



CONNECTING PARENTS & COACHES TO CERTIFIED ATHLETIC TRAINERS

Healthy Roster is a **FREE** mobile app/website connecting athletes, parents and coaches from **Bishop DuBourg High School** with their Athletic Trainer. When your child is injured playing sports, help is one tap away!

Healthy Roster Mobile App Includes:

- Access to a certified athletic trainer via chat, voice, or video
- Injury tracking and updates
- Parent/Guardian accounts
- One account for multiple children
- HIPAA Compliant – Safe & Secure!



HOW TO COMPLETE PRE-PARTICIPATION DOCUMENTS

Follow these step-by-step directions with your athlete's documents.

1. Access your athlete's Healthy Roster profile via your laptop or desktop computer or by using the Healthy Roster app. First time users access your account through the invitation email from Healthy Roster.
2. Locate the "Documents" section on the left side of your screen or by clicking on your athlete's profile on the website or mobile app.
3. Once in the "Documents" section, you will be able to download and print a copy of the **MSHSAA Physical Examination** form. The MSHSAA Physical Exam form must be completed on paper by a physician and then uploaded to your athlete's profile. This can be done via the Healthy Roster app by scanning all pages of the exam with your mobile phone scanning application or by selecting "Upload File" in the 3-dot tab located in the "MSHSAA Physical Examination" document prompt. **The physical exam is good for two years from the date of the physical exam (unless there is a medical reason that requires a new one). If you turned in a physical last school year, it will be uploaded to Healthy Roster for you. Please give us ample time to upload these forms so you can then complete the rest of the required paperwork.**
4. Download, print and complete a copy of the **MSHSAA Pre-Participation Documents**. **This packet needs to be completed every academic year for MSHSAA eligibility.** After completing the packet, you will need to scan and upload the file into Healthy Roster by selecting "Upload File" in the 3-dot tab located in the "MSHSAA Pre-Participation" document prompt. You may also upload a picture of this packet in the Healthy Roster app.
5. Upload a copy of the front and back of your child's insurance card through the app or the **Insurance Card** prompt on the website.
6. Review and electronically sign the **Handbook Acknowledgement Form**.
7. Complete and electronically sign the **SSM Transportation Form**.
8. Make sure uploaded images are in-focus and not blurry. Unreadable documents will not be accepted.
9. Incomplete documents will appear as a red document icon on your athlete's profile. Documents that have been filled out but are missing one or more items will appear as a yellow document icon on your athlete's profile. All documents must appear green prior to your athlete beginning their sport.
10. All forms must be reviewed by the Athletic Trainer and will not appear as a completed document until this review has been finished.

To get started using *Healthy Roster*, look for your email invitation.

If you do not receive an email, please contact our athletic trainer,

Nathan Jarman by cell – (314)723-2635 or

email - nathan.jarman@ssmhealth.com.