

HOW TO TAKE A VOICEPRINT AND EMAIL IT TO SOUND HEALTH

Sound Health
5151 Alton Street
Albany, OH 45710
(740) 698-9119
www.SoundHealthOptions.com

Revised February 5, 2024

Table of Contents

➤ Getting Started: Appropriate Microphones	Page 2
➤ USING AUDACITY	PAGE 3-8
○ Downloading Audacity	Page 3
○ Setting Preferences	Page 3-5
○ Recording	Page 6
○ Recognizing appropriate volumes	Page 6-7
○ Pausing and editing your recording	Page 7-8
➤ Saving your Voice Sample	Page 9
➤ Emailing a Voice Sample	Page 10

GETTING STARTED: APPROPRIATE MICROPHONES

Suggested Microphones

Samson C01U USB
Studio Condenser
desktop Microphone
with studio stand
(\$70-90 online)



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

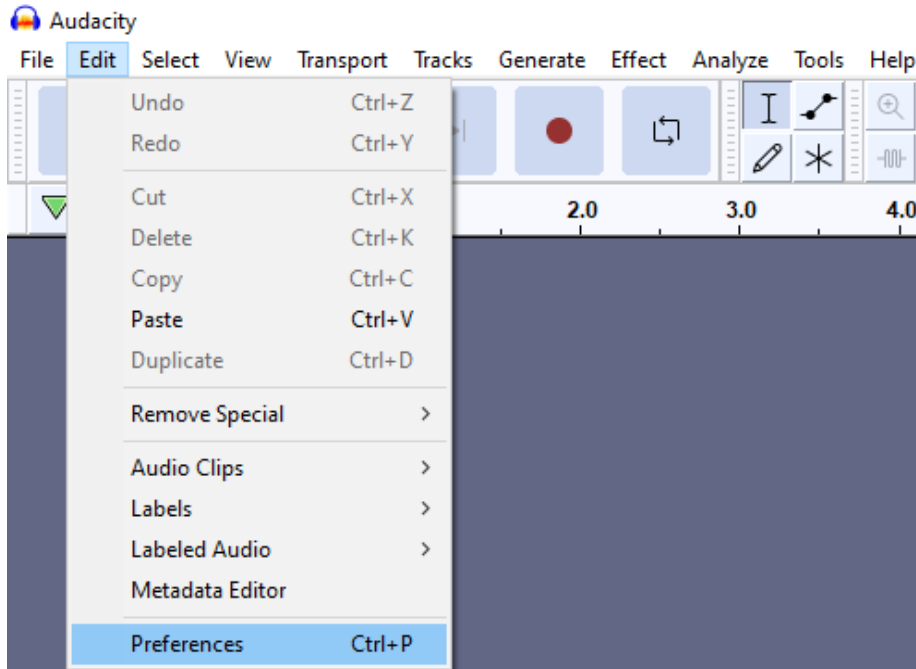
DOWNLOADING AUDACITY AND GETTING READY TO OBTAIN A SAMPLE:

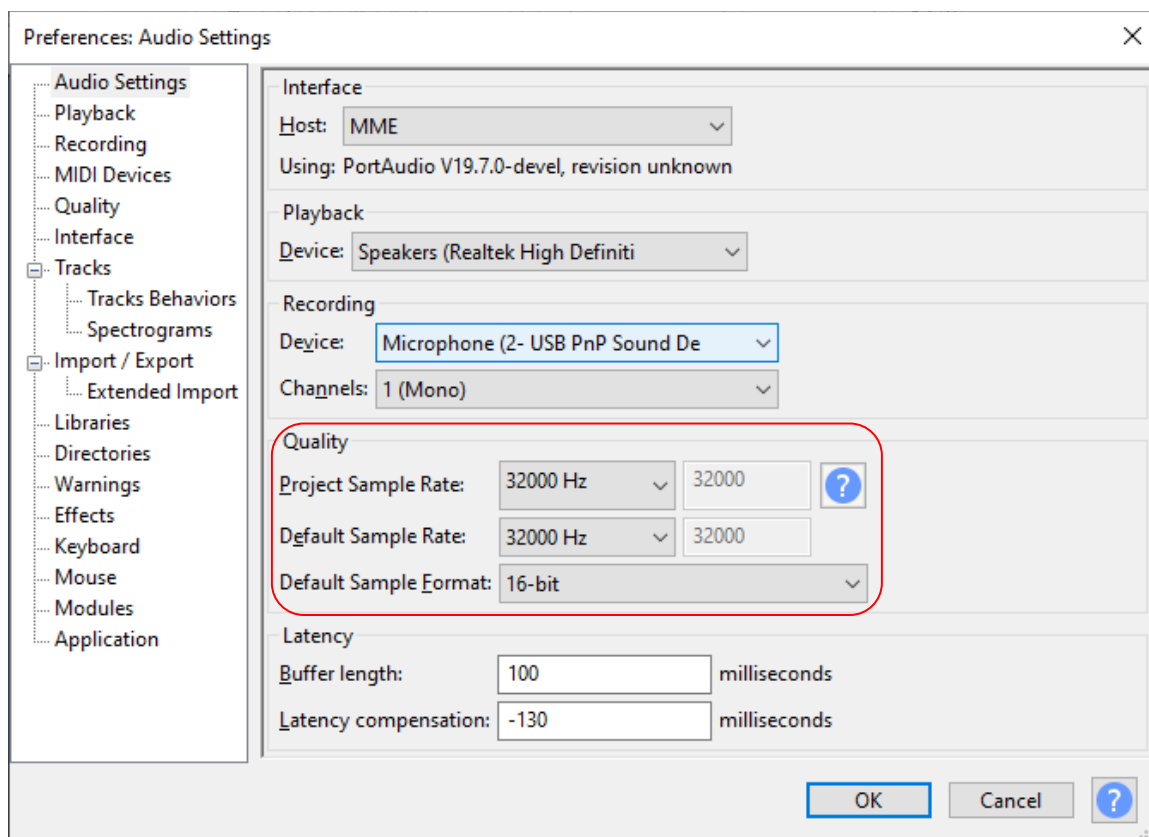
TO BEGIN, WE RECOMMEND THAT YOU CREATE A NEW FOLDER ON YOUR DESKTOP AND LABEL IT “WAV FILES.” THIS WILL COME IN HANDY ONCE YOU HAVE EXPORTED YOUR VOICE PRINT. SIMPLY RIGHT CLICK ANYWHERE ON YOUR COMPUTER SCREEN, SELECT “NEW” AND THEN “FOLDER,” AND THEN NAME THAT FOLDER “WAV FILES.”

DOWNLOADING AUDACITY

1. Use the following website link to download Audacity to your computer: <http://audacityteam.org> - click the Download tab and follow the directions. Save the file and follow the setup wizard to install. This is FreeWare – no need to purchase – 3.4.2 is the latest version.
2. Plug the microphone into your computer’s microphone jack. The computer will likely install it automatically.
3. If necessary, turn the microphone on (the Samson indicates a live microphone with a small green or red light).
4. Open Audacity and the next steps will help you set up the proper preferences to get the vocal print needed.
5. 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.

HOW TO TAKE A VOICEPRINT AND EMAIL IT TO SOUND HEALTH





IMPORTANT

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

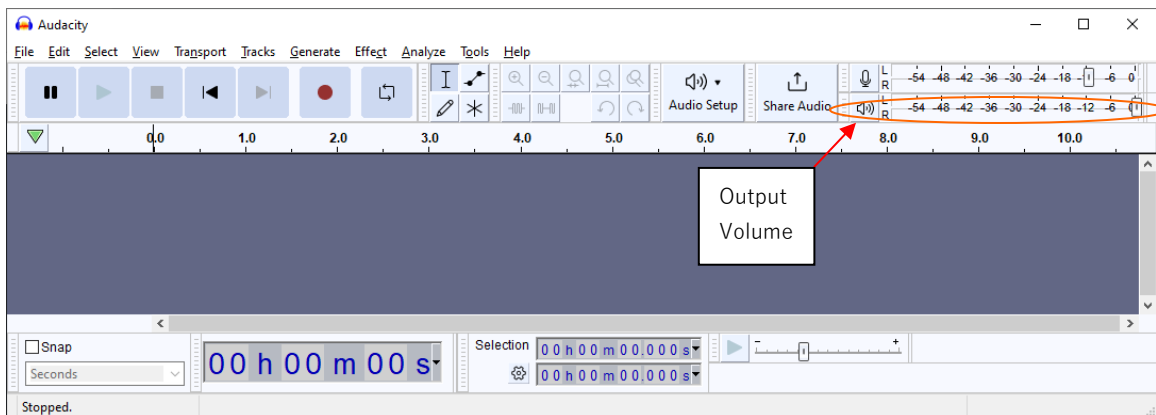
6. The specifications for a file made for use with an Abacus wave file (30-45 seconds long) are 32 kHz/16-bit Mono.
7. When taking a recording, always hold the microphone about four to six inches away from your mouth. Do not twist the cord or allow electrical cables/cords to touch the microphone cable 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

HOW TO TAKE A VOICEPRINT AND EMAIL IT TO SOUND HEALTH

samples: the first speaking about something mundane and the second speaking about health concerns, both for 30 seconds.

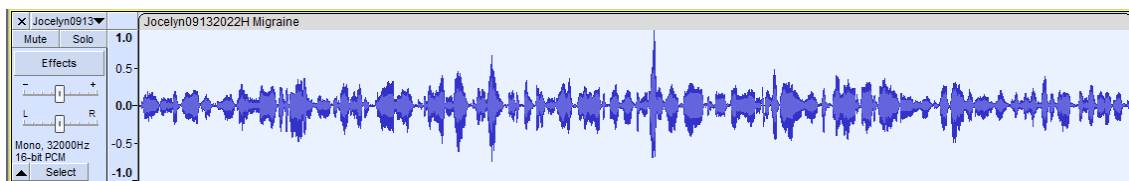
9. After you or your client begin speaking, click once on the red, round button (Record) to begin recording. You should be able to view the response on the screen.

Recognizing if your recording is at an acceptable volume:



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

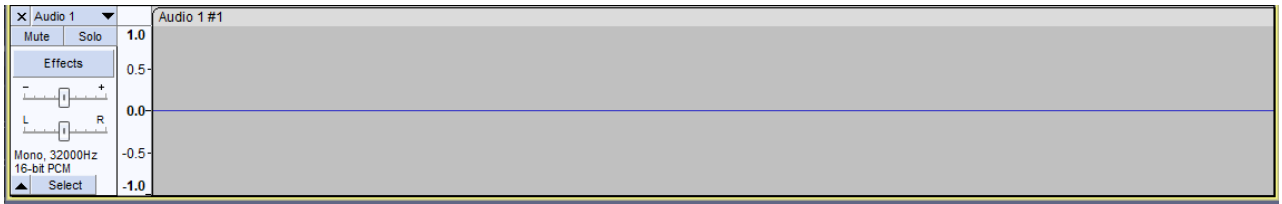
Your print should look similar to the one pictured here:



Unacceptable Volume

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

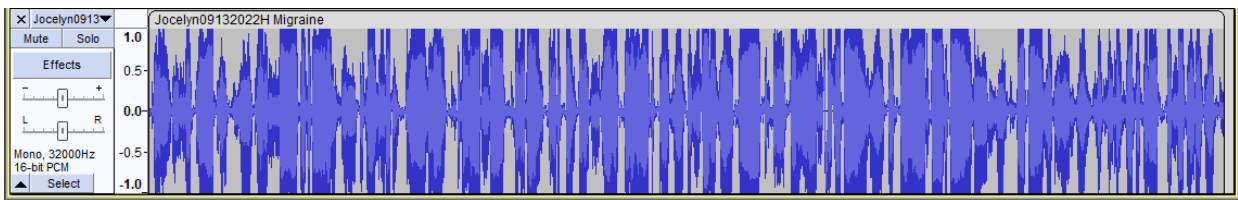
An example would look like this:



Unacceptable Volume

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

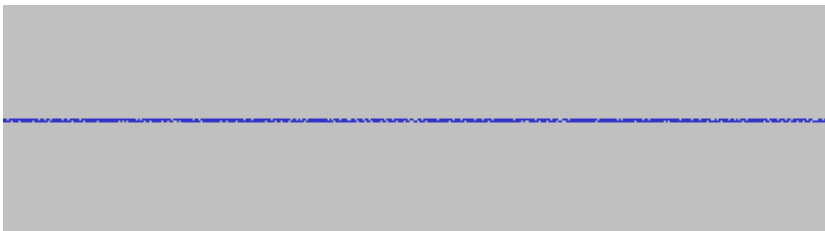
An example would look like this:



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.

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.

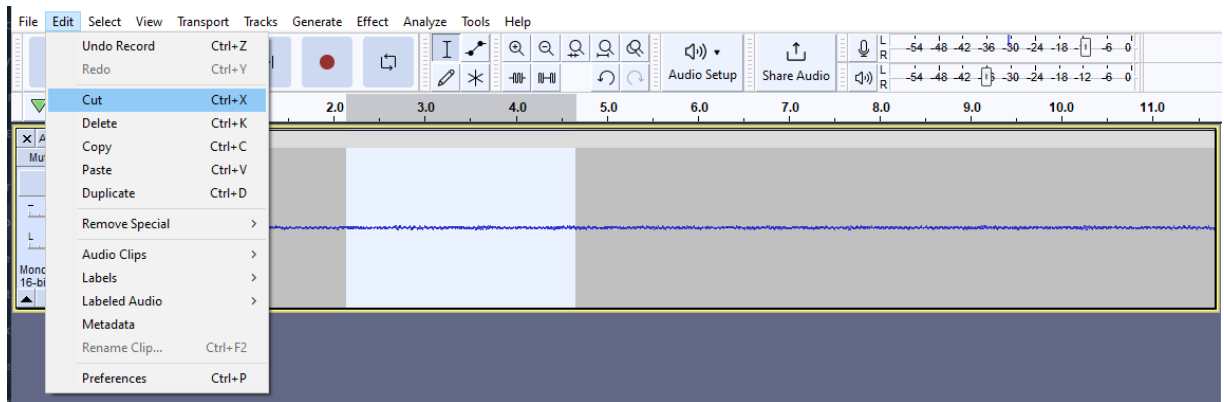
You will probably see a flat line such as this, indicating that no sound

has been recorded.

HOW TO TAKE A VOICEPRINT AND EMAIL IT TO SOUND HEALTH

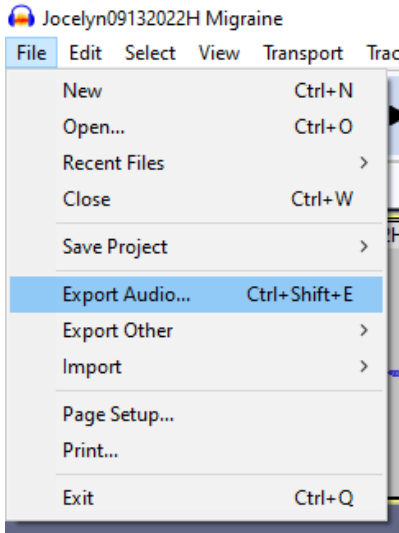
To edit this out of the voice print:

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) and it will remove that portion from the print.

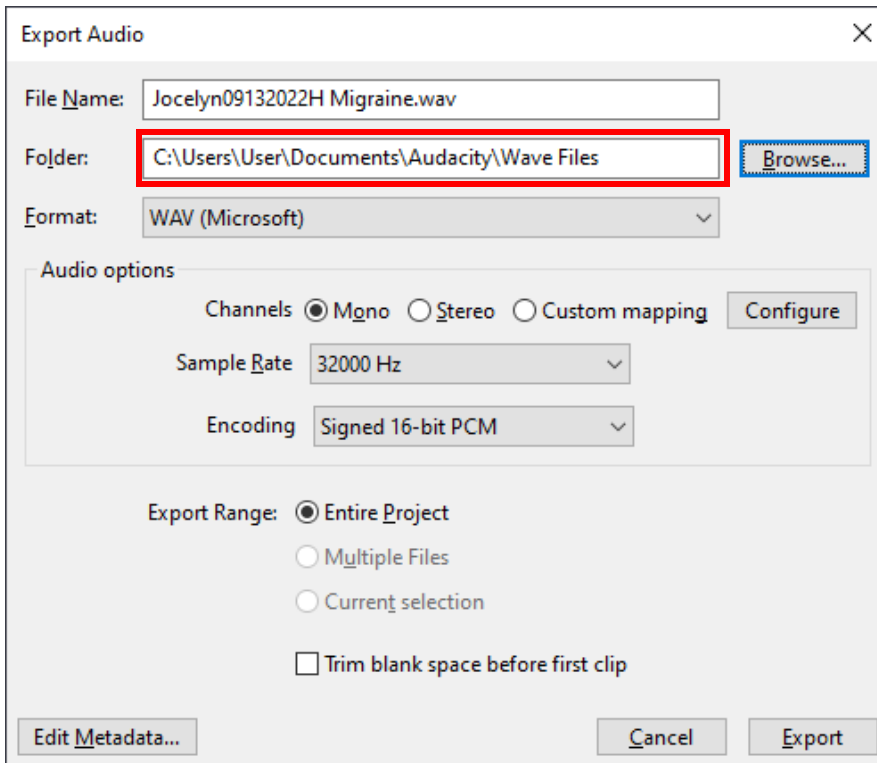


3. Begin speaking again and select the Pause button to resume.
4. Continue until you have reached 30 seconds.
(Abacus – 30 seconds for comparison samples or 44 seconds for one sample)
5. Once you have completed a 30-second voice print, use the following steps to save the WAV file so it can be sent.

SAVING A VOICE SAMPLE



1. Under File on the screen, select Export Audio.
2. Choose the location to **SAVE IN**. A separate folder called “Wave Files” on the desktop is the best place to save wave files.
3. The window below will open if you have set up such a file.
4. Type a **NAME** for the file, making sure to include .wav. 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.

EMAILING A VOICE SAMPLE

1. ***ONLY 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 AT LEAST 30 SECONDS LONG, CAN YOU EMAIL THEM TO US.***
2. Contact Sound Health at 740-698-9119 and inform the Clinical Coordinator that you will be emailing the files, or go to SoundHealthOptions.com – CLINICAL SERVICES and fill out and submit the client application. Informational evaluations can be done online. Not all evaluations require a tone box or tone trials. 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 issue that you would like to be addressed. More than one issue or severe health concerns may take longer for research purposes.
3. Send the two files (Health and Mundane) as an email attachment to the Sound Health office at soundhealthclinical@gmail.com.
4. Frequency Equivalent™ reports are completed in the order that they are received.
5. In-office rates apply and are subject to change.
6. Note: Evaluations are in terms of frequency equivalents and are to be considered management reports that you can share with your wellness provider.