



Beltone **Tinnitus Calmer™** Reference Guide



If you suffer from tinnitus, you should know...

There is no cure for tinnitus, but sound therapy (combined with a counseling program) has been known to help a lot of people manage their tinnitus and live a better life.

The Tinnitus Calmer™ app uses a combination of sound therapy and relaxing exercises that aim to distract your brain from focusing on the tinnitus. Over time the brain learns to focus less on the tinnitus, and more on sounds that are important to you.

The app lets you manage your personal library of sound therapy files. It will also track your usage, so you can see which sounds work best for you, and it contains some secondary stimuli like colors and audio exercises to help keep your mind occupied.

Use the app when your tinnitus feels overwhelming, or when you simply want to introduce background sounds to help distract you from your tinnitus.

Anyone with tinnitus can benefit from this app. Just download it and listen to it as you normally listen to music from your smart phone. If you wear Beltone wireless hearing aids, you can stream the sounds from the Tinnitus Calmer app directly through them, and the sound you stream will be adjusted to compensate for your hearing loss.

If you have an iPhone or other Apple device

Step 1: Make sure your Apple device is compatible.

1. The app supports iPhone 6 Plus, 6, 5c, 5s and 5. You can also download the app on some iPad or iPod touch devices.

Step 2: Make sure your Apple device is updated to iOS 7.03 or later.

Check the iOS software on your Apple device to ensure the latest version is installed. Tap Settings > General > Software Update

2. If a software update is available, tap Install. (Note: You must be connected to Wi-Fi to update iOS)

Step 3: Download the Tinnitus Calmer™ app

1. Tap the App Store icon. Select “iPhone only” setting. (Note: you will still be able to download to an iPad or iPod touch. This setting is only to make it easier to locate the Tinnitus Calmer app.)
2. Type “Tinnitus Calmer” in the search field.
3. Once the Tinnitus Calmer app screen is displayed, tap “Free” (it will then change to “Install”).
4. Tap “Install” to load the app on your device. (Note: although this is a free app, you will be prompted to sign into your iTunes account.)
5. Type your Apple ID and password to complete the download process.

Step 4: (If you are using Beltone hearing aids). Be sure you are using compatible hearing aids and Apple devices. www.beltone-hearing.com/mfisupport

The following Beltone Made for iPhone hearing aids receive streamed sounds from the Tinnitus Calmer app directly from an iPhone, iPad or iPod touch without an intermediate device:

Beltone First™, Beltone Boost™

The following Beltone wireless hearing aid receives streamed sounds from the Tinnitus Calmer app via the Beltone Direct Phone Link 2 or myPAL.

Beltone Promise™



If you have an Android device

Step 1: Make sure your Android device is compatible.

All Android devices running Android 4.1 or later are compatible.

Step 2: Download the Tinnitus Calmer™ app

1. Tap the Google Play icon on your screen.
2. In the search field, type "Tinnitus Calmer."
3. Once the Tinnitus Calmer app screen is displayed, tap "Install."

Step 3: (If you are using Beltone hearing aids)

Be sure you are using compatible hearing aids. www.beltone-hearing.com/mfisupport

The following Beltone hearing aids receive streamed sounds from the Tinnitus Calmer app via the Beltone Direct Phone Link 2 or myPAL.

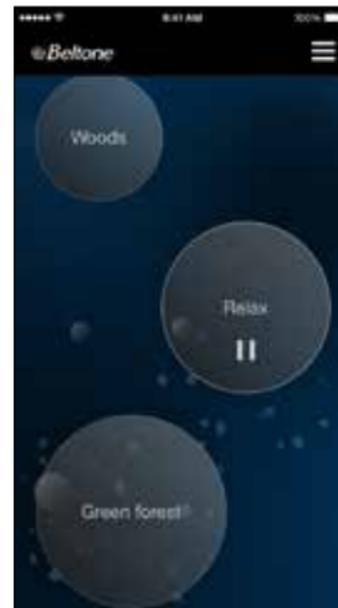
Beltone First™, Beltone Boost™, Beltone Promise™

Chart 1.1
Beltone Direct™ accessories



	Phone Link 2	Personal Audio Link (myPAL)
Main function	Conduct telephone calls with advanced head set functionality. Especially useful when you need hands free phone functionality (ex. when driving in a car)	Clip onto clothing of anyone you'd like to hear (ex. spouse at noisy restaurant, speaker at conference) or plug into any audio device to stream sound
Hearing aid volume adjustment	Yes	No
Hearing aid program change	Yes	No
Audio quality	Stereo	Mono
Battery	Rechargeable	Rechargeable
Connection	Wirelessly connects to up to 2 Bluetooth devices (ex. home and work phones) to stream sound to hearing aids	Plugs into any audio device to stream sound to hearing aids or use microphone to pick up the voice of the person you want to hear
SmartRemote app (see page 11)	Needed to use app	

SoundScapes



Access menu

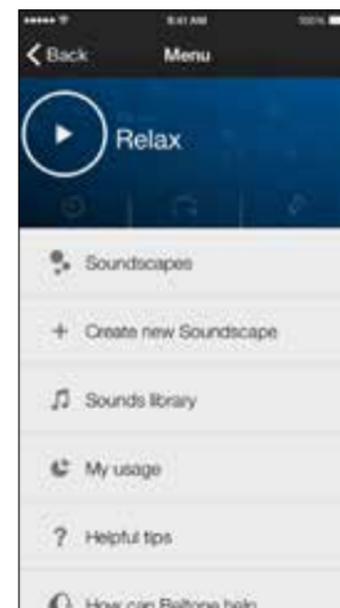
Tap a large bubble to play/pause sounds. The size and placement of bubble depend on frequency of usage.



Tap a smaller bubble to pop it

Background color will change according to sound being played

Menu



Tap to play/pause sounds



Edit sound scape

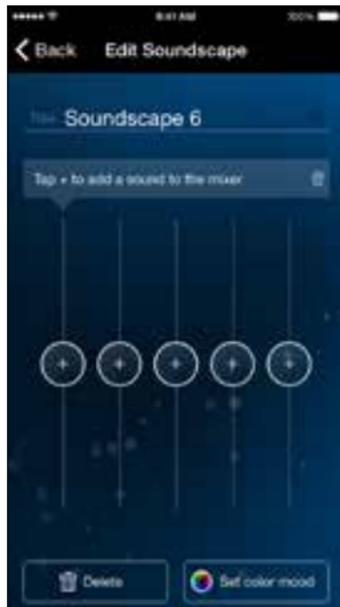


Set timer to stop playing at certain time



Set sound balance left/right

New SoundScapes



Edit name of soundscape



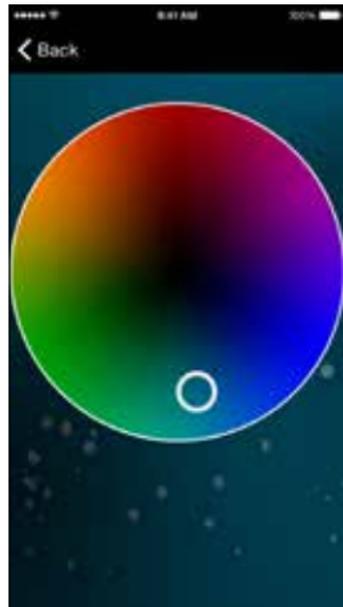
Tap button to add sound from sound library

Layer up to five different sounds



Access color settings

Color mood



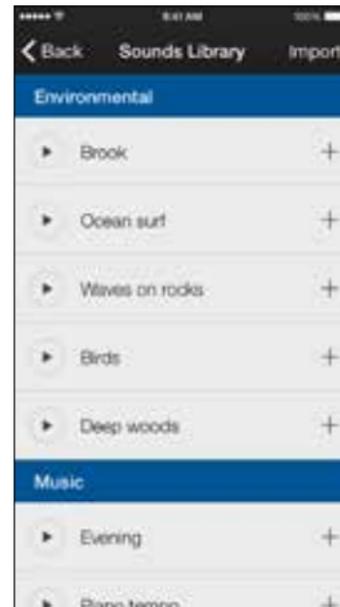
Move selector to desired color

Background color adjusts



Access predefined colour schemes

Sound library



Import own sounds



Search sound library



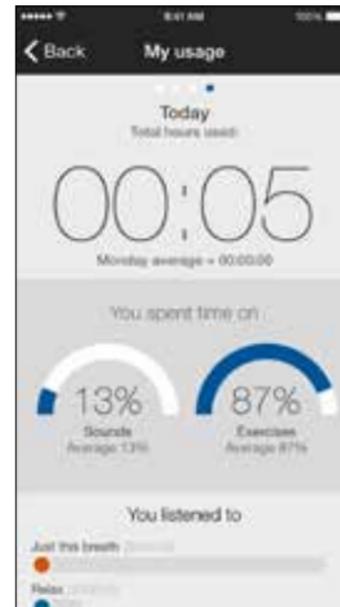
Play/pause

Relaxing audio exercises



Tap to add to soundscape screen

My usage



Swipe to see yesterday, last week and last month

Time spent in app



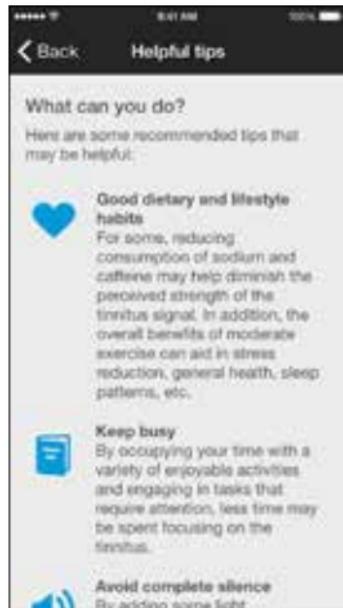
Information about how the app is being used

Helpful tips



Learn basic information about tinnitus

Beltone



Learn basic skills to manage your tinnitus

HearPlus™ app



If you are using Made for iPhone hearing aids (see page 4), don't forget to download the HearPlus app to control and personalize your hearing experience.

SmartRemote™ app



If you are using Made for iPhone or wireless Beltone hearing aids (see page 5) and an Android device, don't forget to download the SmartRemote app to control your hearing experience.

Important information

The Tinnitus Calmer™ app will not treat or cure your tinnitus and is not intended to take the place of informed professional tinnitus counseling and services.

This app is designed to be a complimentary tool that both a clinician and patient can use as part of a tinnitus management plan. It is not intended for use in audiological/ontological treatment of symptomatic tinnitus. This app is intended to create distractions to your tinnitus, but is not intended to mask internal noises.

Warning

To prevent possible hearing loss, do not listen at high volume levels for long periods.

For more information about the Beltone Tinnitus Calmer™ app see the app user guide or visit <http://www.beltone.com/hearing-health/tinnitus-calmer-app.aspx>

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