

TTC Manual (EN)\*

## My tinnitus app - the digital tinnitus consultation

### Instructions for use

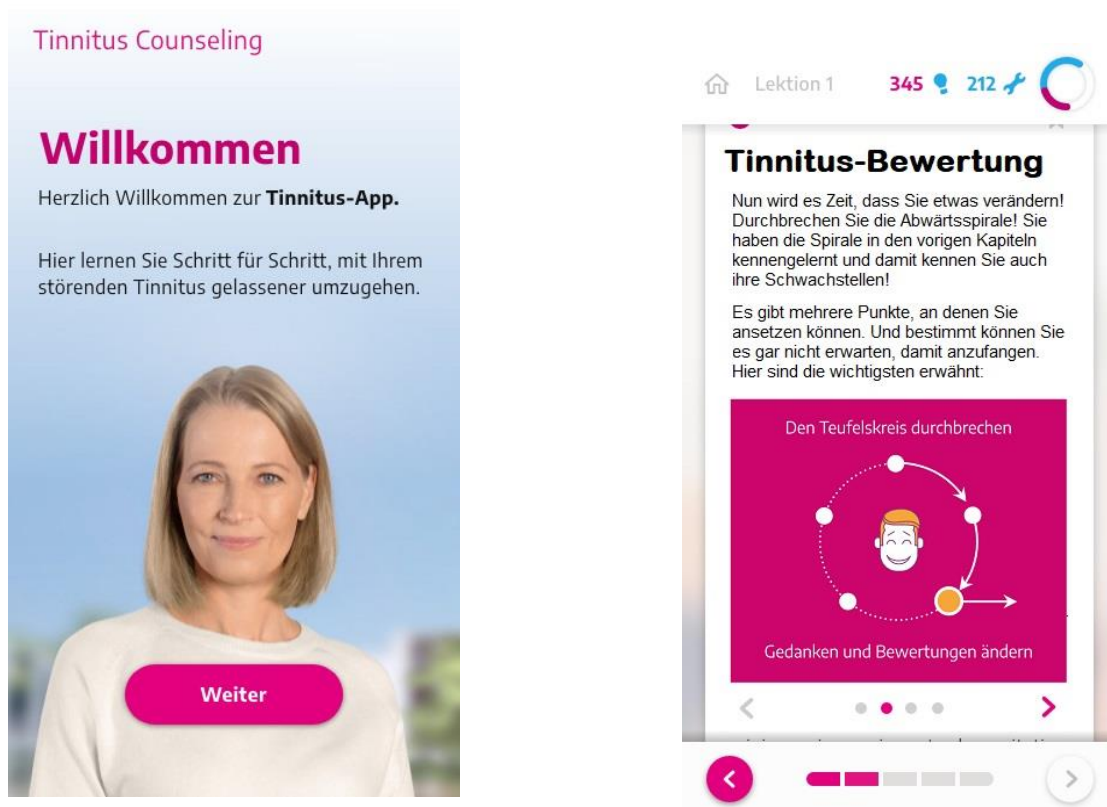
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CE

## Meine Tinnitus App

"Meine Tinnitus App" is a smartphone application, with which patients with a subjective tinnitus get help in coping with their ear noise via extensive tinnitus counseling content.



"Meine Tinnitus App" on a mobile device

## Intended Use

### Intended Purpose

"Meine Tinnitus App" is a stand-alone software in form of a smartphone app, which is used as self-application by patients that have been diagnosed with a subjective tinnitus (user).

The product is intended to treat the tinnitus of its user according to the tinnitus counseling method. For this purpose, the product provides to the patient psychoeducation and guidance for self-management by extensive tinnitus-specific multimedia content.

The product is aimed at reducing tinnitus-related distress and thereby improving the overall quality of life of the tinnitus patient.

### Medical Indication

The application of the product is suitable for the following medical diagnosis:

- subjective tinnitus

### Medical Contraindications

There are no known contraindications.

### Intended User Profile

The product is intended for the following user profile (further limitations don't apply):

- The user is sufficiently familiar with the common use of smartphones
- The user is proficient to comprehend one of the supported languages of the product
- The user is proficient to comprehend the psycho-educational content of the product
- For people with disabilities the product supports accessible media descriptions (enable via app settings) and additionally the following accessibility features of the operating system (enable via operating system settings):
  - for adjustment of the font size
  - for usage without having to see the display (screen reader and accessible navigation)
  - for usage in the case of motor deficit (accessible navigation)

### Intended Usage Environment

To use the product, the following usage environment is recommended in its respective newest version:

- Operating system iOS by Apple (minimum version: iOS 11)
- Operating system Android by Google (minimum version: Android 5)
- Device display size of at least 4.7 inch.
- Server-side runtime environment Tinnitus Counseling Server by Sonormed
- The activation of an adequately protected screen lock is recommended.

### Intended Application

#### Operation of the product

1. Open "Meine Tinnitus App" on your mobile device
2. Let "Meine Tinnitus App" guide you through your therapy. Follow the onscreen instructions.

## Application of the

- Unless your ENT doctor instructs otherwise, the performance of 1 lesson per week is recommended.
- After finishing the lessons for the first time, it is recommended to review the strategies and exercises from time to time to deepen and strengthen their integration into daily life.



Your personal user account is not to be passed on to or used for treatment of third parties.

If you would like to get this manual in paper form, please send a mail to the manufacturer.

If any serious incident occurs in relation to the device, please contact the manufacturer ([mytinnitusapp@bayoocare.com](mailto:mytinnitusapp@bayoocare.com) or +49 (0) 6151 – 8618 0). You may also report an incidence to the Bundesinstitut für Arzneimittel und Medizinprodukte (BfArM).

## Manufacturer



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