

Hearing Lifestyle Quiz

Please circle the response which best describes your listening and lifestyle needs

Determining Listening and Lifestyle Needs	Seldom	Occasionally	Often
1. I am actively working and need to communicate with many people throughout the day.	1	2	3
2. I spend time at loud activities like sporting events or concerts where I need to hear in the presence of a great deal of background noise.	1	2	3
3. I attend large parties or go to busy restaurants.	1	2	3
4. I go shopping or spend time in public places where being able to communicate is important.	1	2	3
5. I am involved in religious gatherings where I need to be able to hear.	1	2	3
6. I attend work or social meetings where I need to be able to communicate.	1	2	3
7. I need to hear in quiet restaurants.	1	2	3
8. I need to be able to communicate in small group settings.	1	2	3
9. I need to be able to hear in one-on-one settings.	1	2	3
10. I spend quite a bit of time involved in quiet home activities.	1	2	3
Total Score _____ =	__ + __ + __		

Level 3 (Best)

Total Score =
23 to 30

Best for active individuals who are frequently in noise and other complex listening situations. Highest Performance for clarity and noisy environments.

Level 2 (Better)

Total Score =
16 to 22

Best for moderately active people who are often in noise and looking for benefits in a more narrow range of listening activities.

Level 1 (Good)

Total Score =
10 to 15

Best for less active individuals who are rarely in noisy situations and who mainly need to function in quiet.