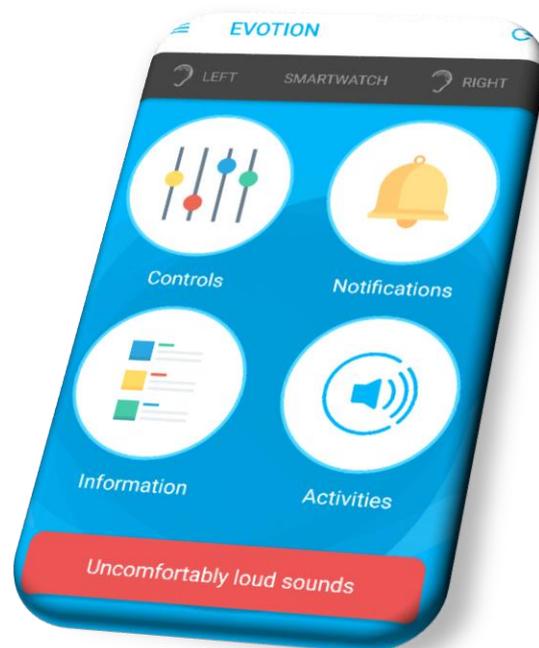


# QUICK GUIDE

## EVOTION APP INSTRUCTIONS

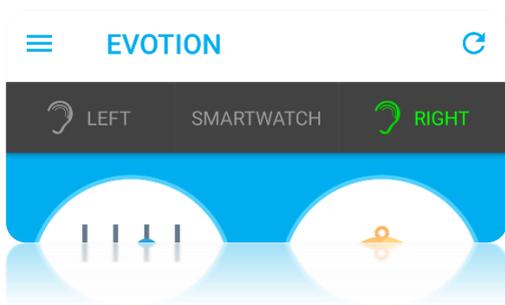
This is a quick guide on when and how we expect you to use the EVOTION mobile phone application for the purposes of the study. If you have any questions about how to navigate in the app, please refer to the '**Mobile Application User Manual**' that has been provided to you by the EVOTION team.



### **IMPORTANT**

**Keep your mobile phone with you at all times when wearing the hearing aids to guarantee connection between hearing aids and phone is not lost.**

Before you can use the app, you have to make sure your hearing aid(s) are connected.



If you are missing a connection with a hearing aid do the following:

- Switch batteries on the hearing aid
- Refresh connections (press the refresh button )

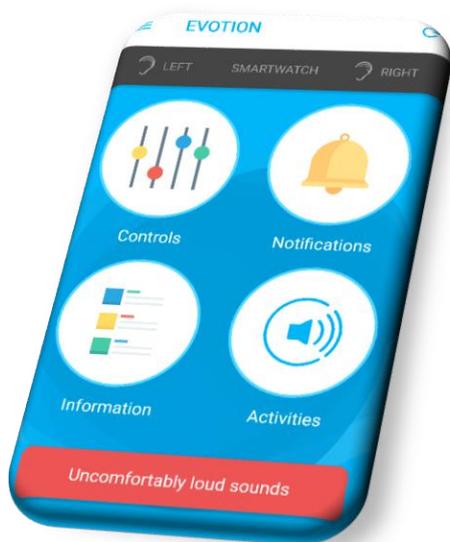
The ear(s) on top of the screen will turn green when you have a connection.

If you have two hearing aids, both ears should be green.

If you have one hearing aid the green ear in the EVOTION app should be the same as your hearing aid ear.

If this still doesn't help, go to the **EVOTION app manual**, the **Information button in the EVOTION app**, or **contact your EVOTION team**.

When you open the EVOTION app you start here



The functions of the EVOTION app are explained in the following.

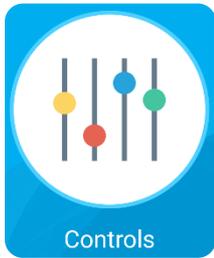
## UNCOMFORTABLY LOUD SOUNDS

### Uncomfortably loud sounds

If you are exposed to a sound that is uncomfortably loud to you, please press the button '*Uncomfortably loud sound*' in the app.

After pressing the button, you will be asked 2 questions that help us understand better **what happens to your hearing after your exposure to noise**. Depending on your answers to these questions, you may be prompted to do an Audiometry and/or a Speech in Babble test

## CONTROLS

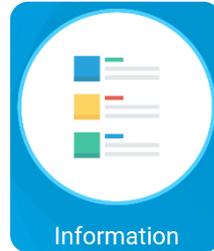


Controls

You can **change the program, the volume or mute/unmute** your hearing aids. You can use these controls as often and as much as you need. It is up to

you to choose whether you will control your hearing aids via the app or from the hearing aid itself.

## INFORMATION

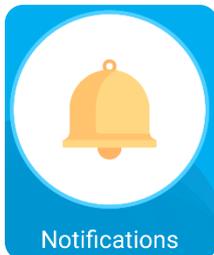


Information

Under **Information** you can watch **useful videos** on how to place, control, clean and maintain your hearing aid. You can watch these videos as

many times as you would like to.

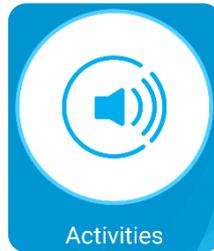
## NOTIFICATIONS



Notifications

Notifications from the EVOTION app are stored here.

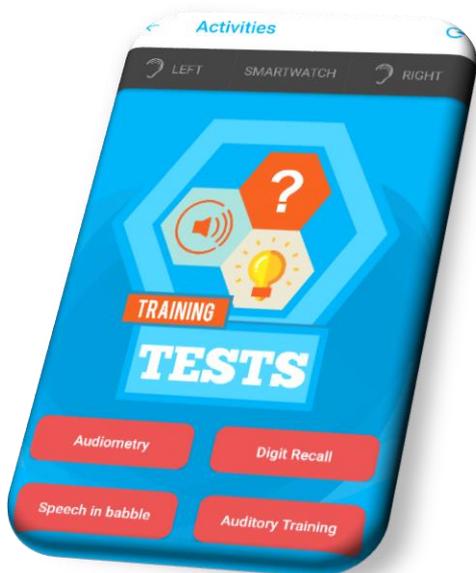
## ACTIVITIES



Activities

This is where all the tests and activities are stored. When and how you should complete the different activities are specified under each activity below.

When you have pressed the **ACTIVITIES** button, you will see this screen, from here you can choose the activity you wish to



Each **ACTIVITY** is explained in the following.

## AUDIOMETRY

### Audiometry

This test aims to measure the **effects of noise exposure** to your hearing. You will be prompted to do this test every time you manually report “Uncomfortably loud sounds” through the app. You are free to do this test any other time you wish.

## DIGIT RECALL

### Digit Recall

The Digit recall test measures your **attention and memory**. You need to complete this test twice. You will get a **notification** on your phone both times reminding you to do the test. After your follow-up appointment at the clinic you will be able to do the test as often and as much as you wish to.

## SPEECH IN BABBLE

### Speech in babble

The Speech in Babble test measures your ability to **recognise words in background noise**. You need to complete this test twice. You will get a **notification** on your phone both times reminding you to do the test. After your follow-up appointment at the clinic you will be able to do the test as often and as much as you wish to.

## AUDITORY TRAINING

### Auditory Training

Auditory training helps you **practice your ability to understand words and sentences in background noise**. We would like you to do auditory training for **30 minutes per day, at least 3 days a week and for a period of 5 weeks** starting from the time you receive the mobile phone. You will get regular notifications on your phone to help you remember. After the 5 weeks you will be free to do auditory training as often and as much as you wish.

**For video tutorials please visit this website:**