LEARNING OBJECTIVES

After this course learners will be able to explain how to fit Zen in Compass 2.4.

After this course learners will be able to explain how to choose an appropriate hearing aid/level of technology for their tinnitus patients.

After this course learners will be able to describe how the Beyond and Zen app can help their patients.
GOALS FOR TODAY
- Basics of Programming Zen
- When to Fine Tune
- Fine Tuning Techniques
- Zen app
- Using Zen with Beyond A
- Case Study
- Q & A

EACH TINNITUS PATIENT IS UNIQUE

Widex offers five unique and infinitely flexible Zen Styles plus Zen noise
- Aqua
- Coral
- Green
- Lavender
- Sand
- Zen Noise

For the majority of patients, Aqua will be the best choice based on patient ratings for:
- Relaxation
- Effectiveness for reducing the annoyance from tinnitus

Aqua is the default setting but some patients will benefit from changing styles or making other adjustments within the Zen programs.
Combinations of Zen tones, Zen noise and Amplification are simple to program.
ZEN TONES, KEY POINTS

- Fractal tones follow the principles of music that are associated with relaxation, but unlike actual music, the patterns never repeat.

- **Presentation levels:**
  - Based on patient’s Sensogram
  - Adaptive (treated as a soft input)
  - Most noticeable in quiet environments
  - Less noticeable in moderate to high level environments

- Promotes relaxation
- Promotes habituation through passive listening
- InterEar (or stereo) Zen is Standard in all 440, 330, 220 products.
- 110 comes standard with a non-InterEar (mono) version of Zen.

ZEN NOISE, KEY POINTS

Zen noise: White noise modified by Sensogram and ear canal acoustics
- Can be presented in any combination
  - With or without Zen Tones
  - With or without amplification (master program)
  - Zen noise & Zen tones & amplification

Zen noise shaped
- Frequency response from 90 – 10,000Hz is controlled by HHP
- High pass, low pass or narrow notch filter responses
- Automatic loudness equalization when frequency bandwidth is changed
ZEN AVAILABILITY: BEYOND

- Available in all levels of technology
  - 440, 330 and 220
- IDR 108dB in all levels of technology
- Tri Link Technology for
  - Pure link (2.4 GHZ)
  - WidexLink (wireless communication between ears and accessories)
  - T-Coil
- Beyond app
- Zen app with direct streaming

ZEN AVAILABILITY: UNIQUE

- All levels of technology
  - 440, 330, 220, 110
- All models
  - RIC, BTE and Custom
- IDR= 108 dB in all levels of technology
- WidexLink
- Streaming from Zen app via Dex Accessories
PROGRAMMING ZEN

COMPASS

COMPASS GPS SUMMARY:
FLEXIBILITY IN PROGRAMMING

2 ZEN Programs - available
- Mics on/off
- Noise on/off

Modification Options
- Tempo: Slower = Calmer, Faster = Active
- Pitch: Low = Soothing, High = Alerting
- Volume: Softer to Louder

ZEN+ = 3 additional ZEN Programs
- Timer
- Frequency Shaped Noise
- Independent Volume Adjustment of ZEN
ZEN PROGRAMMING

• Program 1: Zen Aqua with Microphones ON

• Program 2: Zen Aqua with Microphones and Noise ON

• Universal

ZEN+ PROGRAMMING

• Zen A: Aqua & Microphone

• Zen B: Aqua & Microphone & Noise

• Zen C: Microphone & Noise
VERIFYING ZEN

1. Zen tones should be audible, but relatively soft
2. Zen tones should not interfere with conversational speech
3. Zen tone volume is sufficient to just begin to decrease annoyance level of tinnitus

ZEN FOR NORMAL HEARING

Binaural Zen recommended

Set Sensogram to a flat 15 or 20dB response, regardless of thresholds

Uncheck “microphone” in all Zen Settings
TINNITUS SHIFTS TO OPPOSITE EAR

Binaural Fitting Considerations

- Monaural only appropriate when there is a dead ear.
- No matter where tinnitus originates, it almost always becomes a central nervous system issue.

WHEN TO FINE TUNE ZEN PROGRAMS

Initial fitting
- Zen volume
- Turn mic off for relaxation or sleep
- Focus should be more on counseling than fine tuning

Follow up visit
- Based on patient reports & datalog
- Remove or add Zen programs
- Add relaxation program
- Change Zen style
- Turn Microphone “on” or “off”
- Add Noise
- Change pitch or tempo Change bandwidth of noise
ZEN AND WIDEX APPS

BEYOND APP

- Available with both iPhone and Droid
- Allows gain adjustments between Zen and Mics
- Patients can add personal programs
ADDING A PROGRAM

WIDEX ZEN APP
SOUNDS FOR RELAXATION

ADJUSTMENTS
SLEEP TIMER

RELAXATION
RELAXATION

SLEEP
LEARN

FIND A PROFESSIONAL

If you think you have tinnitus, it is important to consult a hearing care professional. Find a hearing care professional near you, where you can make an appointment for consultation.
TAKE HOME POINTS

- Keep programming easy and light
- Minimize fine tuning of Zen at initial fit
- Beyond App can help the patient fine tune for themselves
- Zen App promotes relaxation and stress reduction
- All Widex hearing aids offer low kneepoints and extended bandwidth which are idea for patients that suffer from tinnitus
- Offering Zen can set you apart

WIDEX BEYOND
LIFE WITHOUT LIMITS

MORE INFORMATION:
www.WIDEX.pro/LEARN
www.widexpro.com
- Dispenser eLearning
- App eLearning
- Two articles in Hearing Review

Aoinquiry@widex.com