

PORTAL PARTICIPATION GUIDELINES

TO MAKE YOUR EXPERIENCE EASIER & MORE ENJOYABLE, IT IS SUGGESTED THAT YOU FOLLOW THESE GUIDELINES BEFORE YOUR FIRST SESSION. IF YOU EXPERIENCE ANY PROBLEMS WITH THE PREREQUISITES, SOUND HEALTH NEEDS TO BE NOTIFIED **10 DAYS** BEFORE YOUR FIRST SESSION.

****YOUR FIRST SESSION IN CLASS WILL GO OVER QUESTIONS OR ISSUES****

1. Sign up for a Portal subscription (**REQUIRED**): SoundHealthPortal.com (reminder: you will keep **ALL of your class work on the portal**).
2. Watch the tutorials listed under the Support Tab on the portal website
3. Watch the Magic of the Portal video – [video1817720039 \(2\).mp4](#)
4. Watch the Miracles of Non-Medicine video – <https://vimeo.com/249503694>
5. **20 DAYS BEFORE CLASS**, download Audacity version 3.6.1, (following the instructions and guidelines for your particular computer system) <https://www.audacityteam.org/download/>
6. Connect the microphone
7. Send us at least one vocal recording following the instructions in the SEND US booklet
8. Read 2023 April through November articles from MOH – bioacousticsolutions.net/keynotes
9. Review the video concerning how to use **ZOOM** (this video assumes you have never used Zoom and may be too elementary for some people, but this one allows you to skip some features that are too obvious): <https://www.youtube.com/watch?v=iagJnvy6lLY>
10. Start a reference manual for materials you want to keep handy

READ

1. WHY portal article
2. Wellness Provider Textbook
3. Look over catalog (contains a lot of valuable information)
4. Portal booklet
5. Breaking the Sound Barriers of Disease
6. Any Vimeo videos of interest – <http://tinyurl.com/26v2d2ct>

DOWNLOAD CHARTS

1. Starter Wheel Chart
2. Ranges Chart
3. Spine Chart