



Hearing Journey

Get Started

Need help? Call (779) 212 7334

This Quick Start Guide helps you set up your OTC hearing aids. **Before use, remove the adhesive strips covering the charging contacts from each hearing aid. Then, turn on your smartphone's Bluetooth®.**

Download the **FREE Lexie app**. Scan the QR code or find it on the App Store or Google Play.

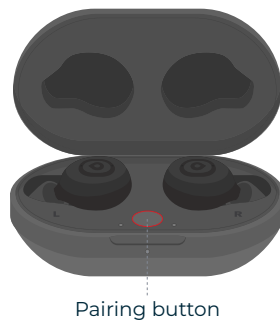


STEP 1 Get to know your hearing aids



STEP 2 Pairing with your phone

1. Place both hearing aids in the charging case with the lid open.
2. Press and hold the pairing button until the status light flashes blue.
3. In the Lexie app, select **Lexie H1 Hearing Buds**.



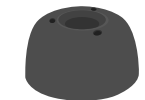
STEP 3 Positioning your hearing aid

Insert the hearing aids with the dome first, body facing backward, and charging contacts toward you. Be careful not to insert the body of the hearing aid into the ear canal itself.

Gently press the hearing aid in, rotating it with the Touch Control facing out, not up.

STEP 4 Selecting domes

Try different dome sizes to find what's most comfortable for you, making sure it's securely attached.

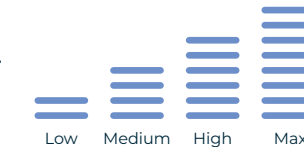


Vented domes

STEP 5 Selecting a Preset Program

Use the Lexie app or double-tap the Touch Control to choose the best Program for you.

One tap on the Touch Control switches between streaming and hearing modes.



STEP 6 Customize your sound and settings

In the Lexie app, customize your devices by adjusting **volume**, **equalizers**, selecting **presets**, managing unwanted **noise**, and controlling the **microphones** and **Touch Control functions**.

The Lexie app shows real-time battery life for your hearing aids and charger.

Hearing Journey

What To Expect

WEEK 1

Patience is key

It takes your brain and ears about 3-4 weeks to adjust to OTC hearing aids.



Start with a quieter preset for **1-2 hours a day** in quiet places, then gradually increase the volume or switch to a louder preset as you become more accustomed. Over time, extend wear time and move to noisier environments.

Itchy ear canals or your own voice sounding different are normal and will likely fade over time.

WEEKS 2-3

Practice



Wear your hearing aids for **3-4 hours daily** in varied listening situations, from quiet to noisy, indoors, and outdoors.

Try different Programs based on your hearing preferences.

WEEKS 3-4

Own your journey



Start increasing your wear time from **4 to 8 hours per day**.

Remember to take regular breaks while getting used to your hearing aids, especially if you're feeling overwhelmed.

WEEK 5 & BEYOND

Keep up the good work



Continue wearing your hearing aids **8+ hours daily** to reinforce your brain's learning.

Regularly clean the domes, receivers, microphone inlets, and charging contacts to ensure consistent performance and prevent issues.

See "Cleaning routine" in Section 7 of Part 2 of the User Manual for details.

Need help?

Call **(779) 212 7334**

Email **support@lexiehearing.com**

This document is only a brief overview to get you started. See the User Manuals for details and important warnings. You can also reach us via phone or email for assistance.

Lexie H1 Hearing Buds are designed to be worn as a pair for optimal hearing aid and streaming performance.

Battery life: up to 9 hours without streaming, 6 hours with streaming. Recharge daily for maximum run time.

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