAA OTC TIP SHEET](#)

### 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 them.
- You frequently ask others to repeat themselves.

#### **OTC may NOT help you if...**

- You also have trouble hearing conversations in quiet environments.
- It's difficult to hear loud sounds like power tools or motor vehicles.
- You have underlying medical concerns or conditions.

***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 and 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. You may want to seek the help of a hearing care professional to advise you.

Article Source

Hearing Loss Association of America

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<https://www.hearingloss.org>

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