



Enjoy personalized  
hearing healthcare  
with myPhonak app

**PHONAK**  
life is on

A Sonova brand

# Introducing myPhonak

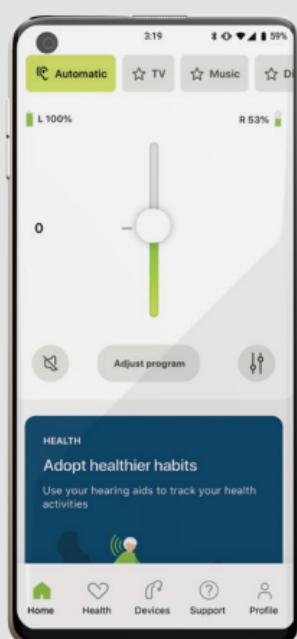
The myPhonak app has been designed by Phonak experts as a healthy living companion to support your hearing aid use and unleash the wonder within.

The app allows you to access enhanced hearing controls and personalization options, remote hearing healthcare support, and health tracking to boost your overall mental and physical well-being<sup>1</sup>.

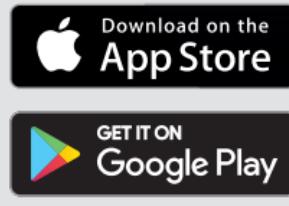
## Getting started is easy

myPhonak can be downloaded through the [Apple App Store](#) or the [Google Play Store](#). To access and save your health data, you'll need to create an account within the app.

We've made sure that every step of using myPhonak is easy to understand, with guided tours to show you how to use the app and get the most out of it.



The step-by-step guide makes it easy to connect compatible hearing aids to myPhonak, so you can enjoy a personalized hearing experience in just a few minutes.



# On-the-go health tracking & hearing support

## Remote Support

Convenient virtual appointments allow you to receive hearing aid adjustments from your hearing care professional from the comfort of your own home.

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## Easy customization

Take complete control of your hearing experience. Create personalized hearing profiles for different settings, so you never miss a moment.

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## Remote Control

The Remote Control feature allows you to quickly and easily adjust the volume, switch between sound profiles and boost speech for easy conversation.

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## Health tracking

myPhonak can be used to track your heart rate, steps, and activity levels. Regular exercise can help to improve your overall fitness and mental well-being<sup>1</sup>.

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## Goal setting

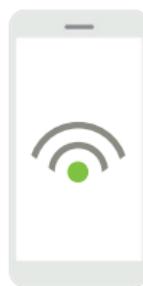
myPhonak offers optional goal setting to encourage you to be more active. Setting goals can motivate you to improve your health habits and lifestyle<sup>2</sup>.

<sup>1</sup> Regular exercise enhances both mental and physical wellbeing – WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020. Licence: CC BY-NC-SA 3.0 IGO.

<sup>2</sup> Vercammen, C., Ferguson, M., Kramer, S.E., et al. (2020)

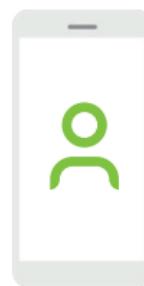
# myPhonak features

Please note that not all functions are supported by all hearing aid models. See the following table of supported features by model.



## Remote Control

Adjust advanced hearing aid settings directly from the app.



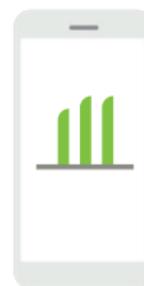
## Remote Support

Access convenient hearing aid support from anywhere.



## Steps

Track how many steps you take each day. Healthy adults take between 4,000 and 18,000 steps per day<sup>2</sup>.



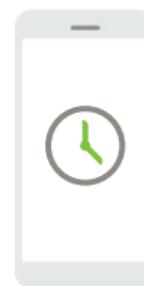
## Activity levels

Track periods of no, low, medium and high-intensity activity. Regular physical activity lowers resting heart rate<sup>5</sup>.



## Heart rate

Track your heart rate throughout the day. Typically, a lower resting heart rate is associated with better health over the long-term<sup>1</sup>.



## Wearing time

Track how long you've been wearing your hearing aids. Wearing your hearing aid regularly can improve your mood and overall well-being<sup>4</sup>.

<sup>1</sup> In order to access live Steps in the Health section, compatible Paradise Audéo R and Audéo RT wearers need to update to the latest firmware version.

<sup>2</sup> Tudor-Locke C, Hatano Y, Pangrazi RP et al (2008). Revisiting 'how many steps are enough?'. *Med Sci Sports Exerc*; 40(7 Suppl):S537–43.

<sup>3</sup> Friedman D (2019). Prescribing physical activity: the written prescription. Brukner P, Khan K. Brukner P, & Khan K(Eds.),Eds. Peter Brukner, and Karim Khan. *Brukner & Khan's Clinical Sports Medicine: The Medicine of Exercise*, Volume 2, 5e. McGraw-Hill.

<sup>4</sup> Vercammen, C., Ferguson, M., Kramer, S. E., Meis, M., Singh, G., Timmer, B., ... & Pelosi, A. (2020). Well-Hearing Is Well-Being. *Hearing Review*, 27(3), 18-22.



#### Distance walked and ran

Track how far you have walked and run.

10,000 steps has become the universally accepted benchmark for daily physical activity<sup>5</sup>.



#### Optional goal setting

Set and track goals within the app.

Setting goals can motivate you to improve your health habits and lifestyle<sup>6</sup>.

<sup>5</sup> Lister, S., Hofland, J., & Grafton, H. (Eds.). (2020). The Royal Marsden manual of clinical nursing procedures. John Wiley & Sons.

<sup>6</sup> Buyl, R., Beogo, I., Fobelets, M., Deletroz, C., van Landuyt, P., Dequanter, S., Gorus, E., Bourbonnais, A., Bourbonnais, A., Giguère, A., Giguère, A., Giguère, A., Lechasseur, K., Gagnon, M. P., Gagnon, M. P., & Gagnon, M. P. (2020). E-Health interventions for healthy aging: A systematic review. *Systematic Reviews*, 9(1), 1–16. Committee.

# Supported features by model

Phonak  
Audéo Fit™

Heart rate



Distance walked and ran



Steps



Activity levels



Optional goal setting



Remote Support



Remote Control



Wearing time



\* In order to access live Steps in the Health section, compatible Paradise Audéo R and Audéo RT wearers need to update to the latest firmware version.

\* Only Virto-312

Paradise  
Rechargeable

Paradise non  
rechargeable  
/ Marvel®



# Find out more

Scan the QR code to download myPhonak and find out more about how the app supports your hearing journeys.



## life is on

At Phonak, we believe that hearing well is essential to living life to the fullest. For more than 70 years, we have remained true to our mission by developing pioneering hearing solutions that change people's lives and help them to thrive socially and emotionally. Life is on.

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



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