### Hearing Health Quick Test

1. Do you find it difficult to follow a conversation in a noisy restaurant or crowded room?
   - Yes
   - No
   - Sometimes

2. Do you sometimes feel that people are mumbling or not speaking clearly?
   - Yes
   - No
   - Sometimes

3. Do you experience difficulty following dialog in the theater?
   - Yes
   - No
   - Sometimes

4. Do you sometimes find it difficult to understand a speaker at a public meeting or a religious service?
   - Yes
   - No
   - Sometimes

5. Do you find yourself asking people to speak up or repeat themselves?
   - Yes
   - No
   - Sometimes

6. Do you find men’s voices easier to understand than women’s?
   - Yes
   - No
   - Sometimes

7. Do you experience difficulty understanding soft or whispered speech?
   - Yes
   - No
   - Sometimes

8. Do you have difficulty understanding speech on the telephone?
   - Yes
   - No
   - Sometimes

9. Does a hearing problem cause you to feel embarrassed when meeting new people?
   - Yes
   - No
   - Sometimes

10. Do you feel handicapped by a hearing problem?
    - Yes
    - No
    - Sometimes

11. Does a hearing problem cause you to visit friends, relatives, or neighbors less often than you would like?
    - Yes
    - No
    - Sometimes

12. Do you experience ringing or noises in your ears?
    - Yes
    - No
    - Sometimes

13. Do you hear better with one ear than the other?
    - Yes
    - No
    - Sometimes

14. Have you had any significant noise exposure during work, recreation, or military service?
    - Yes
    - No

15. Have any of your relatives (by birth) had a hearing loss?
    - Yes
    - No

### Scoring

- 2 points for Yes
- 1 point for Sometimes
- 0 points for No

**Scores of 3 or more:** May mean that you have a hearing problem. **Scores of 6 or more:** Strongly suggest that a hearing check is warranted.

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Think you may have a hearing loss? Click on the “Find an Audiologist” link of the Web site to locate and set up an appointment with an audiologist in your area to get your hearing tested.