



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.

			Q Search	
MISSING DOCUMENTS			MISSING DOCUMENTS	
These documents are required and currently missing for this athlete				
Insurance Card 2022-2023. Insurance Card 2022-2023. Insurance Card Sectors pathware in the first and tasks of your revealence card. This can be care white the insuring from any to taking a potential with your model proved, is you can updated it have your comparison trace the card has been tracemed. Preventies have the updated it maynes are hardware and not card any a screenable documents will not be accepted. Prevent do not change the explorition date of the document, so this from a cardy and for 20 do you.		:	-0	- 0
MSHSAA Physical Examination Form MSHSAA Physical Examination Form MSHCTORS The Short Sch Physical Converting from marks the filed out as a hord cogs, speed and other by a physical, and updated to your arterest patients that the short Physical accurate and address and the same with your model priore, variable The your compares the same physical Physical accurate and address and the same physical Physical Physical Physical MSHCTORS The short Physical accurate physical accurate and address and the same physical Physical Physical Net Physical Physical Physical Physical Physical Physical Physical Physical Physical Physical Physical Physical Physical Physical Physical PhysicaPhysical Physical P	₿	:	Insurance Card 2022-2023	MSHSAA Physical Examination Form
MSHSAA Pre-Participation Annual Questionnaire 2022-2023 astrauct IDMs. The MOREX Pre-Parapeton Annual Questionnaire form is to be completed electroscally via the Healthy Roder app or on the Healthy Roder website. This form will be unit with Area 50, 2020.		:		
THLETE DOCUMENTS This athlete has no documents				
DOCUMENTS This athlete has no documents				

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.

		A	PP VERSION	N
		4:15 🖈		
	WEB VERSION		Katy Mueller Attach File	
ЧR	Document Type			
~	MSHSAA Physical Examination Form x			
8	Note			
4				
3	The MSHSAA Physical Examination Form must be filled out as a hard copy, signed and dated by a physician, and uploaded to your athlete's profile. This can be done via the Healthy Roater app by taking a picture of the exam with your mobile phone, or upload it from your computer once the form has been canned. Please be user the uploaded images are inforced and not burry, normadable documents will not be accepted. For additional help, please click the link for a tutorial video: https://youtu.be/IWHHBIG0ZOY	Attach File You can take a pi dropbox or goog		ns or upload from
	Drag and Drap have or click to browse for your file	MSHSAA Ph PRIVACY LEVEL Entire Care		~
	Supported File Types ato, ato, ato, ato, ato, ato, ato, ato,	FILE NAME MSHSAA Physic	cal Examination Form - Katy	Mueller - 09-2
			SELECT FILE	

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. <u>All pages</u> 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.

4:15 🖈		all 🗢 🕪			
	Katy Mueller Attach File				
Attach File You can take a pictu dropbox or google	ure, choose from your albun	ns or upload from			
DOCUMENT TYPE					
	ical Examination Form				
PRIVACY LEVEL Entire Care Ci	rcle	~			
FILE NAME MSHSAA Physical	Examination Form - Katy!	Mueller - 09-2			
	SELECT FILE				
占 Scan D	ocument with Ca	mera			
Choose	e from Library				
👩 Take Pl	noto				
Files					
Cancel					

- 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.