

# ReSound Relief App

## IF YOU SUFFER FROM TINNITUS, YOU SHOULD KNOW...

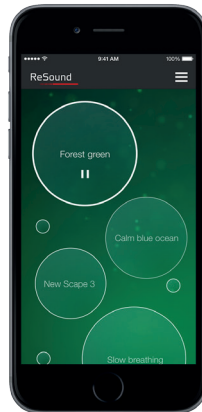
There is no cure for tinnitus, but sound therapy (combined with a counseling program) has been known to help people manage their tinnitus and live a better life.

The ReSound Relief™ app uses a combination of sound therapy and relaxing exercises that aim to distract your brain from focusing on the tinnitus. Over time the brain learns to focus less on the tinnitus, and more on sounds that are important to you.

The app lets you manage your personal library of sound therapy files. It will also track your usage, so you can see which sounds work best for you, and it contains some secondary stimuli like colors and audio exercises to help keep your mind occupied.

Use the app when your tinnitus feels overwhelming, or when you simply want to introduce background sounds to help distract you from your tinnitus.

Anyone with tinnitus can benefit from this app. Just download it and listen to it as you normally listen to music from your smart phone. If you wear ReSound wireless hearing aids, you can stream the sounds from the ReSound Relief app directly through them, and the sound you stream will be adjusted to compensate for your hearing loss.



# If you have an Apple device

## STEP 1: MAKE SURE YOUR APPLE DEVICE IS COMPATIBLE

1. The app supports iPhone 6 Plus, iPhone 6, iPhone 5c, iPhone 5s and iPhone 5. You can also download the app on some iPad or iPod touch devices.

## STEP 2: MAKE SURE YOUR APPLE DEVICE IS UPDATED TO IOS 7.03 OR LATER

Check the iOS software on your Apple device to ensure the latest version is installed. Tap Settings > General > Software Update

1. If a software update is available, tap Install. (Note: You must be connected to Wi-Fi to update iOS)

## STEP 3: DOWNLOAD THE RESOUND RELIEF APP

1. Tap the App Store icon. Select “iPhone only” setting. (Note: you will still be able to download to an iPad or iPod touch. This setting is only to make it easier to locate the ReSound Relief app.)
2. Type “ReSound Relief” in the search field.
3. Once the Resound Relief app screen is displayed, tap “Free” (it will then change to “Install”).
4. Tap “Install” to load the app on your device. (Note: although this is a free app, you will be prompted to sign into your iTunes account.)
5. Type your Apple ID and password to complete the download process.

#### STEP 4: (IF YOU ARE USING RESOUND HEARING AIDS)

*Be sure you are using compatible hearing aids and Apple devices.  
[www.resound.com/mfisupport](http://www.resound.com/mfisupport)*

The following ReSound hearing aids receive streamed sounds from the ReSound Relief app directly from an iPhone, iPad or iPod touch without an intermediate device:

**ReSound Linx<sup>2</sup>, ReSound LINX TS<sup>™</sup>, ReSound LiNX<sup>™</sup>, ReSound ENZO<sup>™</sup>**

The following ReSound wireless hearing aids receive streamed sounds from the ReSound Relief app via the ReSound Unite Phone Clip+ or Mini Microphone:

**ReSound Verso TS<sup>™</sup>, ReSound Verso<sup>™</sup>, ReSound Alera<sup>™</sup>, ReSound Alera TS<sup>™</sup>**



# If you have an **Android device**

## **STEP 1: MAKE SURE YOUR ANDROID DEVICE IS COMPATIBLE**

All Android devices running Android 4.1 or later are compatible.

## **STEP 2: DOWNLOAD THE RESOUND RELIEF APP**

1. Tap the Google Play icon on your screen.
2. In the search field, type “ReSound Relief.”
3. Once the ReSound Relief app screen is displayed, tap “Install.”

## **STEP 3: (IF YOU ARE USING RESOUND HEARING AIDS)**

*Be sure you are using compatible hearing aids. [www.resound.com/mfisupport](http://www.resound.com/mfisupport)*

The following ReSound hearing aids receive streamed sounds from the ReSound Relief app via the ReSound Unite™ Phone Clip+ or Mini Microphone:

**ReSound LiNX<sup>2</sup>, ReSound LiNX TS, ReSound LiNX, ReSound ENZO, ReSound Verso TS,  
ReSound Verso, ReSound Alera, ReSound Alera TS**

## SoundScapes



Access menu

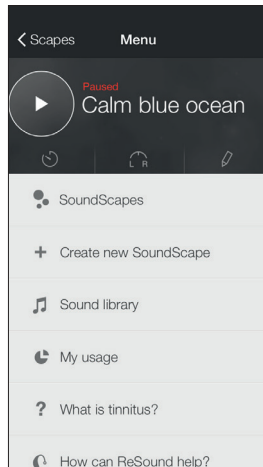
Tap a large bubble to play/pause sounds. The size and placement of bubble depend on frequency of usage.



Tap a smaller bubble to pop it

Background color will change according to sound being played

## Menu



Tap to play/pause sounds



Edit sound scape

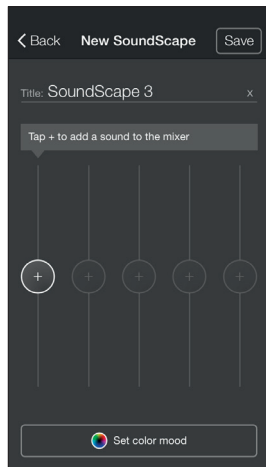


Set timer to stop playing at certain time



Set sound balance left/right

## New SoundScapes



Edit name of soundscape



Tap button to add sound from sound library

Layer up to five different sounds



Access color settings

## Color mood



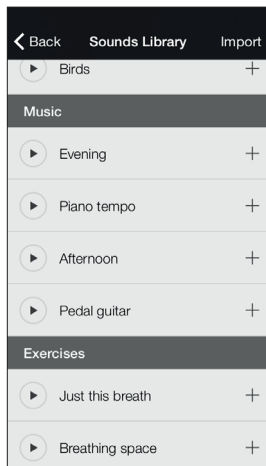
Move selector to desired color

Background color adjusts



Access pre-defined color schemes

## Sound library



Import own sounds



Search sound library



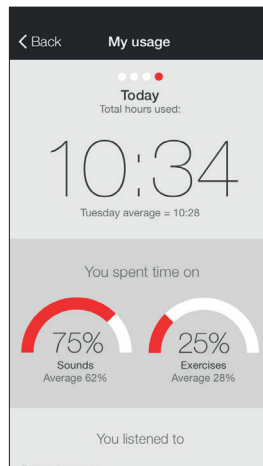
Play/pause

Relaxing audio exercises



Tap to add to soundscape screen

## My usage



Swipe to see yesterday, last week and last month

Time spent in app



Information about how the app is being used

## Helpful tips

The screenshot shows a mobile app interface with a dark header containing a back arrow and the text 'Helpful tips'. The main content area is light gray and contains the following text:

**Tinnitus 101**  
There are many different types of tinnitus. Tinnitus can vary in the way it sounds, its severity, as well as its annoyance. It is most commonly referred to as "ringing in the ears".

The sound can last for a few moments or several hours, or it can be constant without relief - even while you sleep.

**You are not alone**

50 mio  
Americans suffer from tinnitus

At the bottom, there is a row of five stylized human icons, with the first one on the left colored red and the others in gray.

Learn basic information about tinnitus

## ReSound

The screenshot shows a mobile app interface with a dark header containing a back arrow and the text 'How ReSound help'. The main content area is light gray and contains the following text:

**Defining your goal**  
As there is no known cure for tinnitus, any expectation of completely eliminating the tinnitus is most likely unrealistic. However most treatment plans agree that habituating to the tinnitus is the ultimate goal.

**Managing your tinnitus**  
One of the more well-known treatments is Sound Therapy. It involves the introduction of sound to help reduce the contrast of the tinnitus to the background environment and is most effective when combined with counseling and a treatment plan.

By itself, tinnitus is

At the bottom, there is a dark rectangular area with a single lit candle in the center, casting a soft glow.

Learn basic skills to manage your tinnitus



ReSound helps people rediscover hearing with hearing solutions that emulate the function of the natural ear. Our aim is to give you the opportunity to live a rich, active and fulfilling life unaffected by hearing loss.

For more information and support for the visit

[www.resound.com](http://www.resound.com)

### **Use with mobile device apps**

We strongly recommend that you do not disable app update notifications and that you install all updates to make sure your app always works correctly and is kept up to date. The app is only intended for use with GN ReSound devices. GN ReSound take no responsibility if the app is used with other devices.

### **Intended use of smart phone apps**

GN ReSound mobile device apps are intended to be used with GN ReSound wireless hearing aids. GN ReSound mobile device apps send and receive signals from the GN ReSound wireless hearing aids via mobile devices for which the apps have been developed. Please also familiarize yourself with the hearing aid user guide before using GN ReSound mobile device apps.

#### **RESOUND NORTH AMERICA**

8001 Bloomington Freeway  
Bloomington, MN 55420  
1-888-735-4327  
[resound.com](http://resound.com)

#### **RESOUND CANADA**

303 Supertest Road  
Toronto, Ontario M3J 2m4  
1-888-737-6863  
[resound.com](http://resound.com)

#### **RESOUND GOVERNMENT SERVICES**

8001 Bloomington Freeway  
Bloomington, MN 55420  
1-800-392-9932  
[resound.com](http://resound.com)

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# ReSound



rediscover hearing

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