

# ReSound Relief™ Reference Guide



# ReSound

rediscover hearing

## **If you suffer from tinnitus, you should know...**

There is no cure for tinnitus, but sound therapy (combined with a counseling program) has been known to help a lot of people manage their tinnitus and live a better life.

The ReSound Relief™ app uses a combination of sound therapy and relaxing exercises that aim to distract your brain from focusing on the tinnitus. Over time the brain learns to focus less on the tinnitus, and more on sounds that are important to you.

The app lets you manage your personal library of sound therapy files. It will also track your usage, so you can see which sounds work best for you, and it contains some secondary stimuli like colors and audio exercises to help keep your mind occupied.

Use the app when your tinnitus feels overwhelming, or when you simply want to introduce background sounds to help distract you from your tinnitus.

Anyone with tinnitus can benefit from this app. Just download it and listen to it as you normally listen to music from your smart phone. If you wear ReSound wireless hearing aids, you can stream the sounds from the ReSound Relief app directly through them, and the sound you stream will be adjusted to compensate for your hearing loss.

## **If you have an iPhone or other Apple device**

*Step 1: Make sure your Apple device is compatible.*

1. The app supports iPhone 6 Plus, 6, 5c, 5s and 5. You can also download the app on some iPad or iPod touch devices.

*Step 2: Make sure your Apple device is updated to iOS 7.03 or later.*

Check the iOS software on your Apple device to ensure the latest version is installed. Tap Settings > General > Software Update

2. If a software update is available, tap Install. (Note: You must be connected to Wi-Fi to update iOS)

*Step 3: Download the ReSound Relief™ app*

1. Tap the App Store icon. Select “iPhone only” setting. (Note: you will still be able to download to an iPad or iPod touch. This setting is only to make it easier to locate the ReSound Relief app.)
2. Type “ReSound Relief” in the search field.
3. Once the Resound Relief app screen is displayed, tap “Free” (it will then change to “Install”).
4. Tap “Install” to load the app on your device. (Note: although this is a free app, you will be prompted to sign into your iTunes account.)
5. Type your Apple ID and password to complete the download process.

*Step 4: (If you are using ReSound hearing aids).*

*Be sure you are using compatible hearing aids and Apple devices.*

*[www.resound.com/mfisupport](http://www.resound.com/mfisupport)*

The following ReSound smart hearing aids receive streamed sounds from the ReSound Relief app directly from an iPhone, iPad or iPod touch without an intermediate device:

**ReSound LINX TS™, ReSound LiNX™, ReSound ENZO™, ReSound Up Smart™**

The following ReSound wireless hearing aid receives streamed sounds from the ReSound Relief app via the ReSound Unite Phone Clip+ or Mini Microphone:

**ReSound Verso TS™, ReSound Verso™**



## **If you have an Android device**

*Step 1: Make sure your Android device is compatible.*

All Android devices running Android 4.1 or later are compatible.

*Step 2: Download the ReSound Relief™ app*

1. Tap the Google Play icon on your screen.
2. In the search field, type “ReSound Relief.”
3. Once the ReSound Relief app screen is displayed, tap “Install.”

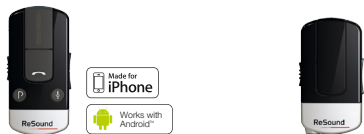
*Step 3: (If you are using ReSound hearing aids)*

*Be sure you are using compatible hearing aids. [www.resound.com/mfisupport](http://www.resound.com/mfisupport)*

The following ReSound hearing aids receive streamed sounds from the ReSound Relief app via the ReSound Unite™ Phone Clip+ or Mini Microphone:

**ReSound LINX TS™, ReSound LiNX™, ReSound ENZO™, ReSound Up Smart™,  
ReSound Verso TS™, ReSound Verso™**

Chart 1.1  
ReSound Unite™ accessories



	Phone Clip+	Mini Microphone
Main function	Conduct telephone calls with advanced head set functionality. Especially useful when you need hands free phone functionality (ex. when driving in a car)	Clip onto clothing of anyone you'd like to hear (ex. spouse at noisy restaurant, speaker at conference) or plug into any audio device to stream sound
Hearing aid volume adjustment	Yes	No
Hearing aid program change	Yes	No
Audio quality	Stereo	Mono
Battery	Rechargeable	Rechargeable
Connection	Wirelessly connects to up to 2 Bluetooth devices (ex. home and work phones) to stream sound to hearing aids	Plugs into any audio device to stream sound to hearing aids or use microphone to pick up the voice of the person you want to hear
ReSound Control™ app (see page 11)	Needed to use app	

## SoundScapes



Access menu

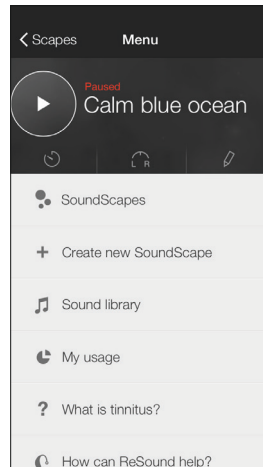
Tap a large bubble to play/pause sounds. The size and placement of bubble depend on frequency of usage.



Tap a smaller bubble to pop it

Background color will change according to sound being played

## Menu



Tap to play/pause sounds



Edit sound scape

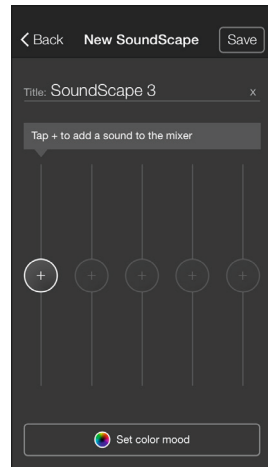


Set timer to stop playing at certain time



Set sound balance left/right

## New SoundScapes



Edit name of soundscape



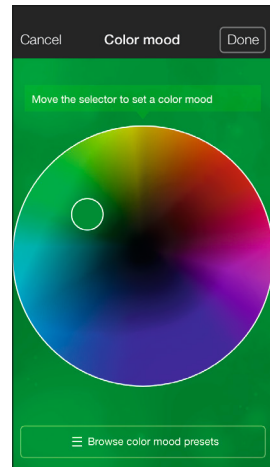
Tap button to add sound from sound library

Layer up to five different sounds



Access color settings

## Color mood



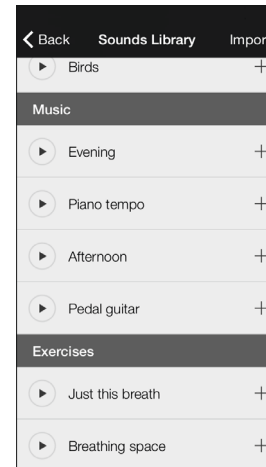
Move selector to desired color

Background color adjusts



Access predefined colour schemes

## Sound library



Import own sounds



Search sound library



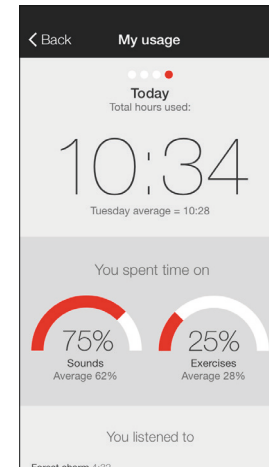
Play/pause

Relaxing audio exercises



Tap to add to soundscape screen

## My usage



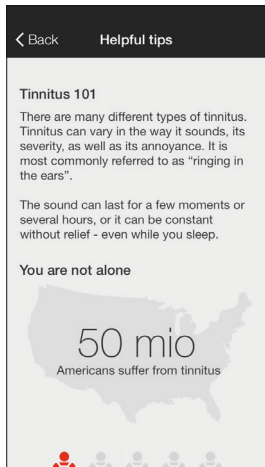
Swipe to see yesterday, last week and last month

Time spent in app



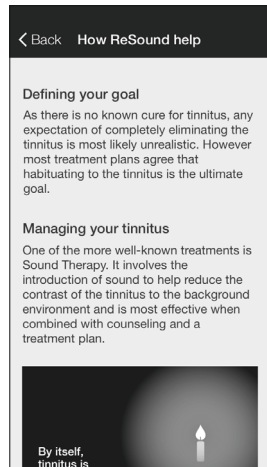
Information about how the app is being used

## Helpful tips



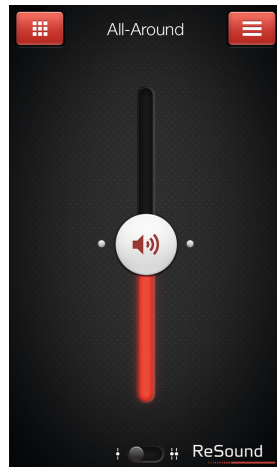
Learn basic information about tinnitus

## ReSound



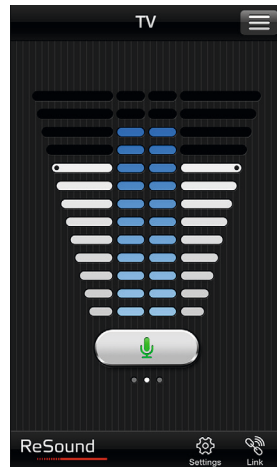
Learn basic skills to manage your tinnitus

## ReSound Smart™



If you are using ReSound Smart hearing aids (see page 4), don't forget to download the ReSound Smart app to control and personalize your hearing experience.

## ReSound Control™



If you are using smart or wireless ReSound hearing aids (see page 5) and an Android device, don't forget to download the ReSound Control app to control your hearing experience.

## Important information

The ReSound Relief™ app will not treat or cure your tinnitus and is not intended to take the place of informed professional tinnitus counseling and services.

This app is designed to be a complimentary tool that both a clinician and patient can use as part of a tinnitus management plan. It is not intended for use in audiological/ontological treatment of symptomatic tinnitus. This app is intended to create distractions to your tinnitus, but is not intended to mask internal noises.

## Warning

To prevent possible hearing loss, do not listen at high volume levels for long periods.

### Worldwide Headquarters

ReSound A/S  
Lautrupbjerg 7  
DK-2750 Ballerup, Denmark  
Tel.: +45 45 75 11 11  
Fax: +45 45 75 11 19  
www.resound.com

CVR no. 55082715

### United Kingdom

GN ReSound Ltd.  
Kirtlington Business Centre  
Portway  
Kirtlington  
Oxon OX5 3JA  
Tel.: +44 1869 352 800  
Fax: +44 1869 343 466  
www.gnresound.co.uk

### Australia

GN ReSound Pty. Ltd.  
Unit R1 Regents Park Estate  
391 Park Road  
Regents Park NSW 2143  
Tel.: (free) 1800 658 955  
Fax: +61 2 9743 7472  
www.gnresound.com.au

### New Zealand

GN ReSound (NZ) Ltd.  
12 Parkway Drive  
Mairangi Bay  
Auckland  
Tel.: (free) 0800 900 126  
Fax: (free) 0800 007 695  
www.gnresound.co.nz

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