# Phonak Target 6.2

## Tinnitus Balance Fitting Guide

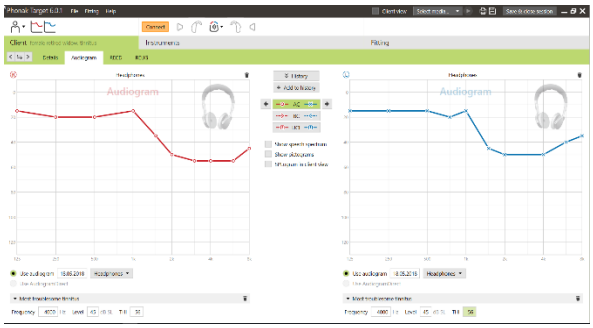
This guide contains details on using and/or fitting of Tinnitus Balance available in Phonak Target fitting software. The Tinnitus Balance noise generator is available in all four performance levels of Phonak hearing aids (excluding Sky pediatric products). The noise produced provides a means of sound enrichment that can be used as part of a recognized tinnitus management program, either in the context of masking or sound therapy.

The spectral characteristics of the noise generator can be adjusted to meet each client's specific needs. The default characteristics are calculated based on the client's audiogram; alternatively, white or pink noise can be selected. The noise generator can be incorporated into the automatic program or an additional manual program.

**For additional details on programming and fitting Phonak hearing aids, please refer to the Phonak Target Fitting Guide.**

### Audiogram

The gain level and shape of the generated noise will be pre-calculated individually for each ear based on the audiogram and gain/MPO characteristics of the hearing aid. For a more precise pre-calculation, you can also identify the patient's **[Most troublesome tinnitus]**.



Click on **[Client]** > **[Audiogram]** > **[Most troublesome tinnitus]** below the curve displays. Enter the frequency and level of the patient's most troublesome perceived tinnitus. The ranges for these values are 125-16,000 Hz and 0-45 dB SL.

When available, the Tinnitus Handicap Inventory questionnaire result can be entered in the **[THI]** field. This value is not used in pre-calculation.

## Global tuning

The noise generator can be enabled in **[Fitting]** > **[Global Tuning]** > **[Tinnitus balance]**. When enabled, the shape of the generated noise is shown in green.



➔ Please note that the curve display must be set to **[Output]**.

In the upper left hand corner of each display, an indicator shows the free field equivalent dB(A) level, which is enlarged when you hover over it with the mouse.

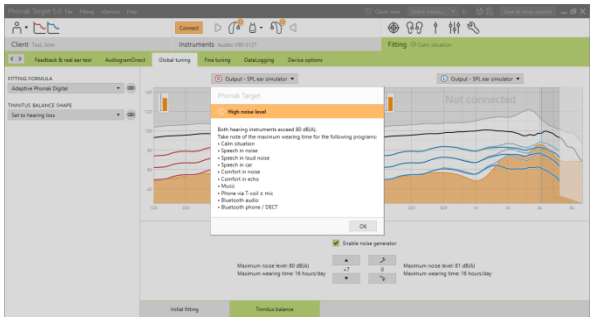
Below the graphs you can increase or decrease the noise level and also change the shape to more low- or high-frequency emphasis. The values of the maximum noise level are also shown for each hearing instrument.

Within the drop down menu **[Tinnitus balance shape]** the default **[Set to hearing loss]** can be changed to **[Set to white noise]** or **[Set to pink noise]**.

## High noise levels

The maximum output level of the Tinnitus Balance noise generator is limited to 85 dB(A).

In accordance to common noise exposure recommendations, a warning message will be shown when the noise generator level exceeds 80 dB(A). If this occurs, the recommended maximum wearing time per day will appear below the maximum noise level. Also, the color of the Tinnitus Balance noise generator shape will change from green to orange.



## Fine tuning

More detailed adjustments to the Tinnitus Balance noise generator can be found in **[Fine Tuning]** > **[Tinnitus Balance]**. Access to every channel of the chosen hearing instrument allows for a precise adjustment to the loudness and shape of the generated noise.



Changes to the noise generator within **[Automatic programs]** will be automatically applied to the other Automatic programs (i.e. noise is constant across all automatic programs).

The majority of tinnitus patients will utilize amplification and the noise generator in all situations therefore if enabled the noise generator is on by default for Automatic programs and all subsequent added manual programs.

**[Additional programs]** can be added for specific use cases.

- **Program customization: gain and noise generator**
  For those clients who want the noise generator and gain activated in a specific situation (e.g. for use where they are most bothered by their tinnitus), the Tinnitus Balance noise generator can be used in a single manual program and disabled in automatic programs.

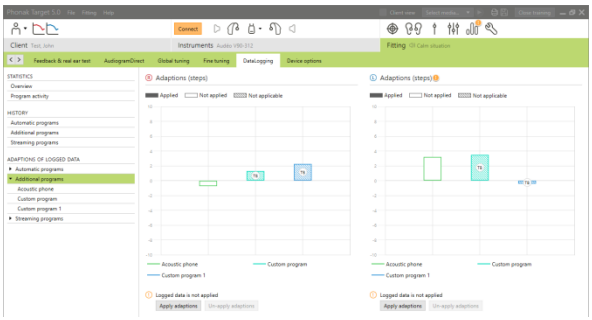
- **Program customization: noise generator only**
  For those clients who want the noise generator **only** (e.g. normal hearing clients or desire a noise only program), gain can be muted with one click as long as the Tinnitus Balance noise generator is active. Please note, the mute option is available in additional programs only.

If needed, the noise generator gain and shape can be reset for a single program or all programs by clicking the context menu of the programs and selecting **[Reset noise]**. This will undo any manual adjustments you applied to the original calculated noise shape.

Clicking on **[Recalculate]** allows the opportunity to **[Reset tinnitus balance fine tuning and options]**.

## DataLogging

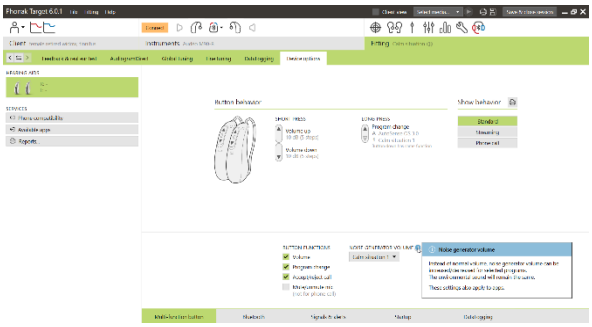
In **[Fitting]** > **[DataLogging]** you can review adjustments to the noise generator made by the patient. Note that this option is only available if you have selected their Volume Control to access changes to the generated noise (instead of the hearing aid gain).



User Preference Learning is not available for the Tinnitus Balance noise generator. The changes to the noise generator made by the patient cannot be applied.

## Device options

By clicking **[Device options]** you can configure the volume control behavior to control either hearing aid gain or noise generator volume.



## Information and description of symbols and System Requirements

Information and the description of symbols and an overview of system requirements can be found in the Phonak Target Fitting Guide.

CE mark applied 2020

CE 0459

**Manufacturer:**
Sonova AG
Laubisruetistrasse 28
CH-8712 Staefa
Switzerland

V1.00/2020-02/AaH ©2019-2020 Sonova AG. All rights reserved