



HEALTH

Health is a 12hp clock generator, “wave shaper” and dedicated (clocked) sound source. It accepts both audio and clock in its input . It has 3 pots regulating its internal clock through a NAND gate, a dedicated clock out for that internal clock. An input and an output. There are 4 pots for regulating pitch for each step as well as a pot for master pitch. The tree switches creates new patterns, the middle switch also selects division of the clock out jack (when using the internal clock. There is also a filter, low pass to the right high pass to the left onboard to tweak the sound even further. For more information about functionality, patch tips etc., check out my [YouTube channel](#).

Build guide:

Building this is pretty straight forward since all SMD components are pre-soldered:

Place the power connector according to the silk screen and solder it in. Make sure no joints are touching.

I then usually place the potentiometers first and solder only one pin from the top of the board, watch out touching the SMD components with your iron in crowded areas.. That way they will not fall off when we turn the PCB. Then I do the same with all jacks, just soldering the ground connector (the one that is sticking out from the jack and has a square pad). Double and tripple check that all solder joints on the connectors look good and that all pins are properly soldered in. If you have some type of magnification that usually helps.

I then place the switches but don't solder any pads on those, let them wiggle but don't fall out.

Mount the panel, align the switches so they are straight, pots and jacks as well. Solder everything in. Double check, plug it in, voila!

BOM

Designator	QTY	INFO	Product link
J1, J3, J4	3	Thonkiconn jacks	https://www.thonk.co.uk/shop/thonkiconn/
RV1-9	9	100k Lin Pot T18 9mm Alpha	https://www.thonk.co.uk/shop/alpha-9mm-pots-vertical-t18/
SW2,3,4	3	ON-ON SPDT SWITCH	https://www.taydaelectronics.com/mini-toggle-switch-spdt-on-on.html
For RV1-9	9	Must be Black	https://www.thonk.co.uk/shop/micro-knobs/
SV1	1	10pin eurorack header	

