



CONNECTING PARENTS & COACHES TO CERTIFIED ATHLETIC TRAINERS

Your child's high school and SSM Health Sports Medicine have partnered with Healthy Roster, a **FREE** mobile app/website program, to connect athletes and parents with their Licensed Athletic Trainer. This program will house not only your child's injury information, but all of the athletics-related paperwork necessary to participate in your high school's sports! Below are instructions of how to set up and manage your Healthy Roster account for your student athlete. Please note that Healthy Roster is an invitation only program. The athletic trainer will be sending an invitation via email for you to activate your child's account.



Duchesne High School

Athletic Trainer – Katy Mueller

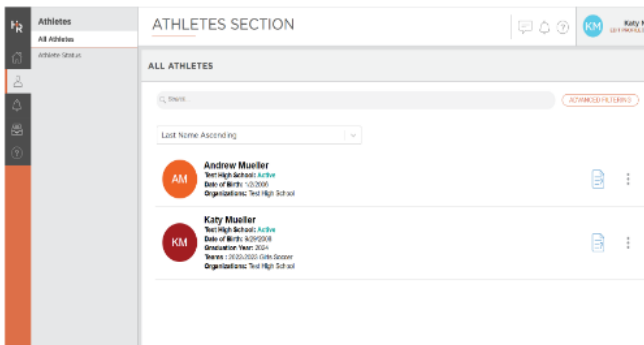
Email Address – kathryn.mueller@ssmhealth.com

Phone Number – 417-501-7418

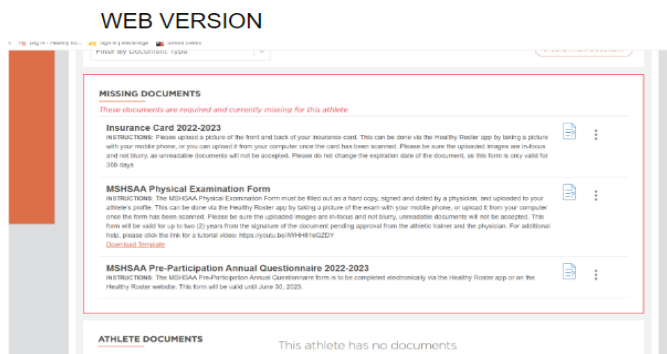
HOW TO COMPLETE PREPARTICIPATION DOCUMENTS:

Follow these easy step-by-step instructions for completing your athlete's documents. Please note all documents need to be completed prior to your student's participation in athletics.

1. Log in to your your account that is linked with your [athlete's Healthy Roster profile](#)
web version *app version*



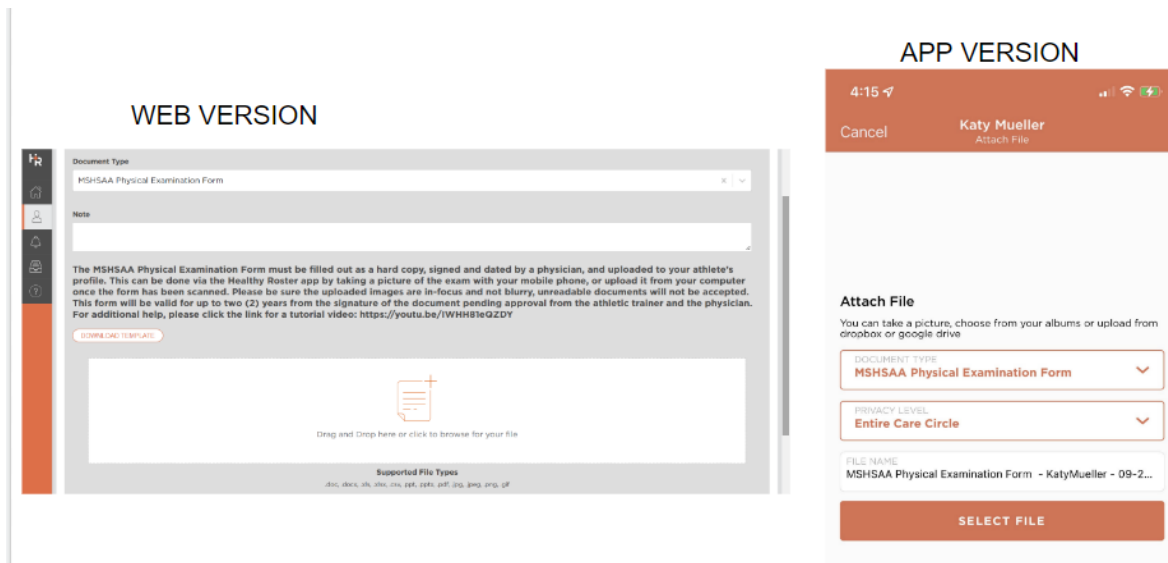
2. Locate the "Documents" section on the website or through the app.



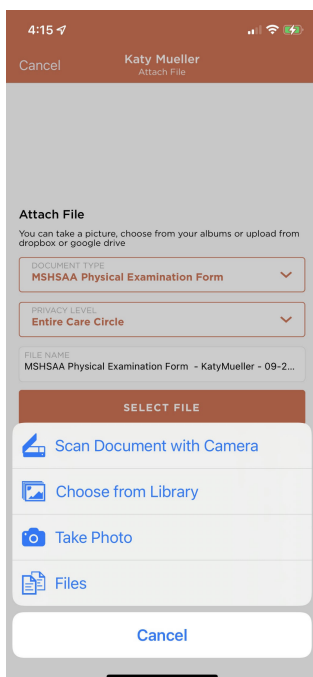
APP VERSION



3. Once in the "Documents" section, you will be able to upload a copy of the **MSHSAA Physical Examination/ Medical Release Form** ("physical") that is filled out and signed by your physician. Additionally, the **MSHSAA Pre-Participation Documents** can be filled out in the app or on the web version directly on Healthy Roster and submitted immediately.



4. The **MSHSAA Physical Exam/ Medical Release Form** must be filled out as a hard copy first, then uploaded to your athlete's profile. This can be done via the Healthy Roster app by taking a photo or by scanning with your phone camera. **All pages** of the physical need to be uploaded with your mobile device, unless otherwise directed. The physical exam is valid for two years from the date of the physical exam (unless otherwise directed by the physician). If you are unable to upload this form via the app, you can scan in and upload it as a pdf via the website.



- There is a [YouTube video](#) in the MSHSAA physical exam section that gives step-by-step instructions for uploading the document.

5. The **“MSHSAA Pre-Participation Annual Questionnaire”** can be filled out electronically via the Healthy Roster app or website. This document must have

an electronic signature from both the athlete and the parent. This packet must be completed **every school year.**

6. Please make sure uploaded images are in-focus and not blurry. **The best option for a clear picture is to use the “Scan with camera” option.** This allows you to take a picture of multiple pages and will edit the document for clarity. Unreadable documents will not be accepted.