



# Connecting Athletes, Parents & Coaches to Licensed Athletic Trainers

Healthy Roster is a FREE mobile app/website program connecting athletes, parents and coaches from Upper St. Clair High School with Licensed Athletic Trainers from **Allegheny Health Network Sports Medicine.**

*When dealing with a sports injury, help is one tap away!*



## HEALTHY ROSTER MOBILE APP INCLUDES

- + Access to a Licensed Athletic Trainer via Chat, Voice or Video
- + Injury Tracking and Updates
- + Guardian & Parent Accounts
- + One Account for Multiple Children
- + HIPAA Compliant - Safe & Secure

To get started using Healthy Roster, download Healthy Roster from the App Store (iPhone Users) or Google Play (Android Users) and enter this code when creating a new account.

# PANTHERS

## Here's How it Works

If you become aware of an injury, you can connect directly with an Athletic Trainer so they can help you understand the best course of action - simply message your provider in the Healthy Roster App to get started.

**HR HEALTHY ROSTER**  
**HEALTHYROSTER.COM**

