

## RHRP Ear Exam After Your Test

### Understanding Hearing profiles (H1, H2, H3 and H4)

- The military hearing profile system is part of the military's PULHES classification, which evaluates a service members' fitness for duty.
- The hearing profile ratings indicate how well you hear and whether you meet the qualifications for military service or retention.
- Categories:
  - H1 – Normal Hearing
  - H2 – Mild Hearing Loss
  - H3 – Moderate Hearing Loss
  - H4 – Severe Hearing Loss

### What do your test results mean?

	dB Range
Normal Hearing	0 - 25
Mild Hearing Loss	26 - 40
Moderate Hearing Loss	41 - 55
Moderately Severe Hearing Loss	56 - 70
Severe Hearing Loss	71 - 90

### Types of Hearing Loss

The two main types of hearing loss are based on the part of the auditory system that is affected:

1. **Conductive Hearing Loss** is caused by a problem in the outer or middle ear that blocks sound from reaching the inner ear.
  - Common Causes:
    - a. Earwax build up
    - b. Fluid in the middle ear from a cold or allergies
    - c. Ear infections
    - d. Ruptured eardrum

2. **Sensorineural Hearing Loss** is caused by damage to the inner ear or auditory nerve.

- Common Causes:
  - a. Noise Exposure
  - b. Head Trauma
  - c. Aging
  - d. Certain Medications
  - e. Genetics
  - f. Illness

*Benefits and advice on protection and prevention to reduce effects of hazardous noise.*

- The results of your hearing test determine enlistment eligibility, job assignments and whether hearing loss affects your military readiness.
- Regular audiometric testing is required to monitor changes in hearing over time.
- Annual hearing exams are imperative for your critical readiness, safety and long term health.

*Benefits of getting your hearing checked annually for future well-being.*

- Annual audiometric screening identifies damage from noise exposure early.
- Early detection allows for timely interventions using hearing protection devices or adjustments to a service member's duties.