



Why We Can Hear But Don't Understand.

Learn more about why your ability to process and understand speech is struggling.

Have you ever wondered why it is that you can hear but that you can't understand? Or, maybe it sounds like everyone is mumbling and they don't speak clearly? Many people with mild to moderate hearing loss have more difficulty hearing the high-pitched consonant sounds (such as d, t, sh, s, f, th) compared to the lower-pitched vowel sounds (such as o, a, ah, i, e).

This Problem is Common, Hearing Aids Can Help.

The high-pitched sounds carry the meaning of words, so they help us understand speech. As a result of high frequency hearing loss, conversation may sound loud enough but less clear, and it may sound like people are mumbling. This problem is very common in people with hearing loss. Most hearing loss occurs in the high frequencies. We can predict many words, but we can have trouble guessing words when we don't know the topic of conversation. One letter in a word can change everything. For example: "Bring me my hat" is very different from "Bring me my cat." Many people with hearing loss have trouble like this. Treating hearing loss early helps the brain maintain speech understanding, resulting in a better outcome. Hearing aids can help.

If you are not sure if you have hearing loss, it is important to have your hearing tested because the better your hearing, the better your quality of life can be. An online hearing test can tell you how well you or your family member are hearing and whether you should schedule an in-person hearing test with a local hearing provider. To take the test right from the comfort of home, just visit UHChearing.com/hearingtest. The good news: over 90% of people with hearing loss can benefit tremendously from the use of hearing aids.

Questions?

Call UnitedHealthcare Hearing at **1-855-523-9355, TTY 711**, Monday through Friday, 8 a.m. to 8 p.m. CT. Or, take a hearing test from the comfort of your home, just visit UHChearing.com/hearingtest.

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