



# CI use at work for optimal hearing

### **Optimise your hearing**

Ensure that you attend all mapping appointments as advised by your audiologist to ensure that you are hearing optimally at all times. Contact your audiologist immediately if you notice any changes to your hearing or if the sound quality on your processor deteriorates.



### **Programmes on your processor**

Request different programmes from your audiologist for the different listening environments you find yourself in. Change to a suitable program on your Nucleus Sound Processor using the push button on the processor or using your Nucleus Smart App or compatible remote control or remote assistant.

### **Optimise acoustics in your work environment**

Consider your room acoustics and introduce some soft furnishings into the space, as, hard surfaces can create reverberation and distort sound quality. You may want to add a rug/ carpet to a room that has tiles or wooden flooring to absorb sound and reduce reverberation and if you have large windows, consider adding curtains to improve the room acoustics.

Good lighting is essential to easy communication: Use your vision to help compensate for the hearing loss by ensuring that your workspace has good lighting. This will be particularly helpful during video calls or meetings.







**Advise colleagues and customers of your hearing loss and educate them on conversational strategies**

Let your colleagues and customers know you have hearing loss and the types of situations that are challenging for you. Such as, hands-free calls or when people are talking simultaneously. People can be very accommodating, provided they are aware of your challenges. Do not be afraid to educate conversational partners on strategies that will make listening easier for you. Request that they speak slowly and clearly, and if they are taking the call in an environment with a lot of background noise, ask to reschedule the call at a time where they may be in a quieter setting.



**Preparing for meetings:  
Request a meeting agenda**

Ask for an agenda from the meeting organiser. While this is generally good business practice, it helps you to prepare background information on the topics to be discussed and provides some guidance on what might be said during the meeting. TIP: Before your meeting, reach out to the meeting organiser and ask if they can share any presentation materials. This will allow you to review the information in advance and allow you to better anticipate what may be discussed.

## Directly connect your sound processor to your laptop

You can use your Cochlear True Wireless™ accessories to directly stream audio and media from your computer to your sound processor. Not only can this help you with video conferencing, meetings and online calls, but also alert you to instant messenger or email notifications.



**Mini Mic 2+:** Ensure that your Nucleus Sound Processor is paired correctly. Then insert the 2.5 mm accessory cable that comes with your Mini Mic 2+ into the headphone socket of your computer and connect the other end to the Mini Mic 2+.

**Phone Clip:** Ensure that your Nucleus Sound Processor is paired correctly and that the Bluetooth® functionality on your computer is enabled. On your computer, search for Bluetooth devices that are available and select “Hearing Aid Phone” from the list of Bluetooth devices

Please note that the Cochlear True Wireless™ accessories are only compatible with the C900 series (CP910, CP920, CP950) and CP1000 series (CP1000, CP1001, CP1002, CP1150) sound processors.

