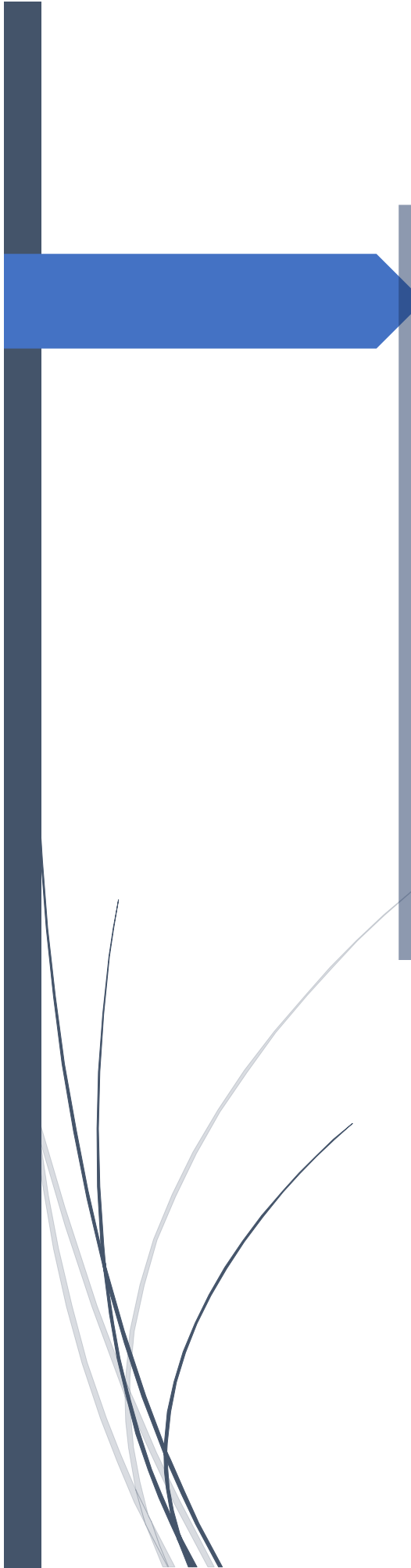




HOW TO TAKE A VOICEPRINT AND EMAIL IT TO SOUND HEALTH

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GETTING STARTED: APPROPRIATE MICROPHONES

Suggested Microphones

Samson Technologies Satellite
USB Condenser
Microphone
(\$17.95 Amazon)



Logitech - Blue Snowball
computer mic for
gaming, streaming –
black - \$39.99 Amazon

Samson GO Mic
Desk Microphone
**Portable USB
Condenser
Microphone**

\$40 Amazon



Samson Meteorite Desktop USB Condenser Microph
USB Condenser Microphone with Magnetic Desktop Base - Silver
★★★★☆ [4 reviews](#) [Write your review](#) | Item ID: Meteorite



Samson Meteorite
Portable USB Condenser Microphone

About \$40 at Amazon
With cell phone adapter

SETTING UP YOUR MICROPHONE

- PLUG MICROPHONE INTO COMPUTER
- SEARCH FOR SETTINGS ON PC
- CLICK ON SETTINGS, THEN SYSTEM
- ON LEFT HAND SIDE BAR, CLICK ON SOUND

YOU WILL HAVE AN OUTPUT AND AN INPUT ON THE SCREEN, INPUT SHOULD SHOW YOUR MICROPHONE

- UNDER OUTPUT, CLICK ON MANAGE SOUND DEVICES
- DOUBLE CLICK ON SPEAKERS

(IF YOUR MICROPHONE (YETI, SAMSON, METEOR, ETC.) SHOWS UP THERE, IT NEEDS TO BE DISABLED

- CLICK ON DISABLE
- CLOSE OUT OF SETTINGS

GETTING READY TO OBTAIN A SAMPLE:

****TO BEGIN, WE RECOMMEND THAT YOU CREATE A NEW FOLDER ON YOUR DESKTOP AND LABEL IT “WAV FILES.” THIS WILL COME IN HANDY ONCE YOU HAVE EXPORTED YOUR VOICE PRINT. SIMPLY RIGHT CLICK ANYWHERE ON YOUR COMPUTER SCREEN, SELECT “NEW” AND THEN “FOLDER,” AND THEN NAME THAT FOLDER “WAV FILES.”****

DOWNLOADING AUDACITY

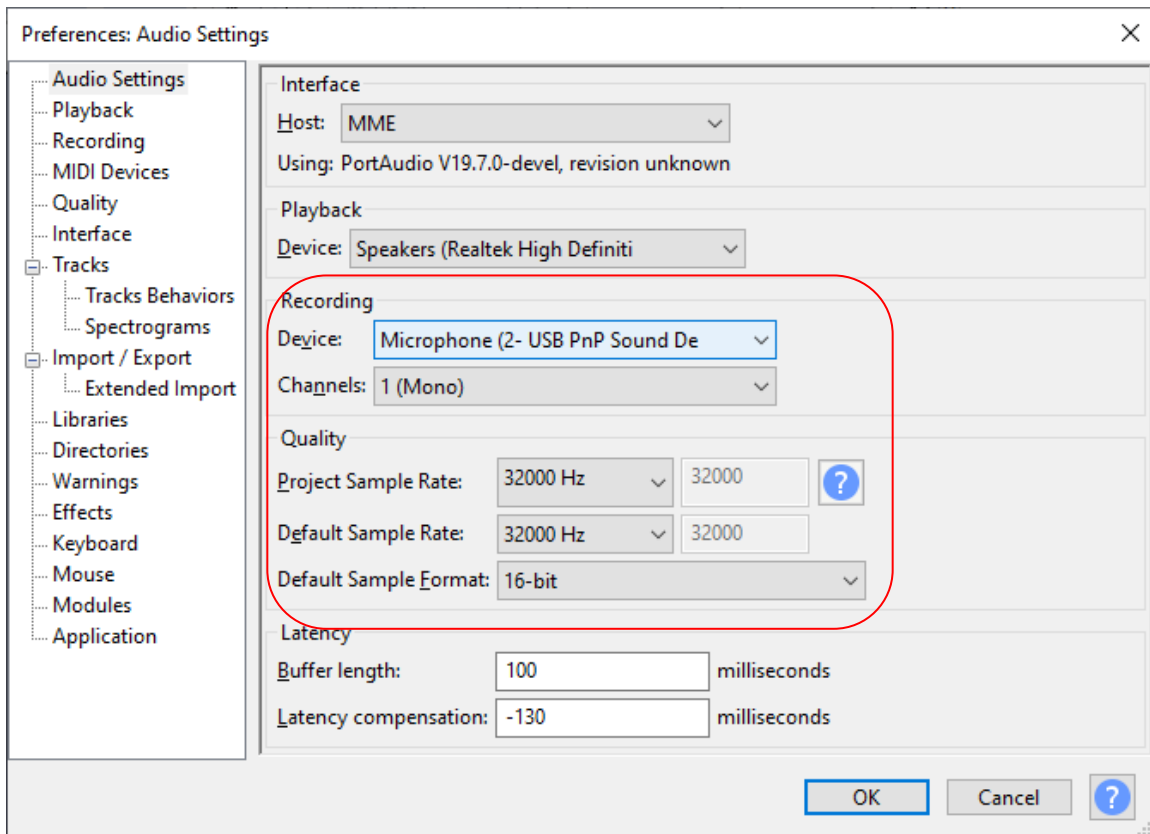
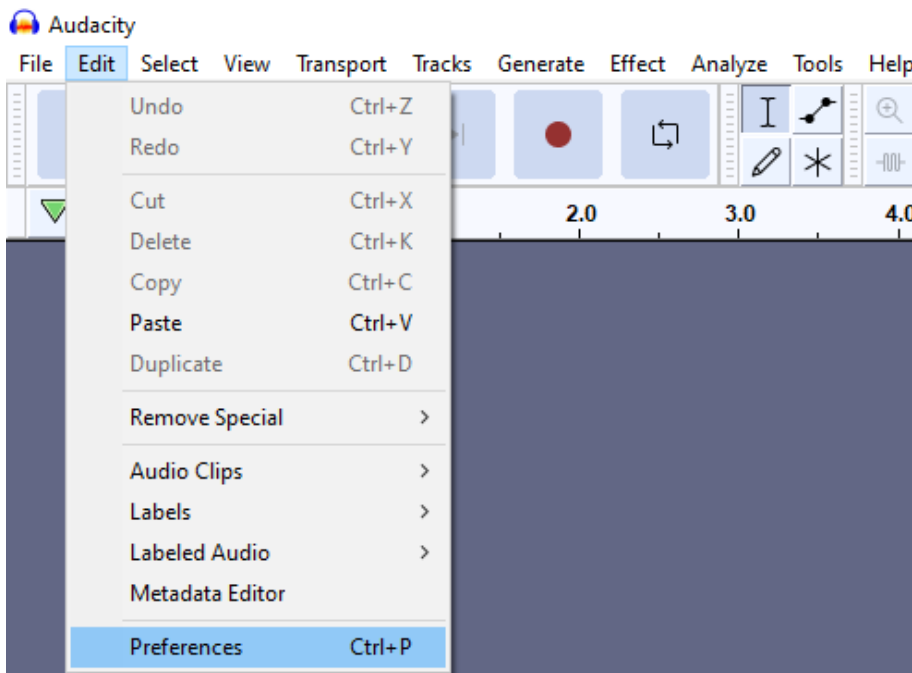
This is one way to record a vocal print. For portal recording instructions, go to page 11.

Use the following website link to download Audacity to your computer:

<https://www.audacityteam.org/download/>

1. Right click on link, open hyperlink
2. Click on Download without Muse Hub (Muse Hub will charge a subscription) **THIS IS FREE SOFTWARE (no purchase required)**
3. Go to your downloaded files on the upper right side of the screen
4. Click on Audacity Download
5. Click Yes to always allow app
6. Follow directions for setup of Audacity
7. Open Audacity and the next steps will help you set up the proper preferences to get the vocal print needed.
8. To see if you are using the proper microphone, go to the “Edit” tab and click on Preferences. Go to the Recording section in the Audio Settings tab, see “Device,” use the drop-down arrow and click the proper microphone.

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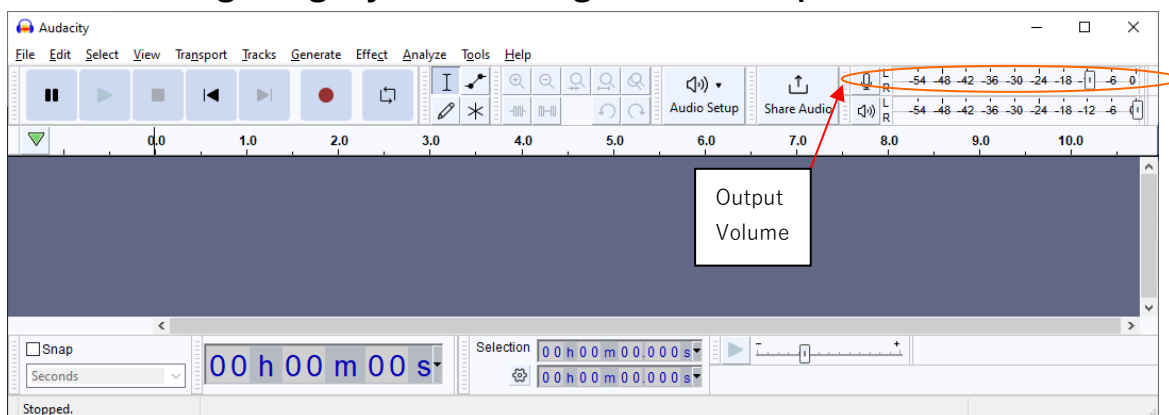


IMPORTANT

Under “**Audio Settings**,” make sure the specifications are correct.

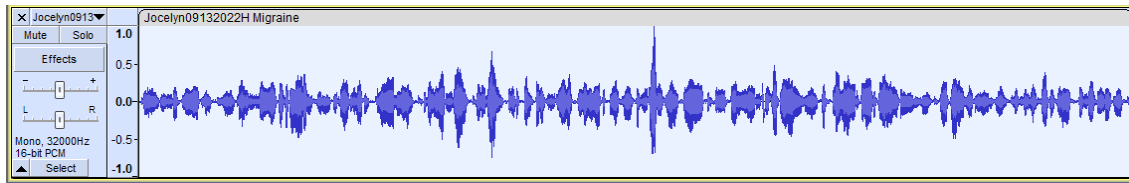
6. The specifications for a file made for use with an Abacus wave file (30-45 seconds long) are 32 kHz/16-bit Mono (under Recording in Audio Settings tab).
7. When taking a recording, always hold the microphone about four to six inches away from your mouth. Do not twist the cord or allow electrical cables/cords to touch the microphone cable while recording.
8. Important: When you begin speaking, do not recite, sing, count or read. What you say should be completely unrehearsed, garbage in, garbage out. Giggling, laughing, crying, etc. are all appropriate vocal forms for evaluation, but reading a broccoli casserole recipe is not. If you are comparing samples using the Abacus, capture two separate vocal samples: the first speaking about something mundane and the second speaking about health concerns, both for 30 seconds.
9. After you or your client begin speaking, click once on the red, round button (Record) to begin recording. You should be able to view the response on the screen.

Recognizing if your recording is at an acceptable volume:



Use the next steps to determine if your vocal print volume is correct.

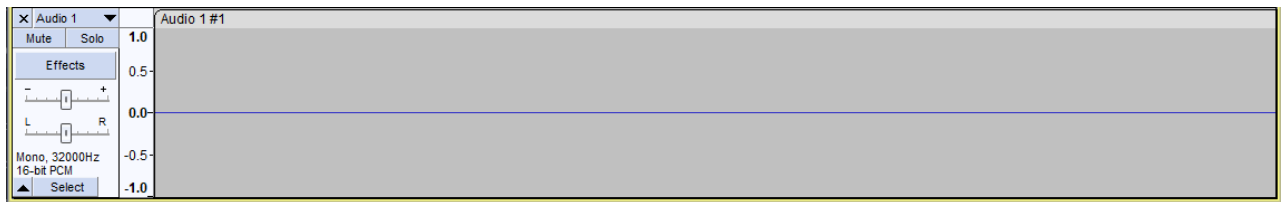
Your print should look similar to the one pictured here:



Unacceptable Volume

Volume too low, microphone not turned on, or mouth too far away from microphone.

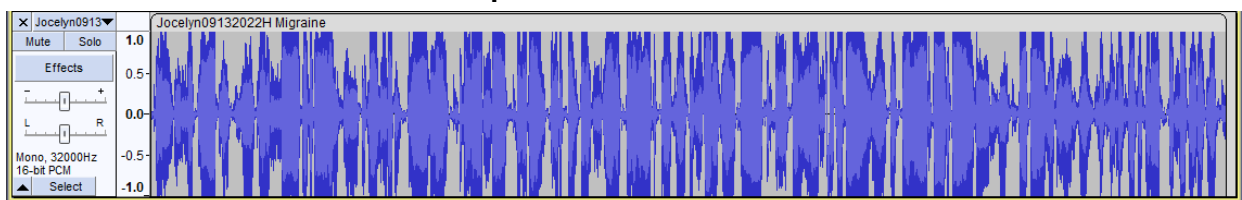
An example would look like this:



Unacceptable Volume

Volume too high or person is too close to the microphone.

An example would look like this:

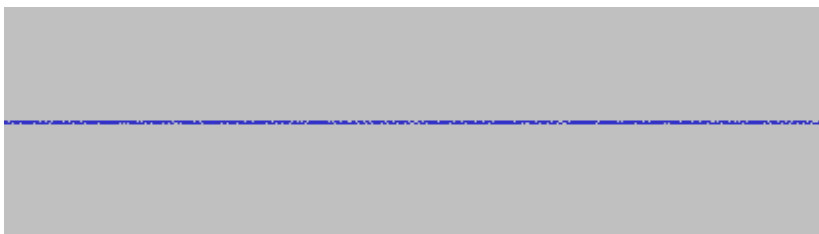


Pausing and Editing a Voice Print:

- If at any time the client stops speaking, click once on the blue stripes (Pause button). You can restart the recording by clicking the Pause button again. Stop and start as many times as necessary to capture a 30-second voice sample.

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- If your client runs out of anything to say and stops speaking at 27 seconds and you were unable to stop the recording at that exact



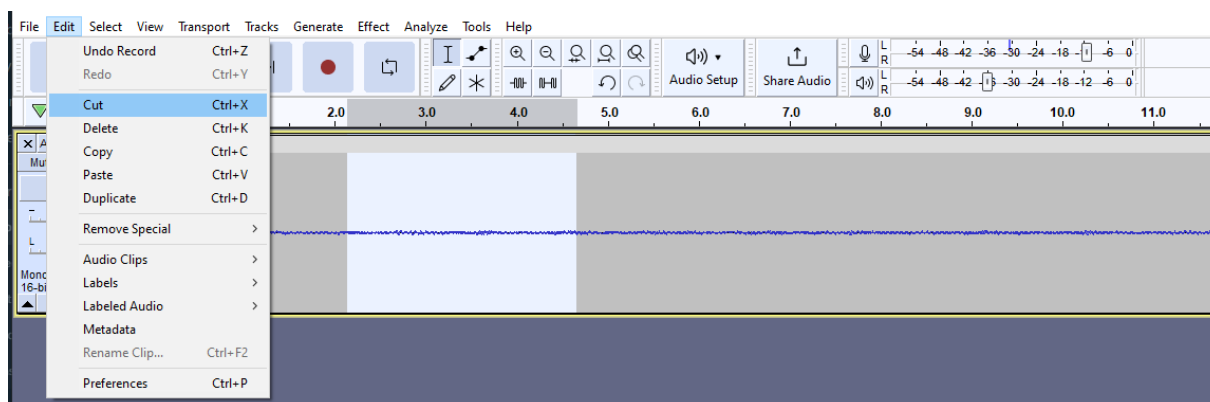
moment, you have about 3.5 seconds of silence.

You will probably see a flat line such

as this, indicating that no sound has been recorded.

To edit this out of the voice print:

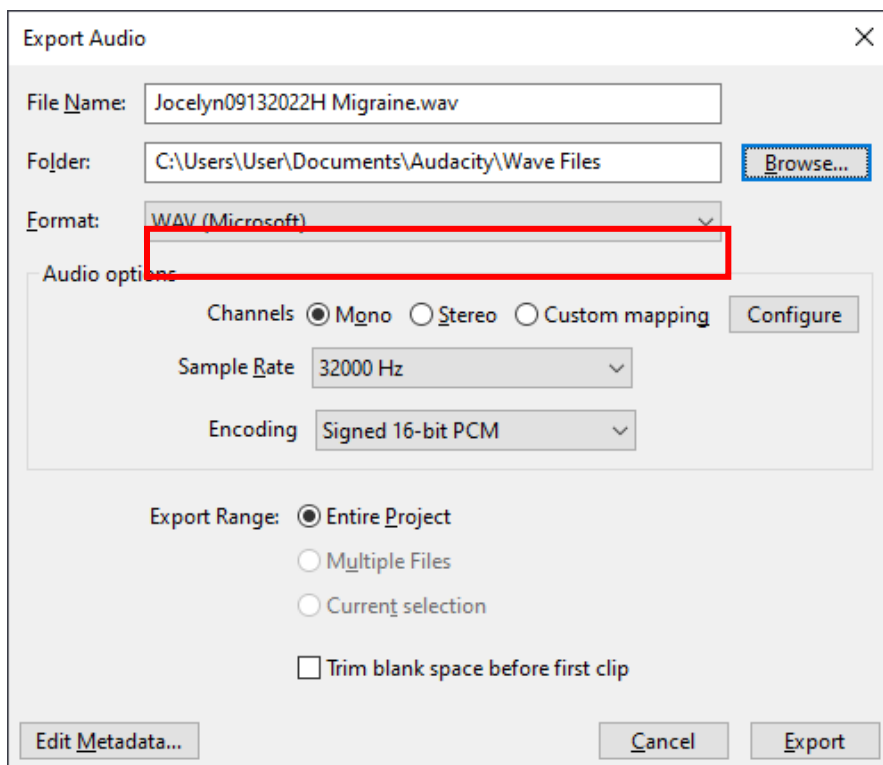
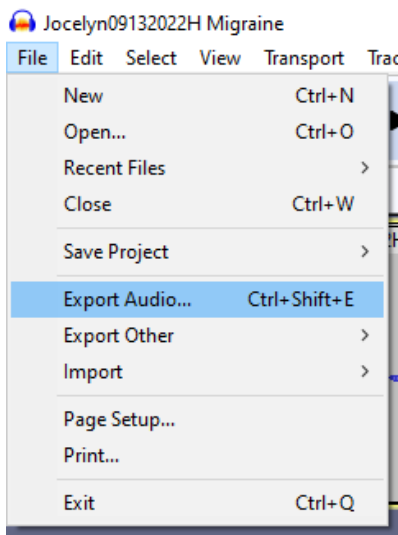
1. Click on the scroll bar at the bottom of the screen and drag it to the left until you begin to see a more acceptable recording volume.
2. Left click and hold within the voice print to highlight the portion you wish to edit; go to Edit and then Cut (or press Ctrl+X, Backspace or Delete) and it will remove that portion from the print.



3. Begin speaking again and select the Pause button to resume.
4. Continue until you have reached 30 seconds.
(Abacus – 30 seconds for comparison samples or 44 seconds for one sample)
5. Once you have completed a 30-second voice print, use the following steps to save the WAV file so it can be sent to Sound Health.

SAVING A VOICE SAMPLE

1. Under File on the screen, select Export Audio.



2. Type a **NAME** for the file. It is not necessary to include .wav; this is automatic for most computers. A convenient way to name the file is to use the client's first initial, last name, the date, the format, and an

"H" (health) or "M" (mundane). For example: RSmith042723H

(Ron Smith, 4/27/2023, Health recording for use with the Abacus).

DO NOT use slashes “/” in the file name or it will not save.

3. Click on Browse to locate your saved file.
4. Open the file, then save it.
5. Then click on Export.

EMAILING A VOICE SAMPLE

*****WHEN YOU HAVE TWO VOICE SAMPLES COMPLETED (ONE HEALTH AND ONE MUNDANE) AND YOU HAVE CHECKED TO SEE THAT THEY ARE 16-BIT, 32000HZ, AND EACH SAMPLE IS AT LEAST 30 SECONDS LONG, THEN YOU CAN EMAIL YOUR VOCAL PRINTS TO SOUND HEALTH. *****

1. Include in the body of the email:
 - Your full name
 - Your date of birth
 - Daytime phone number
 - Email address
 - Street address with city, state & zip code
 - The 3 issues that you would like to be addressed. More than one issue or severe health concerns may take longer for research purposes.
2. Send the two files (Health and Mundane) as an email attachment to the Sound Health office at soundhealthclinical@gmail.com.
3. Frequency Equivalent™ reports are completed in the order that they are received.
4. In-office rates apply and are subject to change.
5. Note: Evaluations are in terms of frequency equivalents and are to be considered management reports that you can share with your wellness provider.

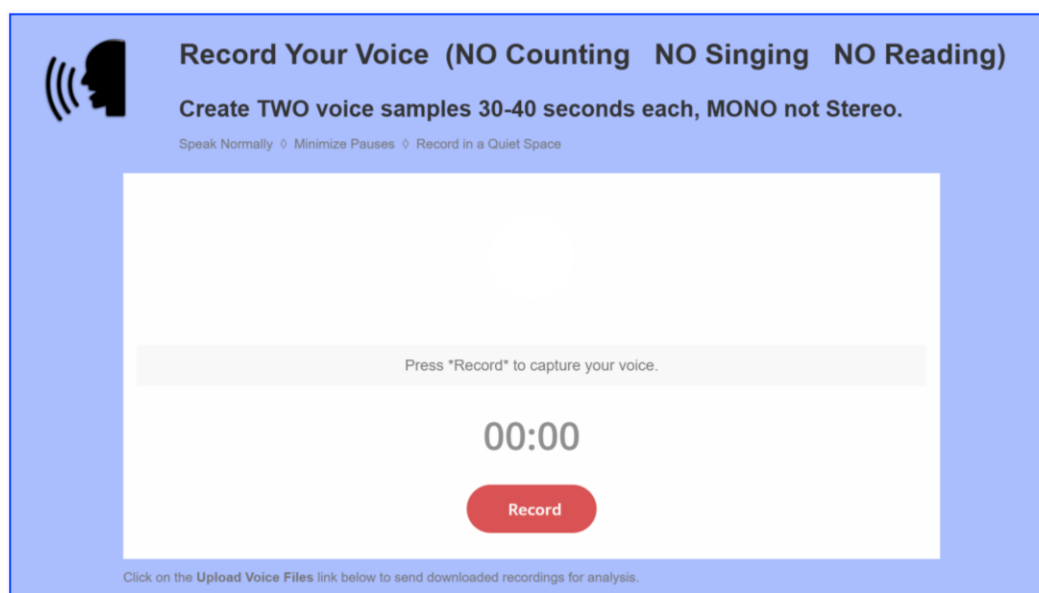
USING THE PORTAL

You can also record vocal prints on the Sound Health Portal by following these steps:

1. Go to SoundHealthPortal.com/sample-upload/.
2. Click Join the Community.
3. Fill out the form and click Register.
Required fields are your username, first and last names, email, and password.
4. If desired, watch a video on recording practices.
5. At the bottom of the page, record two 30-40 second voice samples using one of the same microphones recommended for Audacity recordings.
6. Select Upload Voice Files to submit your vocal prints.



Please let the clinical coordinator know you have submitted your vocal prints on the portal.

A screenshot of a web interface for recording voice samples. It has a blue header with a speaker icon and the text "Record Your Voice (NO Counting NO Singing NO Reading)". Below this, it says "Create TWO voice samples 30-40 seconds each, MONO not Stereo." and "Speak Normally • Minimize Pauses • Record in a Quiet Space". The main area is white with a grey bar that says "Press *Record* to capture your voice." Below that is a large "00:00" timer and a red "Record" button. At the bottom, it says "Click on the Upload Voice Files link below to send downloaded recordings for analysis."