



UI Sports Medicine
University of Iowa Hospitals and Clinics

CONNECTING J-Hawk PARENTS & COACHES TO YOUR CERTIFIED ATHLETIC TRAINER!

Healthy Roster is a **FREE** mobile app/website program connecting **Cedar Rapids Jefferson** parents and coaches with their school's Certified 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
- Guardian & parent accounts
- One account for multiple children
- HIPAA Compliant – Safe & Secure!



To get started using Healthy Roster, please wait for an email prior to your student-athlete's first sports season at Cedar Rapids Jefferson. Please follow the instructions in the email to get signed up. If you did not receive an email, please ask your Athletic Trainer to be invited.

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