

# **ZEN2GO**

## PROFESSIONAL GUIDE



WIDEX **ZEN**<sup>2GO</sup><sup>™</sup>  
CONTROL YOUR TINNITUS

# PRODUCT

## TAKING CONTROL OF TINNITUS

ZEN2GO is the new tinnitus management device from Widex designed for anyone suffering from tinnitus, particularly those without hearing loss.

It is based on unique Widex technology that has been proven to help in tinnitus management and uses random, soothing harmonic tones to help users relax and manage their tinnitus.

While the sounds perceived by tinnitus sufferers may vary considerably, the effects are often similar: frustration, lack of concentration and stress.

ZEN2GO can help them take control of their tinnitus.

## WHAT'S IN THE ZEN2GO BOX:

- A pair of ZEN2GO devices
- A matched RC-DEX
- User instructions for both ZEN2GO and RC-DEX
- Cleaning tools and extra ear-tips



## ZEN2GO IS A 'READY-TO-GO' DEVICE

It is pre-configured to a flat 10 dB hearing loss, suitable for most tinnitus sufferers. There are also three slots with different settings designed to meet the needs of most tinnitus sufferers:

- Zen aqua - for all day sound stimulation
- Zen aqua + Noise - for all day sound stimulation in periods where tinnitus is more bothersome
- Zen noise - for reducing tinnitus awareness early in therapy.

This means that ZEN2GO is ready to be worn by the user immediately and does not need to be fitted.

However, in some cases the earwires may not be the appropriate size. For more information about changing wires, please see [www.widex.pro](http://www.widex.pro) ("Earware RIC/RITE").

When a user first tries ZEN2GO, be sure to verify the following:

- the tones are audible, but relatively soft.
- they do not interfere with conversational speech.
- the volume of the tones is set so that their tinnitus begins to feel less annoying.

If there are problems verifying any of these, you will need to fit ZEN2GO via COMPASS.

# COUNSELLING

## COMBINING ZEN2GO WITH COUNSELLING

We recommend that the time saved not fitting ZEN2GO be spent on (as a minimum) basic counselling. ZEN2GO does not provide a cure for tinnitus, and it may take some time for its positive effects to occur. The aim is to manage the effects so that users feel less bothered by tinnitus and consequently pay it less attention. It is therefore important to combine ZEN2GO with counselling.

The following may help you in any discussion about tinnitus and ZEN2GO:

### WHAT IS TINNITUS?

- Tinnitus is a very common condition and there may be many reasons for it. That's why it is important to recommend that people first consult a doctor or specialist to rule out any medical condition.
- Tinnitus is the perception of sound that's heard in one or both ears for which there's no external source. While commonly described as a ringing in the ears, the sounds may also include roaring, clicking, hissing, or buzzing. The perception of tinnitus is individual.
- Although tinnitus is heard in the ears, it stems from the neural circuits in the brain that make sense of the sounds we hear.
- Tinnitus and stress go hand in hand. When stress increases, the perception of tinnitus increases, and when tinnitus increases, stress increases. Thus, breaking this vicious cycle can be highly beneficial.

### WHY USE ZEN2GO?

- ZEN2GO uses sound - sound is proven to help people be less aware of their tinnitus.
- ZEN2GO can decrease the perception of tinnitus and reduce the contrast between tinnitus and silence.
- ZEN2GO uses music - it is well documented that listening to certain types of music can aid relaxation and stress relief.
- ZEN2GO uses tones that are not overly distracting, ideal for passive listening, which is beneficial when coping with tinnitus.

## WHEN TO USE ZEN:

- In general, ZEN should be switched on all day.
- If users do not initially respond to the ZEN tones, or feel they interfere with their ability to concentrate or understand speech, they should switch it on for a few hours only a day.
- This can be broken up into shorter periods if preferred, but never for less than 15 minutes for the first two weeks.

## WHAT TO EXPECT:

- It can take time for the positive effects of ZEN2GO to occur.
- The aim is to make the user feel less aware of, and annoyed by, their tinnitus.
- ZEN2GO does not aim to change the perceived loudness of their tinnitus.



By choosing Widex hearing aids, you are choosing products from a company that has been WindMade certified. WindMade is the first global consumer label identifying companies that use wind power.

Widex and ZEN2GO are trademarks of Widex A/S.



Printed by KLS/2012-10  
9 502 3353 001 #01

[WWW.WIDEX.COM](http://WWW.WIDEX.COM)

Widex A/S, Nymoellevej 6, DK-3540 Lyngø

**WIDEX**<sup>®</sup>  
HIGH DEFINITION HEARING