



## EASTSIDE AUDIOLOGY

49 Front Street North  
Issaquah, WA 98027

13119 Seattle Hill Road, Bldg. 1, Ste. 102  
Snohomish, WA 98296

# JOIN US FOR OUR NEW YEAR, NEW TECHNOLOGY EVENT

Try the latest in hearing technology with a **free 30-day trial and \$250 OFF a pair of dynamic devices!**

**WHEN:** January 23–27

**WHERE:** Eastside Audiology  
49 Front Street North  
Issaquah, WA 98027

**TIME:** 9 a.m.–4 p.m.

**RSVP TODAY!**  
**(425) 600-1708**

**oticon**  
life-changing technology



## PRACTICE NEWS

### New Mill Creek Location Opening in December!

You'll find our beautiful new office at:

13119 Seattle Hill Road  
Bldg. 1, Ste. 102  
Snohomish, WA 98296

**(425) 600-1708**

#### MEET OUR NEW STAFF



**Shashi Churchill, Au.D.**  
Clinical Audiologist

Dr. Churchill received her master's degree from Western Washington University and her doctorate from Salus University.

Dr. Churchill has served Puget Sound-area residents for over a decade. She has provided specialty care for diverse populations to meet the unique needs of her patients.

When not at work, she enjoys the company of her children, grandchildren and dogs on Camano Island.



**Emily Fullington, B.S.**  
Audiology Assistant

Emily achieved a bachelor's in molecular biology at the University of Washington. She was born with a hearing loss that progressed to deafness as a young adult, so audiology has always been integral to her success.

When not at work, Emily loves hiking, fossil hunting and playing guitar.



**Morgan Taylor, PCC**  
Patient Care Coordinator

Morgan enjoys meeting everyone who comes into the office and is happy to help with your questions. She was born and raised in Utah and recently got married and moved to Washington with her husband.

In her free time, she enjoys shopping, sports and spending time with friends and family.



### THINKING ABOUT OTCs? CONSULT AN AUDIOLOGIST FIRST

With over-the-counter (OTC) hearing devices now available in stores and online, you may wonder if this new, do-it-yourself option that doesn't require a prescription or a hearing evaluation is the best approach to treating hearing loss.

The truth is that managing your hearing health on your own has its drawbacks. The smartest first step for any patient with hearing difficulties is to get a hearing evaluation from a licensed audiologist, even if they are already planning to buy an OTC hearing aid.

#### Why You Need an Audiologist

**Rule Out Medical Conditions**—During an evaluation, an audiologist will check for common medical causes of hearing loss, which can range from excessive earwax to a tumor. If a medical condition is causing your hearing loss, buying an OTC device won't help you hear better—and not getting treatment for an underlying medical issue could harm your overall health.

**Pinpoint the Degree of Loss**—An audiologist also determines the severity and type of loss an individual may be experiencing. Knowing this information is important because OTCs are only

for people with mild to moderate hearing loss. If you have severe hearing loss, OTCs won't provide the proper amplification levels.

**Offer Treatment for All Ages**—Have a child with hearing loss? Since OTCs are for adults 18 and older, they'll require prescription devices from an audiologist.

As our patients know, having a trusted partner to help with your hearing needs is more than half the puzzle. At Eastside Audiology, our doctors of audiology and trained audiology assistants will help guide you throughout your hearing journey. We're here to help when you have questions or concerns.

If you require prescription devices, audiologists are skilled in selecting the appropriate technology, programming it to fit your unique hearing profile and providing follow-up care for optimal hearing. With OTCs, you're on your own to fit the devices to help you hear better.

Getting treatment for hearing loss is a life-changing decision. Shouldn't you have a trusted professional guiding you along the way? Before purchasing any device—OTC or prescription—schedule a hearing evaluation or discussion with your doctor of audiology.

# UNDERSTANDING COMMON INSURANCE BENEFITS FOR HEARING DEVICES

You have hearing health insurance, but do you know what it covers? Get the basics on common insurance benefits below. Since you likely need to “use or lose” them before the year ends, now’s a great time to schedule an appointment.

## Commercial/Private Insurance

If your plan does have a hearing health benefit (usually a set dollar amount per year or every few years), you will likely need to meet your deductible before your insurance covers any testing and hearing device costs. This type of insurance may also include out-of-network hearing benefits, which means you have more flexibility in which provider you see.

## Third-Party Administrators (TPAs)

If you have a Medicare Advantage plan, a TPA acts as a middleman between this government insurance program and the hearing provider to help control costs.

With a TPA, you can only see in-network providers—there's no out-of-network coverage. TPAs also control the type of hearing product and level of care you receive, which limits your options and may mean paying out-of-pocket costs for vital services (device fittings, routine maintenance, etc.) and types of hearing devices that aren't covered.

## Medicaid and Vocational Rehabilitation

In general, Medicaid and Vocational Rehabilitation programs only cover the lower levels of hearing device technology. Want/need a device with advanced features? You will have to pay extra for it.

## Veteran's Administration

The VA provides hearing devices at no cost to veterans and all the care and services that

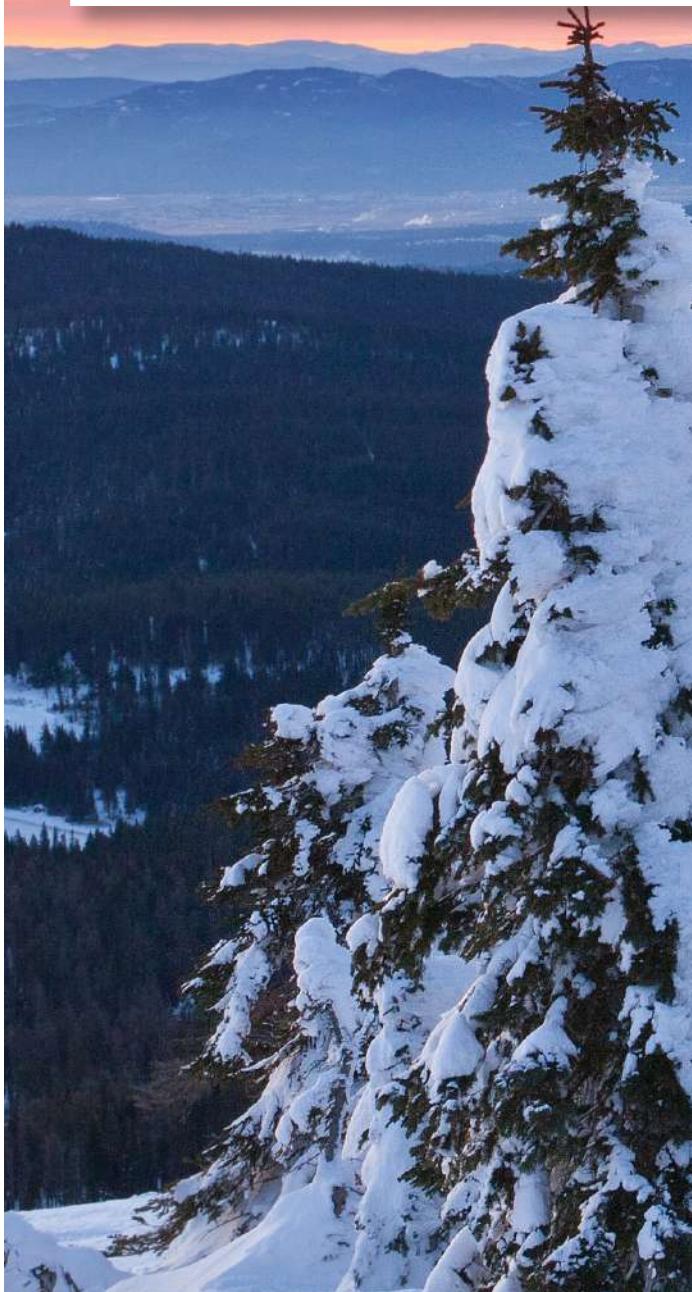
accompany them. The VA usually dispenses the highest level of technology.

## Workers' Compensation

If you suffer a work-related injury that impacts your hearing, you may be eligible for workers' compensation hearing benefits. These include hearing devices and services, available at no out-of-pocket costs.

Eastside Audiology can help guide you to the insurance/financing option that works best for your needs and budget. Ask our team for more information today.

If you have questions about what your insurance coverage is and to get scheduled before it's too late to use your benefits, call Peggy, our Billing Specialist, or email her at [pkyllonen@eastsideaudiology.com](mailto:pkyllonen@eastsideaudiology.com).



## Chicken Cutlets With Sun-Dried Tomato Cream Sauce

Though a chicken cutlet may be a chicken breast cut in half, this recipe shows how to make chicken cutlets with double the deliciousness. A jar of sun-dried tomatoes does double duty for this healthy dinner idea. The flavorful oil they're packed in is used to sauté the chicken, and the tomatoes go into the cream sauce.

Active: 20 mins | Total: 20 mins | Servings: 4

### Ingredients

1 pound chicken cutlets  
1/4 teaspoon salt, divided  
1/4 teaspoon ground pepper, divided  
1/2 cup slivered, oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar  
1/2 cup finely chopped shallots  
1/2 cup dry white wine  
1/2 cup heavy cream  
2 tablespoons chopped fresh parsley

### Directions

Sprinkle chicken with 1/8 teaspoon each of salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165°F, about 6 minutes total. Transfer to a plate.

Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each of salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn the chicken to coat it with the sauce. Serve the chicken topped with the sauce and parsley.

### Nutrition Facts

**Serving Size:** 3 oz. chicken & 1/4 cup sauce

**Per Serving:** 324 calories; protein 25g; carbohydrates 8.4g; dietary fiber 1g; sugars 1.8g; fat 18.9g; saturated fat 8.4g; cholesterol 96.6mg; vitamin a iu 1030IU; vitamin c 18.3mg; folate 17.3mcg; calcium 50.7mg; iron 1.6mg; magnesium 42.9mg; potassium 532.4mg; sodium 249.5mg.

**Exchanges:** 3 fat, 3 lean protein, 2 vegetable

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