



# Find Relief From Tinnitus Today

Live life on your own terms  
with Mahana Tinnitus.

An evidence-based digital program  
that is self guided, easy to use, and  
designed to help you get back to  
living on your terms.



# A New Way To Manage Tinnitus

Tinnitus can disrupt your focus, rob you of a peaceful sleep, and affect how you feel day to day. Here's why:

Your body (biology), mind (psychology), and social environment (social) are all connected and affect your experience of tinnitus.

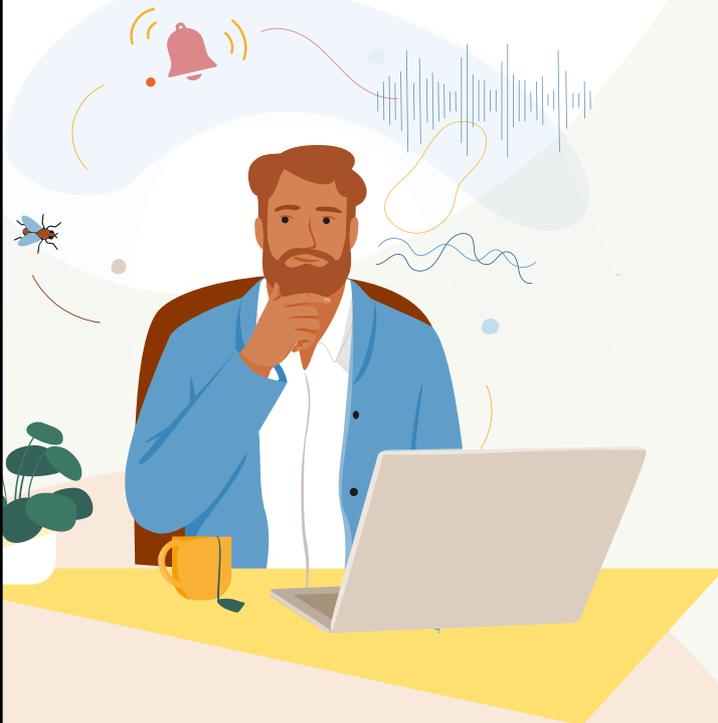
When you make changes in one area (such as improving how you handle stress), you can experience changes in other areas (such as less bothersome tinnitus).



*"I always use some background sound that can drown out my tinnitus."*

*"I avoid going to everyday noisy places that might make my tinnitus worse."*

*"I cancel plans because I don't want to be a burden."*



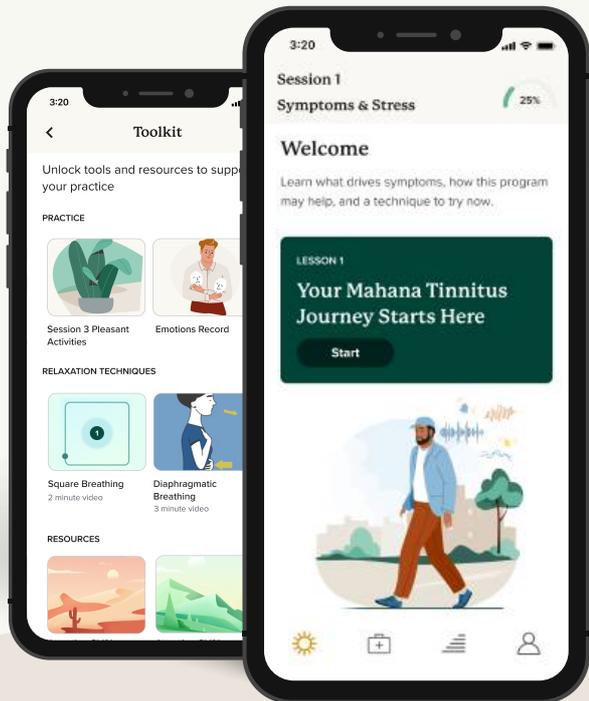
## The Benefits of Mahana Tinnitus

People living with tinnitus can come up with creative ways to cope. Some habits are only helpful in the short term.

Now there's hope and a new cutting-edge solution. Mahana Tinnitus helps you manage the impact of tinnitus for the long term.

Our program is designed to:

- ✔ Offer strategies to improve sleep, focus, and daily function
- ✔ Teach skills to reduce stress and the impact of tinnitus on daily life
- ✔ Retrain your brain to be less bothered by tinnitus sounds
- ✔ Shifts habits, thinking patterns, and emotional responses



# Don't Let Tinnitus Hold You Back

Help improve your quality of life with Mahana Tinnitus.

## Discover the Mahana Difference



Explore how life events, thoughts, and actions influence tinnitus — and make helpful changes



Uncover vicious cycles that keep tinnitus going — and how to break them



Use effective tools to manage stress and difficult situations



Experiment with meaningful goals related to Mahana Tinnitus skills



Get free access to Mahana Care check-ins during the program



Practice building skills to shift your attention away from tinnitus

## Real People, Real Results

Participants using Mahana Tinnitus have some inspiring things to say.

*“This has really helped me to focus less on my tinnitus. I feel more in control now and less bothered by it.”*

*“...I can go to sleep without the dishwasher on...it's really making a difference. I am going to sleep without being annoyed at myself.”*



Mahana User

*After suffering for almost a year, Mahana provided me with tools to help contain my tinnitus. I now have several tools that can help me get through the day!*



Ask your provider for Mahana Tinnitus.

Our evidence based program helps you get back to living life on your terms. To learn more, visit us at [www.mahana.com](http://www.mahana.com).

# Easy as 1-2-3!

Exclusively available through healthcare providers.

Talk to your provider today to get your access code.

[www.mahana.com](http://www.mahana.com)



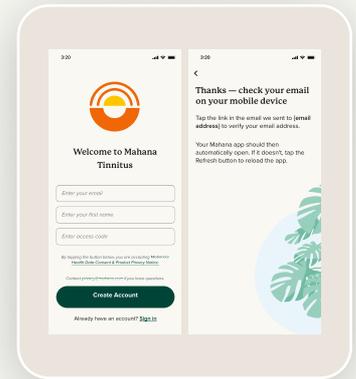
## Step 1:

Pay your provider



## Step 2:

Scan QR code to download  
Mahana Tinnitus



## Step 3:

Create your account, enter  
your unique code, and verify  
your email to begin

## Tips for success:

- ➔ **Establish a routine** - find a time during each day where you can devote 10 minutes to use
- ➔ **Take your time** – don't rush, spend time each week practicing the new skills you've learned

## Need help?

Contact Mahana Care at  
[mahanacare@mahana.com](mailto:mahanacare@mahana.com) or 415-202-5158



To learn more about our commitment to the development of safe and effective digital therapeutic solutions for chronic health conditions, visit [mahana.com](http://mahana.com)