**How to remove and insert your Beltone hearing aids**

[AMBIENT MUSIC]

How to insert your hearing aid. For comfort, always turn off your hearing aids before putting them on or removing them. Start by holding the earplug between your thumb and forefinger and insert the tip into your ear canal. Press gently to make sure it is positioned correctly in your ear. Now place the hearing aid behind the ear, and make sure it fits well.

When the hearing aid is inserted correctly, it should be tight but comfortable. To check if your hearing aid is placed properly, you can tilt your head from the right and left shoulder and possibly pull a little in the ear and ear flip to make sure it sits just right.

[AMBIENT MUSIC]