

PROGRAMMING ZEN FOR WIDEX ZEN THERAPY

INTRODUCTION

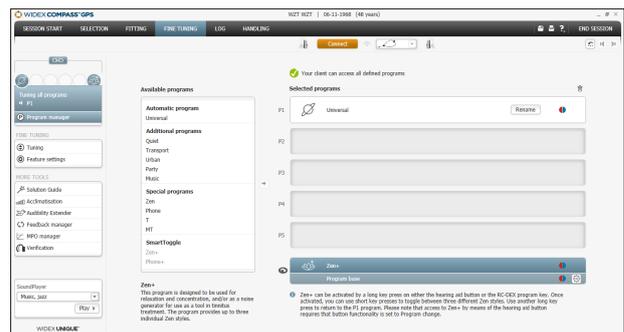
This quick fitting guide explains how to program the Zen+ program in COMPASS GPS, for both a basic ZEN fitting and an advanced ZEN fitting. This step-by-step guide is according to what is recommended in the the Widex Zen Therapy tinnitus management protocol.

BASIC WIDEX ZEN THERAPY FITTING

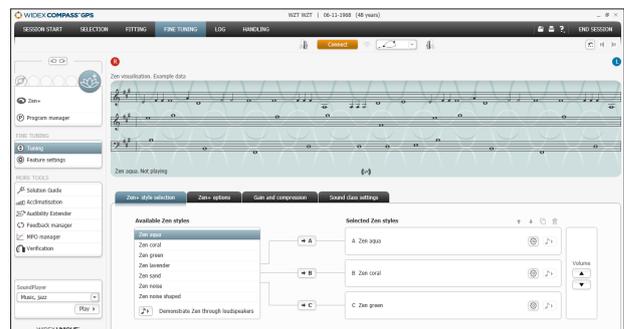
When fitting the Zen programs for tinnitus patients, it is recommended that you start out by doing a basic fitting, as this will fulfill the needs of most people with tinnitus.

STEPS FOR THE BASIC FITTING

1. After you have completed the Feedback test and the Sensogram, toggle to the Fine Tuning screen and select **Program Manager**.
2. In Available Programs, under **Smart Toggle** select the Zen+ program. Activate the program it by either double-clicking on Zen+, or by highlighting Zen+ and clicking on small arrow between **Available programs** and **Selected programs**.



3. To program the Zen+ program, double click on **Zen+** under the Selected programs list. This will enable access the Zen+ **Tuning window**.



4. Under the **Zen+ styles selection** tab, you will see the various Zen tone options.

- For slot A: The default selection is Zen aqua and it should be left in Slot A



- For slot B: Select Zen aqua option and click on the B arrow to add it to Slot B. Click on the Settings icon to launch the Zen settings window and select “Noise”.



- For slot C: Select the Zen Noise option click on the C arrow to add it to slot C.



5. If the program button is set up for program changing functionality, the hearing aid user will be able to access the Zen+ program by making a long key press. If they have a remote control, they will also be able to access Zen+ with a long key press on the 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.

NOTE: The default setting of the volume control in Zen+ permits independent adjustments of the Zen tones and noise, independently of the amplification.

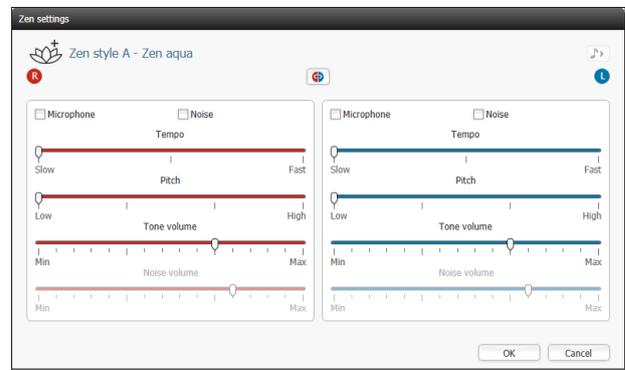
NO AMPLIFICATION

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

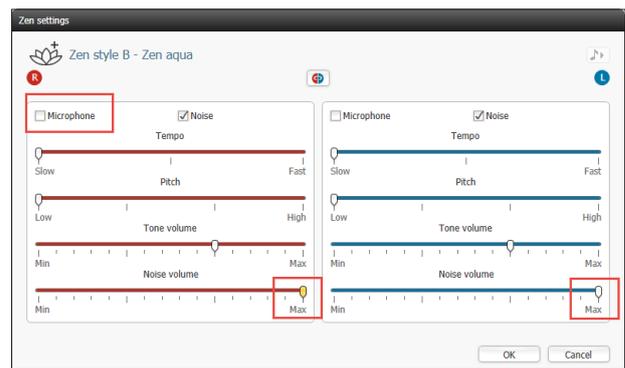
1. Enter Sensogram values for a 10-15 dB flat hearing loss.



2. Click on **Program manager** and double click on the **Zen+** option under **Smart toggle**.
3. Double click on the **Zen+** program to access the **Tuning** window.
4. For Slot A: Select Zen aqua, click on the **Settings** icon and deselect **Microphone**. Click OK.



5. For Slot B: Select Zen aqua, click on the **Settings** icon and deselect **Microphone**. Next, select **Noise** and turn it up to the highest level. Click OK.



6. For Slot C: Select **Noise** and click on the Settings icon. Next, turn the noise volume slider up to the highest level. Deselect **Microphone**.



VERIFICATION

When the fitting is complete, it is important to 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 to decrease the tinnitus awareness

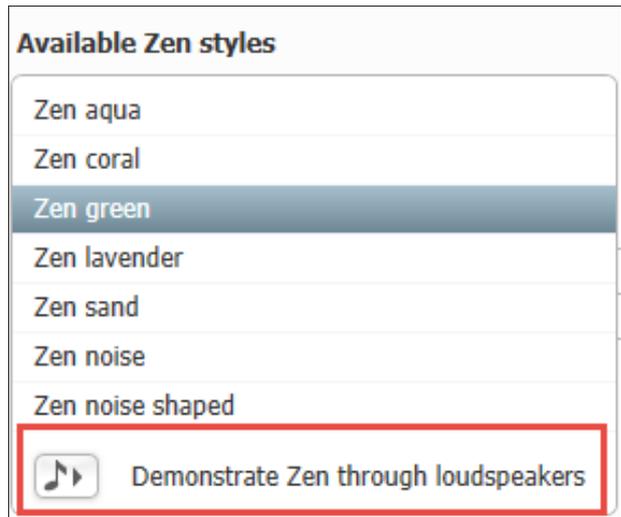
The greatest success with people with tinnitus will often be attained when the hearing care professional exercises flexibility in order to fit the individual person's needs. For example, some people will have a clear preference for a different tempo or pitch, which can easily be adjusted under the Zen+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

ADVANCED FITTING

Some people may need individual changes in their Zen+ program setup. 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 a Zen style, and choose "Demonstrate Zen through loudspeakers". Let the person listen to the five different default Zen styles for approximately 30 seconds each.



2. It is also possible to demonstrate the Zen styles via the hearing aids, if they are connected to COMPASS GPS. Note that you will have to add the Zen tone to a specific Slot to do so.



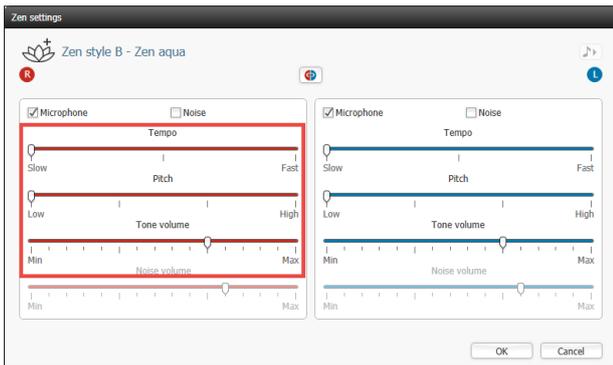
3. Ask the person to choose the style that they find most relaxing, and which produces the least tinnitus awareness. The criterion is NOT which style has the best sound or most pleasant rhythm (because we don't want the person to actively listen to the sound in daily life). To help the person choose,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

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		

4. Select the tone which is most relaxing and produces the least tinnitus awareness, and add in slot A. Next, add the same sound, plus noise, in slot B.

5. Zen styles can be further individualized by adjusting the tempo, pitch and volume.

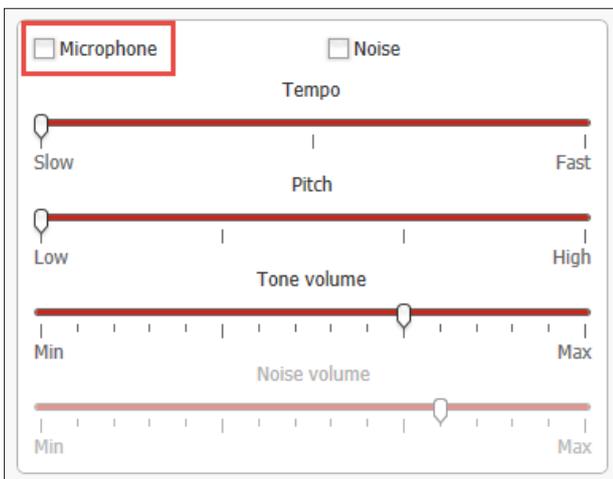
- Go to Settings and adjust tempo and pitch until you match the person’s preferences. Use the play button and let the person listen to the adjusted Zen style for at least 10 seconds.



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.

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

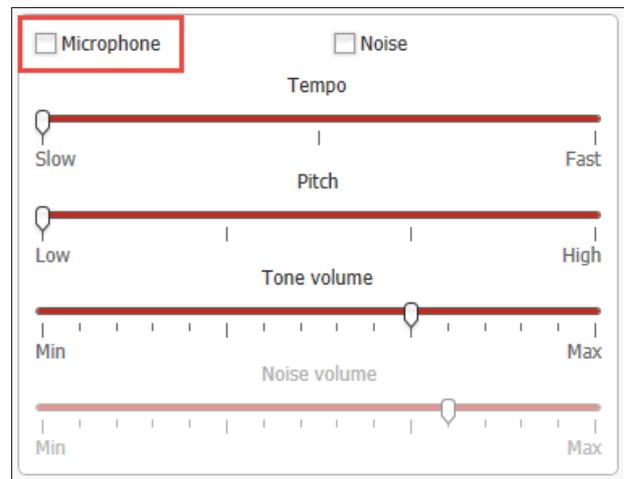


If the person needs a sleep program

Generally, it is not recommended to sleep while wearing hearing aids, 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.

- Select the Slot C, click on the settings and deselect **Microphone**.



- Go to the Zen+ options, click on Limited play time and use the pull-down list to select the play time duration, based on the person’s needs.



NOTE: Under the Zen+ options, it is also possible to configure the **Preference Control** for the Zen+ program

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.