

Figure 1 Spectrum comparison of white noise and pink noise

Judging

tinnitus level

Following

Recommendations

for treatment

Counseling

Adjusting

Stress

 management

Developing treatment plan

Level 3-5: Use APP more than twice a day

Level 1-2: Use APP

1-2 times a day

Level 5: +77

Level 4: 58-76

Level 3: 37-57

Level 2: 18-36

Level 1: 0-17

Hearing assessment and tinnitus assessment

(THI survey assessment)

Level 5+: Go hospital

Level 1-5:

Tinnitus Rehabilitation Products

Tinnitus mechanism; Relationship between tinnitus and deafness; Factors affecting tinnitus; users' questions

Adjust the voice

according to the patient's hearing test

Guide relaxation exercises according to

 the users’ situations

interview each sample patient and evaluate their THI 1, 3, 6 months respectively after the treatment; give guidance for next step based on the final results

Figure 2 Flow chart of tinnitus rehabilitation treatment