



Instructions for use

In the Ear hearing instrument

EZ TRIM PLUSTM

A new Beltone hearing instrument

You have become owner of a Beltone hearing instrument. That is an important step towards hearing and understanding well. Communicating with others, listening to the world around us and participate normally. That is what we aim at. We use all our experience in hearing instruments to give you a means to put yourself in the middle of the world again.

Your hearing instrument is a very advanced device. Your hearing care practitioner tuned it to your individual needs. We trust that you will have good hearing experiences with your new instrument. With a little devotion and patience you will become familiar with it.

This booklet is a short guide to assist you in getting acquainted with your hearing instrument. Read it carefully and use it as a guideline.

We wish you success and pleasant listening with your new hearing instrument.

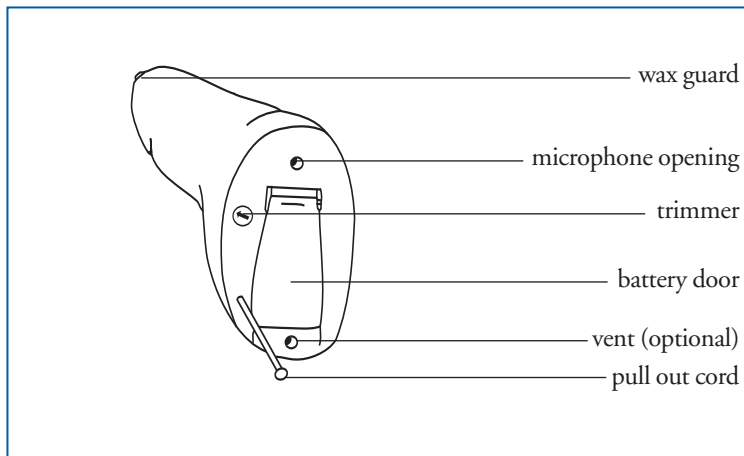
Beltone

This booklet & your instrument

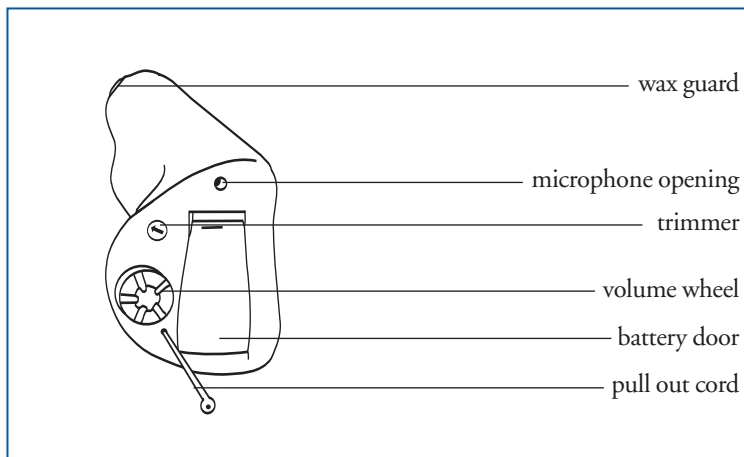
In this booklet you will find instructions for inserting and controlling your new hearing instrument. You will find explanations on controlling your instrument, on the daily handling of it and on its usage. Furthermore, you can read what to do if listening experiences do not live up to your expectations. We will also give a few practical steps towards better hearing.

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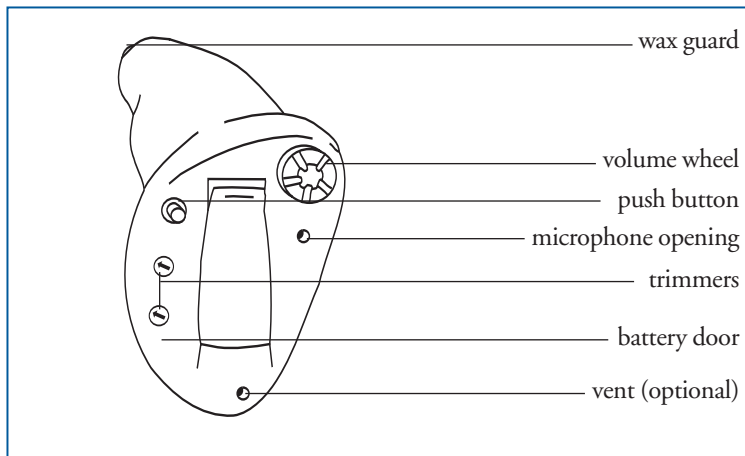
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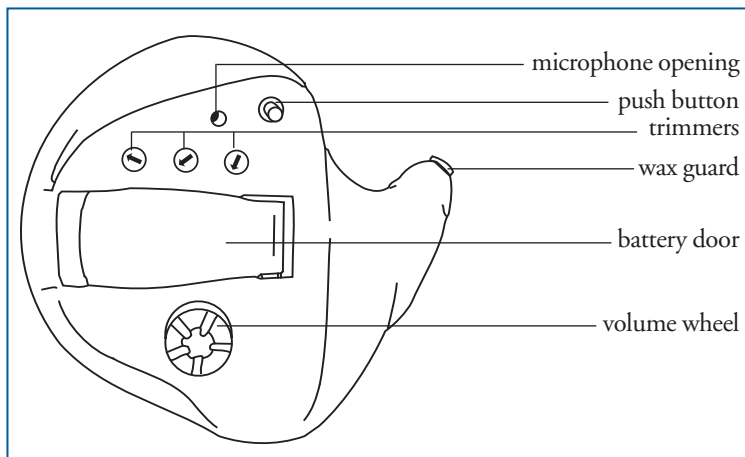
CIC hearing instrument



2 MC hearing instrument



ITC hearing instrument



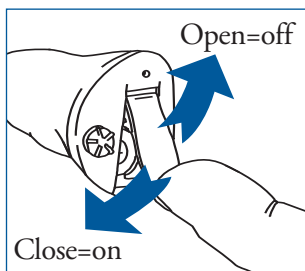
ITE hearing instrument

Switching on and off

CIC

Your CIC hearing instrument is switched off by opening the battery door.

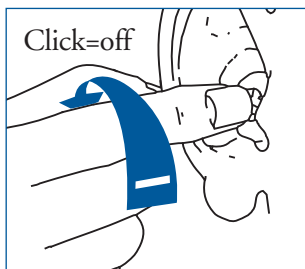
Switch your instrument on by closing the battery door.



MC, ITC and ITE models

If your hearing instrument is equipped with a volume wheel, the volume wheel has a built-in on-off switch.

Use your index finger to turn the volume wheel. Turn your instrument off by decreasing the volume first, then turn past the 'click's. Turn backwards.



Switch the instrument on by turning forwards.

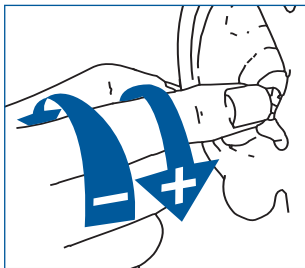
- At night, switch off the instrument and leave the battery door open. It increases battery life time and allows moisture in your instrument to vaporise and will increase the instrument's life time.

Setting the volume (optional)

You might find it necessary to control the volume (loudness) manually. A CIC instrument does not have a volume control. Instead, it is equipped with a gain control trimmer (red) that your hearing care professional will assist you with setting.

Use your index finger to turn the volume wheel.

- Turn the wheel forwards to increase the volume.
- Turn it backwards to turn it softer.



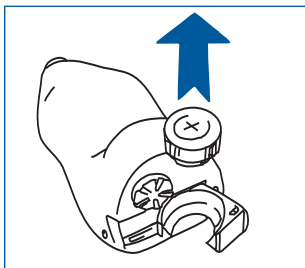
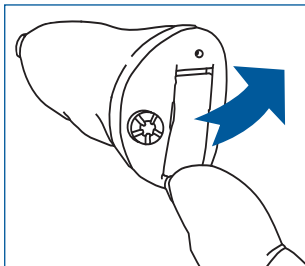
The volume wheel has a built-in on-off switch. Each time after switching your instrument on, set it to a comfortable volume.

Changing batteries

Change batteries on a table or soft surface. This makes it easier to handle and avoids your instrument falling on the floor or batteries getting lost.

Remove dead battery

- Open the battery door. Place your fingernail under the edge of the battery door and gently pull it outwards. You can also use a pointed object such as a pencil or small screwdriver.
- Remove the dead battery.



Battery type

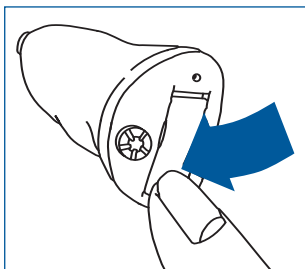
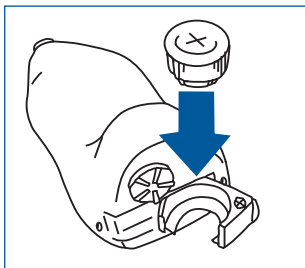
The battery type and size depends on your instrument:

- CIC	battery type	10A	zinc-air
- MC	battery type	10A	zinc-air
- ITC	battery type	13/312	zinc-air
- ITE	battery type	312	zinc-air

Insert fresh battery

Make sure that you position the battery correctly. Look at the + symbol on the inside of the battery door.

- Remove the protective sticker from the fresh battery.
- Insert the fresh battery in the opened battery door. As shown in the figure, the plus side is up. Always insert a battery in the opened door, never directly into the instrument.
- Close the battery door with fresh battery. This should go smoothly. Never use force since this can damage your instrument.

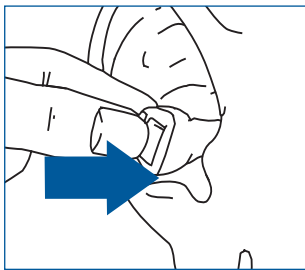


Inserting and removing the instrument

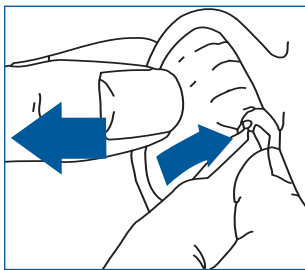
Inserting

The insertion process varies with the shape of your ear canal. A fairly straight ear canal allows easy insertion. However, some ear canals have sharper curves and may require more care.

- Take the hearing instrument between thumb and index finger and position its 'point' in your ear canal.



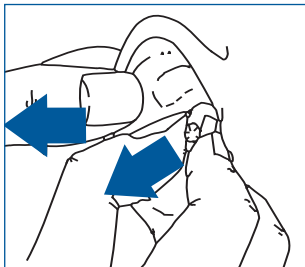
- Now, slide the instrument all the way into your ear canal with a gentle, twisting movement. Insertion can be easier if you gently pull your auricle backwards with your other hand.



- Gently press on the instrument with your index finger to ensure it is positioned correctly. Opening and closing your mouth can ease positioning. You will feel when the instrument is inserted correctly.

Removing your instrument

- Using your thumb and index finger, gently pull the hearing instrument from your ear. Instruments of type CIC and MC have a thin plastic pull-out cord. Use this, do not pull the battery door.
- Removal may be easier if you open and close your mouth while simultaneously pulling your auricle backwards with your other hand.



Practice makes perfect

Positioning and removing your hearing instrument requires a little practice. First, it seems difficult but that passes soon and it will become daily routine. If needed, ask your hearing care practitioner for advice.



Take some time at home to practice. Work conveniently at a table: position your elbows on the table. It allows you to move arms and hands to your ears comfortably. You might want to use a mirror at first.

Recognising left and right instrument

Your hearing instrument is custom-made to fit your ear. Therefore, right and left instruments differ in shape.

Your hearing instrument is marked with a left or right indication:

- a left instrument has a blue wax guard or blue colour dot;
- a right instrument has a red wax guard or red colour dot.

This is easy to remember: Red = Right.

Do not swap your hearing instruments. Please, pay attention to this during insertion.

T-position (optional)

Your ITC and ITE model hearing instrument can have a telecoil. A built-in function enabling, in many cases, improved usage of a telephone and better hearing in, for example a church or a hall if these facilities are equipped with an induction loop. These facilities usually have signs that indicates if they are equipped with a loop system

If your hearing instrument has a telecoil, switching between microphone and telecoil is done by pressing the push button. Your hearing care practitioner will instruct you on this feature.



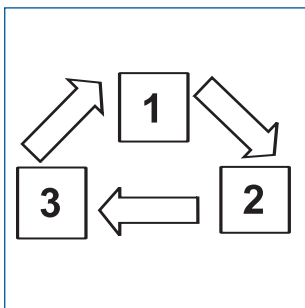
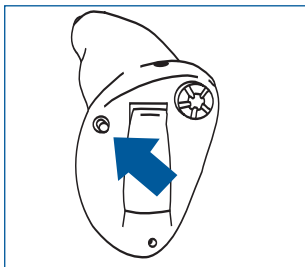
In the telecoil program you will hear no sounds from the microphone - therefore hardly any sounds from the environment.

Program button (optional)

Your hearing instrument can be equipped with three different listening programs. Each program will have the most suitable settings for certain situations.

After pressing the program button, the instrument will switch program. If it was in program 1 it will switch to program 2, if it was in program 2 it will switch to program 3.

Your instrument will give an audible signal after pressing the program button.



When you close the battery door and switch the instrument on it will start in program 1. Press the program button if you want to move to a different listening program.

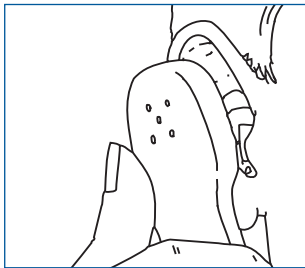
Program number	Type of program	Intended for listening situations
1	Basic	At home, in quiet situations in general
2	Noise	In noisy situations, several people talking, restaurants
3	Telecoil	In church, movie theaters and other places that offers sound through an induction loop

Directional microphone

ITC and ITE can also come in a configuration with a directional microphone function, recognisable by a second microphone opening. If you want to listen to a person in a noisy environment, the microphone in these hearing instruments can help you to concentrate on the speech. If the microphone is in the directional mode the background noise will be suppressed. In this mode the sounds in front of you will be enhanced, so you can hear better the speech of the person you look at.

Using the telephone

- Operate the push button so that it activates the telecoil program.
- Hold the telephone handset gently to your ear.
- Listen to the dialling tone and move the handset a little to find the position that gives the best reception.
- If needed, if your instrument has a volume wheel, adjust the volume up or down.
- After completing the phone call, use the push button to take you out of the telecoil program. You hear through the microphone again.



Not all telephones transmit a powerful telecoil signal. If reception is bad in the Tel-coil program, use the microphone program. Hold the telephone handset to your ear. Do not hold the handset tightly against your ear since this may cause 'whistling'.

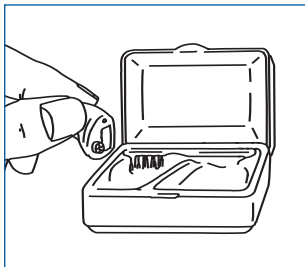
Hearing through an induction loop

More and more public places such as: churches, theatres and cinemas have induction loops. In that particular room, they transmit wirelessly the sound of speaker or show. At home, radio or television can be connected to an induction loop. Sound quality through induction loop is often better because noises from the environment are not transmitted.

- Operate the push button so that it activates the telecoil program.
- Choose a good spot. Reception is not equally well at all locations, it depends on the position of the induction loop. Watch for signs or try a different seat yourself.
- If needed, adjust the volume up or down.
- After service or show, use the push button to take you out of the telecoil program. You hear through the microphone again.
- Your hearing care practitioner gladly provides you with advice regarding an induction loop at home. Ask for it.

Handling your instrument

Your new Beltone hearing instrument is an advanced and sensitive piece of equipment. Treat it with attention and handle it carefully. Then, it will be at your service for years.



Daily usage: avoid heat, moisture and chemicals

Do not leave your hearing instrument in the sun, near open fire, or in a hot, parked car. Do not wear your instrument while showering, swimming, in heavy rain or in a moist atmosphere such as steam bath or sauna.

Should your instrument have become moist, put it in a desiccator to dry. Consult your hearing care practitioner.

Chemicals in cosmetics such as: perfume, aftershave lotion, hair spray or suntan lotion might damage your hearing instrument. Remove your instrument for a moment while applying such cosmetics. Clean and dry your hands before positioning your instrument again.

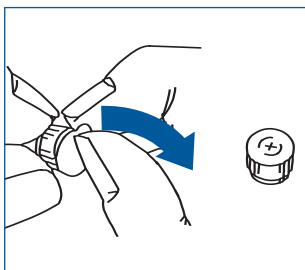
General warnings

- Hearing instruments should be used only as prescribed by your physician or hearing care practitioner. Unintended usage might result in permanent hearing loss.
- Do not allow others to use your hearing instruments. It may cause permanent damage.
- Hearing instruments, batteries, wax guards and accessories are no toys. Keep them away from those who might swallow them or hurt themselves otherwise. Keep them away from pets.
- Check your medication before administering them. Do not confuse them with batteries.
- Do not take your instruments in rooms where you receive treatment with X-rays or MRI.
- Do not take your instruments into industrial environments with explosive gasses or compounds.
- Do not open your hearing instrument. It does not contain parts you can replace.
- The sound from a hearing instrument may suddenly cease, for example when the battery is flat. Take this into account in traffic or in other situations where sound signals are important.
- Wearing a hearing instrument might cause an increased production of earwax. In rare cases, the anti-allergenic materials may cause skin irritation. If so, or if in doubt, consult your physician or ENT consultant.

Batteries

Your hearing instrument uses zinc-air batteries. These batteries use oxygen from the air to provide energy, and have a long life span.

A zinc-air battery starts working when the protection sticker is being removed. Once removed, the battery keeps working, even if the instrument is switched off. Only remove the sticker when you are about to put the battery in the hearing instrument, not before. It takes 30-60 seconds for the chemical zinc-air reaction to work fully.



A battery lasts from several days to two weeks, depending on the use of your instrument.

If the battery is nearly empty your hearing instrument will sound softer. A humming or grumbling sound may also occur. Near-empty zinc-air batteries show the following: after switching on, the instrument functions normal but will soon sound softer; your instrument will make a distinct sound. Replace such a battery with a fresh one.

Feedback - 'whistling'

A hearing instrument starts whistling if, one way or another, amplified sound (from the receiver) feeds back to the microphone. The same phenomenon occurs if a microphone on a stage comes close to a loudspeaker box. Sometimes it happens in a live transmission on radio or television.

With a hearing instrument this might occur if:

- You hold your hand or an object close to your hearing instrument. A part of the sound 'reflects' on your hand or object and reaches the microphone.
- The hearing instrument is not inserted correctly or does not fit well. Sound 'leaks' and reaches the microphone.
- If your ear canal is (almost) full of earwax. The sound 'reflects' on the earwax and reaches the microphone.

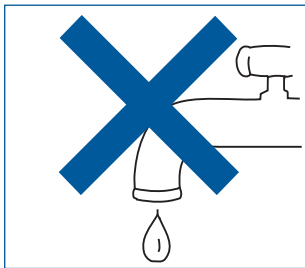
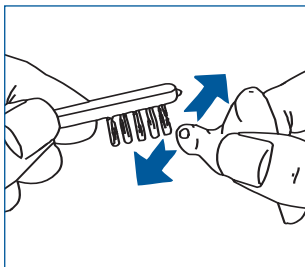
Maintenance and cleaning

Earwax (cerumen) will accumulate on your hearing instrument during use. If earwax enters the instrument it can damage it. The instrument has a protection system, the wax guard. Clean the instrument and replace the wax guard filter regularly. Failure to do so can lead to an accumulation of earwax impairing sound quality.

Cleaning is easiest when accumulated earwax has dried. For example, in the morning, before you insert the instrument in your ear.

Cleaning the instrument

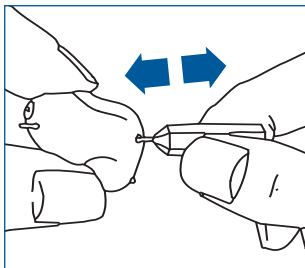
- Clean your instrument with a soft, dry cloth and the small brush. Do this above a soft surface or table to avoid damage if the instrument falls.
- Do *not* use water or other fluids.



Cleaning the vent

Your hearing instrument may have a vent, a small canal through the lower end of the entire instrument. If so, clean it regularly.

- Insert the vent cleaning tool, a plastic line with small handle, into the vent (not into the microphone opening). Push the cleaning line completely through the vent.
- Wipe off any collected earwax.
- Pull the line out and wipe off again.
- Repeat this until all the earwax has been cleaned out of the vent.



Wax guard

Your hearing instrument is usually equipped with a wax guard system. It prevents earwax entering the instrument. Replace the wax guard every two weeks or sooner, depending on earwax accumulation.

Beltone mostly uses two different wax guard systems, depending on the size and type of hearing instrument. They are described on the next pages. Your instrument can be equipped with a different system. If so, ask your hearing care practitioner for cleaning instructions.

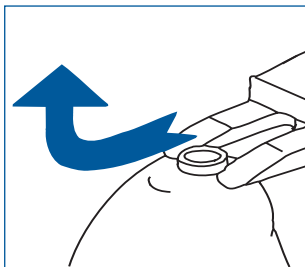
Work at a table. It is easier and prevents your instrument falling on the floor or items getting lost.

Replace wax guard 'Sentry II'

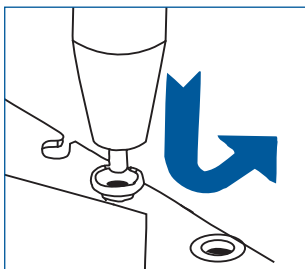
Hearing instruments of type CIC and MC are usually equipped with wax guard with the name Sentry II. Please, verify this with your hearing care practitioner.

Sentry II wax guards are available in a set containing: 10 red guards, 10 blue guards and a dedicated tool for changing them. Use red wax guard for right instruments and blue guards for left instruments.

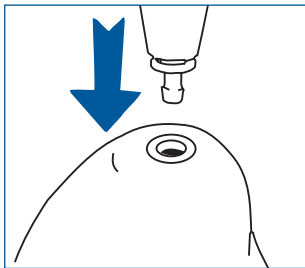
- To remove the wax guard from your hearing instrument slide the forked side of the tool under the wax guard and pull it upward.



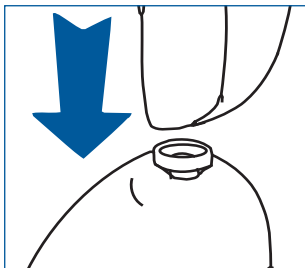
- Pick up a new wax guard from the front side of the card by using the other, 'nub' end of the tool (the large red and blue arrows on the card indicate the front side of it). Slide the wax guard to the side, through the card.



- Insert the wax guard into the sound outlet of the hearing instrument.



- Remove the tool and press the wax guard down with your thumb to secure it.



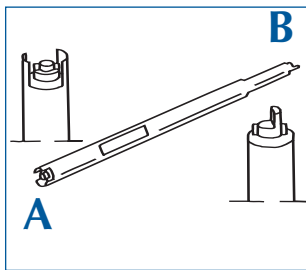
Replace wax guard 'Sentry'

Hearing instruments of types ITC and ITE are usually equipped with wax guard with the name Sentry. Please, verify this with your hearing care practitioner.

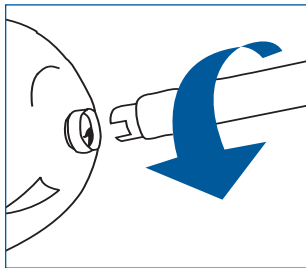
Sentry wax guards are available in a small plastic box containing: 5 red guards, 5 blue guards and a dedicated tool for changing them.

Use red wax guard for right instruments and blue guards for left instruments.

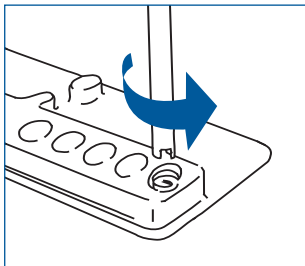
The wax guard insertion tool has two different ends: A and B. End A is used to screw and unscrew wax guards; end B is used to tighten the guard in the instrument.



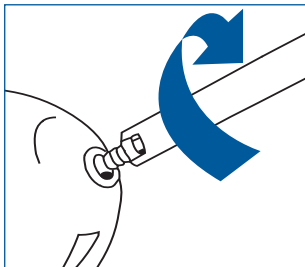
- Remove the wax guard from your hearing instrument using end A. Press the end firmly onto the wax guard and unscrew it. Turn counter clockwise.



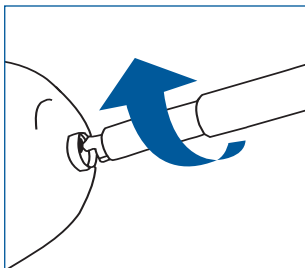
- Pick up a new wax guard from the box in a similar way. Press end A firmly onto the new wax guard and unscrew it from the box. Turn counter clockwise.



- Insert the wax guard into the sound outlet of the hearing instrument. Screw the guard into the hearing instrument. Turn clockwise.



- Use the other end (B) of the tool to tighten (gently) the wax guard in the hearing instrument. Turn clockwise.



Storing your instrument

When you are not using your instrument keep or transport it in the box supplied with it. Leave the battery door open. Keep your instrument in a dry place, not in a bathroom or other humid places. Alternatively, you could store the instrument in a desiccator from your hearing care practitioner.

Cleaning the microphone opening

Your instrument will not work properly if the microphone opening is dirty. Ask the hearing care practitioner to clean the opening. Never try this yourself.

Solving small problems

Your Beltone hearing instrument is a reliable instrument. In case of problems or malfunctions, you may be able to solve them yourself. Read the following advice carefully.

If you do not achieve the desired result consult your hearing care practitioner.

Feedback - 'whistling'

- Is your hearing instrument inserted correctly? Put it in again.
- Is the volume very loud? Reduce it.
- Is the wax guard clogged? Replace it.
- Is your ear full of earwax? Visit your physician. Do not attempt to remove the earwax yourself!
- Does your instrument whistle while using a telephone? Please, turn to page 33 at '7. Use your telephone'.

No sound

- Is the instrument switched to the T-position? Switch it to the microphone position.
- Is there a battery in the hearing instrument?
- Is the battery still good? Is it dirty?
- Is the wax guard clogged? Replace it.
- Is your ear full of earwax? Visit your physician. Do not attempt to remove the earwax yourself!

Sound is distorted, sputtering or weak

- Is the battery dead? Use a fresh one.
- Is the volume turned very low? Turn it up.
- Is the battery dirty? Clean it or use a new one.
- Is the wax guard clogged? Replace it.
- Did your instrument get moist? Use a desiccator.

Battery drains very quickly

- Did you leave your hearing instrument switched on at night?
- Is the battery old? Check the date on the battery packaging.
- Did your instrument get moist? Use a desiccator.

Eight steps towards better hearing

You need to get used to your new hearing instrument. Sounds seem new and different. That is because you grew accustomed to your diminished hearing. Therefore, familiar sounds seem strange or unnatural at first. Every first-time user of a hearing instrument responds differently to this. Some can wear the new instrument a whole day right from the start while others find it hard to get used to it.

After a while, you will notice you appreciate hearing with a hearing instrument and that you will find it quite normal. Below, eight steps are described that will guide you through the initial period. When you are not satisfied or keep experiencing problems, please consult your hearing care practitioner.

1. Get used to familiar sounds at home

Try to get used to the new sounds from your own familiar environment. Listen to the different (background) sounds and try to recognise them. When you are tired of listening, remove your instrument and pause for a while. Talk or read aloud for a while. In that way you familiarise yourself with the sound of your own voice. Gradually, you will learn to use the instrument for longer and become more comfortable with it.

2. Listen outside - quiet & traffic

Go outside, to a quiet place, for example, the park or woods. Listen to the environmental sounds. Do you recognise them? Please, be careful with sounds from heavy traffic at this stage of getting used to your instrument. Sometimes they sound very loud; try not to get frightened.

3. Have a conversation with a single person

Use your instrument in a conversation with one person, a family member or a friend. Move to a quiet spot. Explain that you are now wearing a hearing instrument. Ask the other person to talk normally. Look at your conversation partner. If your instrument is tuned to your requirements you will be able to communicate better than before. Listen and talk. In that way you familiarise yourself with the sound of your own voice.

4. Listen to radio or television

Listen to the radio or television. Start with the news, then turn to another program. Ask a 'normal hearing' person to set the volume of your radio or television to a comfortable level. If necessary, adjust the volume on your hearing instrument.

If you cannot understand the radio or television, ask your hearing care practitioner to adjust your hearing instrument. He or she is able to inform you as well on other facilities such as an induction loop at home for your radio or television.

Please, be careful with sounds from heavy traffic at this stage of getting used to your instrument. Sometimes they sound very loud; try not to get frightened.

5. Get used to conversions in a group

Following conversions in a group is often difficult because of the background noise. Listen to the different voices. Try to recognise them by timbre or rhythm and link each voice to a person. Focus your attention on that person you want to understand. Practice this regularly. If you did not understand something that was said, please ask for it to be repeated. Ensure that you can see the face of your conversation partner(s) clearly and that there is sufficient light. This will help you to lip-read. Avoid 'looking into the light': position yourself with your back towards the window so that you see the other person(s) better.

Ask others to talk slowly and clearly. Talking louder does not help.

6. Visit public buildings

Visit public buildings. Try to sit near the speaker; try to be seated in the front rows in a show. Avoid a seat behind a pillar or in an alcove, you would be in a 'sound shadow'.

In a restaurant, sit with your back towards the wall. It avoids disturbing noise coming from behind you.

If an inductive loop is present, and your instrument has a telecoil, use the T-position. However, sound reception is not equally well in every spot. Watch for signs on the spot or try a different seat.

7. Use your telephone

Often, you can hear the telephone clearly with your hearing instrument in a microphone position. Hold the telephone handset 1 inch (2-3 cm) from your ear and tilt the receiver outwards a little (do not hold the handset tightly against your ear since this may cause 'whistling').

Your hearing instrument meets strict international regulations. Therefore it will be possible to use a GSM telephone in most cases. However, in some circumstances disturbance might be audible through your hearing instrument.

8. Use your instrument all day

Using your hearing instrument and practising with it is the best way to learn to hear again. Even if you hear well without an instrument in some cases. Try to wear your instrument all day. In that way you will benefit the most.

Of course, a hearing instrument cannot restore natural hearing, but it will help you make the most of your hearing as it is today.

Go beyond these eight steps and discover the world of sound around you. Do the things you enjoy and listen to the sounds from your environment.

International warranty and service

Beltone's digital hearing instrument has an international warranty. Read more on this on the warranty card you received with your instrument.

Problems? Visit your hearing care practitioner

Visit your hearing care practitioner with problems. Smaller reparations or adjustments can be handled there.

Warning to the hearing care practitioner

Special care should be exercised in selecting and fitting a hearing instrument whose maximum sound pressure level exceeds 132 dB SPL, as measured with an IEC 60711: 1981 occluded ear simulator, because there may be a risk of impairing the remaining hearing of the hearing instrument user.

Technical Data

Max. Output dB SPL according to IEC-118-0

CIC / CIC HPG	109 / 119 dB SPL
MC / MC HPG	109 / 119 dB SPL
ITC / ITC HPG	113 / 123 dB SPL
ITE / ITE HPG	119 / 129 dB SPL

Hearing instrument identification

For service contact (hearing care practitioner):

Telephone number:

Model: Serial nr. right

Model: Serial nr. left

Serial number: Located on the outside

Year

Place of
production

Serial number



Faceplate/Electronics by Beltone A/S, Denmark

Any issues relating to the EU Medical Device Directive 93/42 /EEC should be directed to Beltone A/S, Denmark



Please ask your local hearing care professional concerning disposal of your hearing instrument

Beltone A/S
Lautrupbjerg 9
DK-2750 Ballerup
Denmark
Tel.: +45 45 75 11 11
Fax: +45 45 75 11 19
www.beltone.biz