

CONNECTING PARENTS & COACHES TO CERTIFIED ATHLETIC TRAINERS

Healthy Roster is a **FREE** mobile app connecting **Olympic Development Program** parents and coaches with Certified Athletic Trainers from Orlando Health. 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
- Guardian & parent accounts
- One account for multiple children



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: **OHODP**

Here's how it works:

- If you become aware of an injury at home, you can connect directly with an athletic trainer via voice and video so they can help you understand the best course of action.
- Enter injury information and an athletic trainer will contact you to help you manage a course of action and guide you through recovery.

