

# Health and Wellness



Beyond hearing health: Hearing aids designed for improved well-being and easier everyday living

## How it helps

Research shows that better hearing is closely linked to overall health, and that awareness is the first step toward protecting and improving well-being<sup>1</sup>. Starkey's hearing aids combine improved hearing with innovative health and wellness monitoring, allowing patients access to a variety of lifestyle features that go beyond just hearing health. Patients can personalize goals and select features that best align with their individual wellness needs.

These features provide powerful tools to support your patients beyond better hearing. All health and wellness features are accessible through the patient's My Starkey app.

## Where to find it

Omega AI & Edge AI		
<b>24</b>	<b>20</b>	<b>16</b>
Feature availability will vary by product line and tech tier		

Health and Wellness Feature Options	
<b>Respiratory Rate*</b> <span style="background-color: #0070C0; color: white; padding: 2px;">NEW</span>	Displays respiratory rate in standard breaths per minute (BPM). Measurement is collected when the patient has been still for 3 minutes.
<b>Balance Builder*</b> <span style="background-color: #0070C0; color: white; padding: 2px;">NEW</span>	Exercises designed to help work on different elements of balance to prevent falls before they happen.
<b>Balance Assessment</b>	A self-guided screening for fall risk that evaluates the patient's balance, gait, and strength.
<b>Fall Alert</b>	Notifies a caregiver, family member, or close friend when a fall is detected, helping the patient feel secure and supported.
<b>Step Count</b>	Tracks step count throughout the day. Steps counted can be from walking, running, and other daily activities.
<b>Activity Tracking</b>	Patients can set goals and track activities such as walking, running, standing, biking and more.
<b>Reminders</b>	Streams reminders directly through the patient's hearing aids. Allowing the patient to keep track of important tasks, appointments and more.
<b>Hearing Report</b>	Provides a snapshot of the patient's hearing health, including information about hearing aid usage, time spent in conversation or streaming audio, and insights into noise levels and noise management features.
<b>Caregiver App</b>	Shares the patient's hearing aid usage, activity and safety information with a caregiver, family member or close friend, allowing for independence.

\*Omega AI Only

## Tell your patients



Your hearing aid is designed to not only improve your hearing, but also support your overall health and well-being.



1. Fabry, D., Bhowmik, A. (2021). Improving Speech Understanding and Monitoring Health with Hearing Aids Using Artificial Intelligence and Embedded Sensors. *Semin Hear*, 42(3), 295-308. Doi: 10.1005/s-0041-1735136. Starkey, Starkey logo, Omega, Balance Builder, and Starkey Edge are trademarks of Starkey Laboratories, Inc. ©2025 Starkey Laboratories, Inc. All Rights Reserved. 11/25 FLYR4396-01-EN-ST