Better hearing means better brain and body health

Why treating hearing loss matters

Research shows that treating hearing loss can limit your risk for a variety of health issues, including dementia. Livio AI hearing aids not only provide superior sound quality to treat hearing loss, they also let you track both brain and body activity.

The benefits of physical activity are widely known, but the benefits of brain activity are just as important to brain health as physical activity is to physical health. Read on to learn more about how Livio AI hearing aids let you monitor both and how it improves your overall health.

Step One

Wearing hearing aids makes you more confident and comfortable, and more likely to MOVE and ENGAGE.

Step Two

When you MOVE and ENGAGE your BODY and BRAIN are stimulated.

Step Three

When you TRACK that MOVEMENT and ENGAGEMENT, you’re MOTIVATED to do it MORE.

Monitor your body and brain health
Walking at least 30 minutes a day can dramatically improve overall fitness. You set your own goals and earn up to 100 points. Default settings can be adjusted.

1. Steps
   (40 points possible)
   You can track how many steps you take throughout the day. Default is 10,000 steps.

2. Activity
   (40 points possible)
   Monitors more vigorous steps. Default is 30 minutes per day of moving faster than a regular walking pace.

3. Move
   (20 points possible)
   Measures specific movement to encourage activity. Default is getting up and moving one minute every hour, 12 times per day.

Get the brain benefits of wearing hearing aids by tracking hours of daily use, social engagement and active listening. Earn up to 100 points.

1. Use
   (40 points possible)
   Track how long you wear your hearing aids each day. The more you wear them, the quicker you’ll adapt to amplification, and the better it is for your brain health. In fact, treating hearing loss is the single best change you can make to lower your risk of dementia. Earn all 40 points by wearing your hearing aids 12 hours in a day.

2. Engagement
   (40 points possible)
   Earn 40 points if you spend more than half your day in or around conversation, and at least two hours of streaming audio from your smartphone or a wireless accessory.

3. Active Listening
   (20 points possible)
   Tracks hearing aid use in a variety of environments. Maximize your Active Listening score by spending time in different places like home, restaurant, outdoors, or doing activities like listening to music. When people track their activities and engagement they become motivated to continue.

Did you know?

For every 10-decibel drop in hearing sensitivity, the odds of social isolation increase by 52 percent.

Your Thrive Wellness Score is a combination of both Brain and Body scores. You have the ability to reach a score of 200 each day.

Did you know?

Adults with hearing loss experience a 30–40 percent faster rate of cognitive decline.

Thrive Score

Brain Score

Body Score

Get the brain benefits of wearing hearing aids by tracking hours of daily use, social engagement and active listening. Earn up to 100 points.

Walking 30 minutes a day, five times a week can reduce the risk of some serious medical conditions.

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- reduced risk of diabetes
- reduced risk of prostate cancer
- reduced risk of breast cancer
- reduced risk of stroke
- reduced risk of colon cancer

It’s a fact.

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Our new Livio AI hearing aids have sensors built right into them, so they can track both body and brain activity as you go through your day.

Body Score 100 + Brain Score 100 = Thrive Wellness Score 200