

FITTING GUIDE

PROGRAMMING ZEN FOR WIDEX ZEN THERAPY

INTRODUCTION

This quick guide is about how to program Zen step by step in Compass and refers to the Widex Zen Therapy manual. It deals with the basic Widex Zen Therapy fitting as well as the advanced Widex Zen Therapy fitting.

BASIC WIDEX ZEN THERAPY FITTING

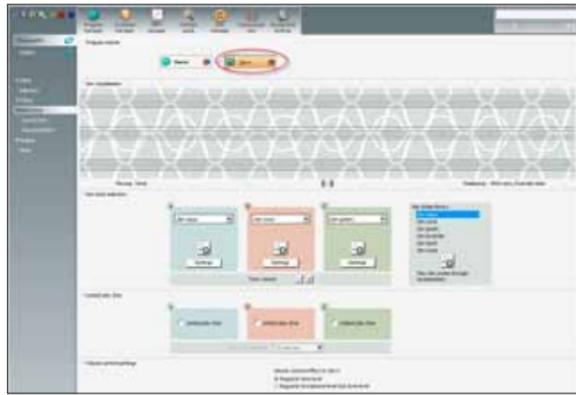
When fitting the Zen programs for Widex Zen Therapy, it is recommended that you start out by doing a basic fitting which fulfills the needs of most people with tinnitus.

STEPS FOR THE BASIC FITTING

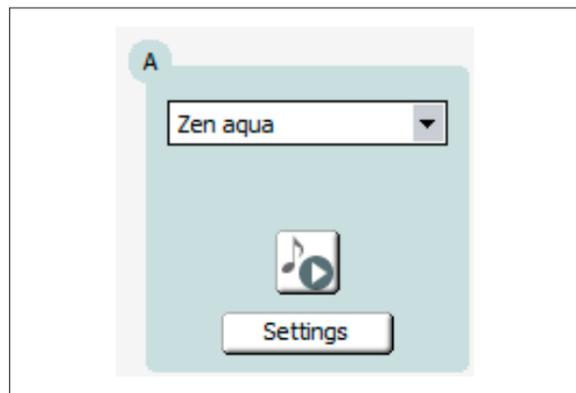
1. After you have completed the Sensogram and the feedback test, go to the Program manager.
2. The Master program adjusted to best address the hearing loss is placed in Program slot 1 (P1). Select the Zen+ option and press OK.



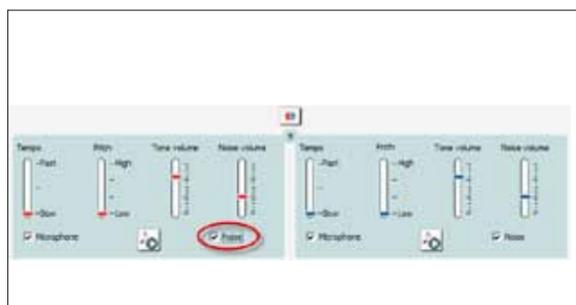
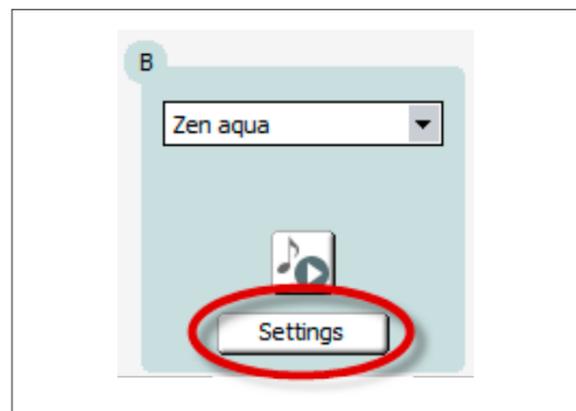
3. Go to the Fine tuning window and select Zen+ in the Program starter.



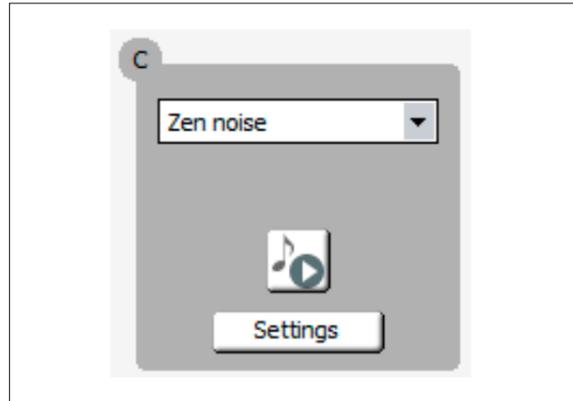
4. Use the pull-down menu and select Zen aqua (the most commonly preferred) in slot A.



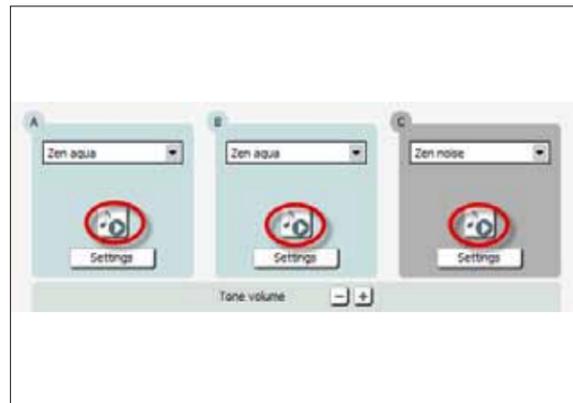
5. Use the pull-down menu and select Zen aqua in slot B. Go to Settings and select Noise.



6. Use the pull-down menu and select Zen noise in slot C.



7. Use the play button in slots A, B and C to verify that the volume level is adequate. If this is not the case, go to Settings and adjust the tone and noise volume levels.

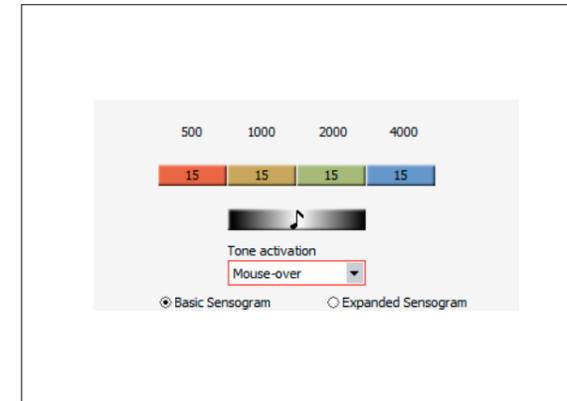


8. When the fitting is complete, instruct the person to access Zen+ by making a long key press, either on the hearing aid program button (if it has one) or on the remote control program shift button. Also instruct the person how to adjust the volume of the Zen tones or Zen noise by using the volume control on the hearing aid (if it has one) or on the remote control. (The default setting of the volume control in Zen+ is that the person's volume adjustments adjust the Zen tones and noise independently of the amplification.)

NO AMPLIFICATION

If the person with tinnitus does not need amplification, perform an open hearing aid fitting.

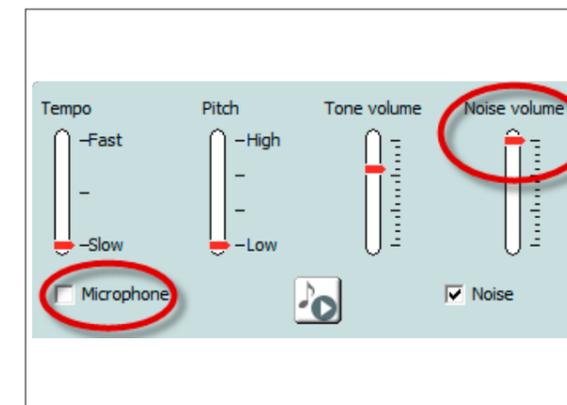
1. Set the Sensogram to 10-15 dB flat in the Fitting window.



2. Select the Zen+ option in the Program manager.

3. Go to the Fine tuning window and select Zen+ in the Program starter. Select Zen aqua in slot A. Go to Settings and deselect Microphone. Click OK.

4. Select Zen aqua in slot B, go to Settings and deselect Microphone. Select Noise and turn it up to the highest level. Click OK.



5. Select Zen noise in slot C. Go to Settings and deselect Microphone. Select Noise and turn it up to the highest level. Click ok.

VERIFICATION

Remember to verify that:

- The Zen tones are audible, but relatively soft
- The Zen tones do not interfere with conversational speech
- The volume of the Zen tones is set so that their tinnitus begins to feel less annoying.

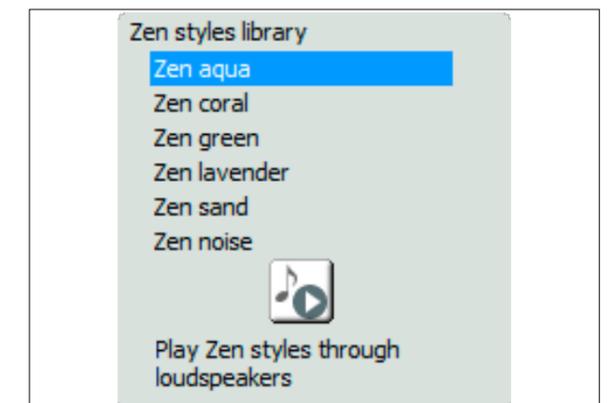
The greatest success with people with tinnitus will often be attained when the hearing care professional exercises flexibility in order to fit the individual person's needs. Some people will for example demonstrate a clear preference for a different tempo or pitch, which can easily be adjusted.

ADVANCED FITTING

Some persons may need individual changes in their Zen+ program set-up. Below you can see some general guidelines for the advanced fitting.

If the person does not like the Aqua Zen style

1. Use the Zen style library, select one, push the play button and let the person listen to the five different default Zen styles for approximately 30 seconds each.



2. Ask the person to choose the style that they find most relaxing, and which produces the least tinnitus awareness. The criterion is NOT which style has the best sound or most pleasant rhythm (because we don't want the person to actively listen to the sound in daily life). To help the person choose, provide a dual 6 point scale, with 6 representing the style that produces the least tinnitus awareness and is most relaxing.

Zen Style	Tinnitus Awareness Score (6 = least awareness of tinnitus, 1 = most awareness of tinnitus)	Relaxation Score (6 = most relaxing, 1 = least relaxing)
Aqua		
Coral		
Lavender		
Green		
Sand		
Noise		

3. Select the tone which is most relaxing and produces the least tinnitus awareness, and add in slot A and slot B + noise.

4. If you wish, you and the person can further individualize the Zen styles by adjusting the tempo, pitch and volume.

- a. Go to Settings and adjust tempo and pitch until you match the person's preferences. Use the play button and let the person listen to the adjusted Zen style for at least 10 seconds.

If the person needs a relaxation program

1. Slot C can be used as a relaxation program, in which the microphone is turned off in order to provide active listening. Zen aqua (or other Zen tones) or Zen noise can be chosen, depending on the person's preference.

- a. Go to slot C and select the person's Zen preference
- b. Go to Settings and deselect Microphone

If the person needs a sleep program

In general it is not recommended to sleep with the hearing aids on, but for some people with tinnitus it might be preferable due to severe tinnitus annoyance at bedtime.

1. Slot C can be used as a sleep program, in which the microphone is turned off and limited play time is activated to help the person fall asleep. Zen Aqua (or other Zen tones) or Zen noise can be chosen, depending on the person's preference.

- a. Go to slot C and select the person's Zen preference
- b. Go to Settings and deselect Microphone
- c. Click on Limited play time and use the pull-down list to select the play time duration, based on the person's needs.



If the person needs more than three Zen programs

1. In general we recommend using the Zen+ option to make it easier for the person to associate a long push on the program button with activating their tinnitus program.
2. Some people with tinnitus may however need more than three Zen programs, especially in cases where the person suffers from a severe tinnitus reaction. Additional programs can be added in program 2 and program 3 of the hearing aid. You can also use these slots to select various combinations of microphone on or off, noise on or off, with and without different Zen styles.

When and how to use each option

Instruct the person with tinnitus to keep a Zen program turned on all day. Their default program should therefore be the first or second slot in Zen+.

The Zen tones should not interfere with speech perception, because the Sensogram establishes a default volume for the tones. The person should therefore be discouraged from making frequent changes to the volume of the programs.

Persons who do not initially like the Zen tones, or who feel that they interfere with their ability to concentrate or understand speech, should be instructed to turn the Zen on for a few hours a day (this can be divided into shorter intervals, but should never be less than 15 minutes at a time) for the first two weeks, on the understanding that if they still don't like it after two weeks, it will be turned off.

For most people with tinnitus, their tinnitus perception is most prevalent in quiet environments. They should therefore be advised to avoid silence as much as possible.



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