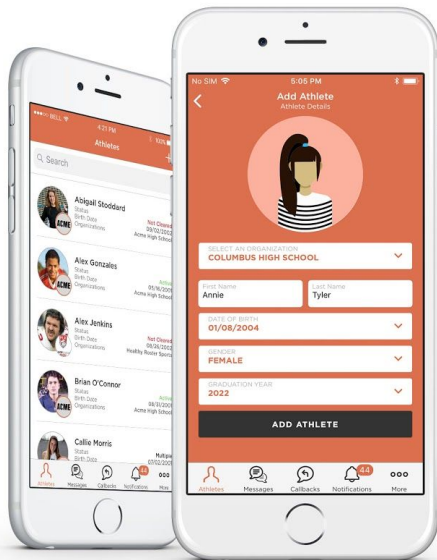




# Connecting Parents & Coaches to Licensed Athletic Trainers

Healthy Roster is a FREE mobile app/website program connecting athletes, parents and coaches from **Mt. Blue High School** with their Licensed Athletic Trainer, **Heather Mitchell**.

*When your child is injured playing sports, 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



**YOU'RE INVITED**  
Make sure to check your email!

To get started using Healthy Roster, please contact Heather Mitchell to be invited. Once Heather has your email address, she can send you an invite to join.

Contact Heather Mitchell at [hmitchell@mtbluersd.org](mailto:hmitchell@mtbluersd.org)

Or call her at 207-692-6421

**HR** HEALTHYROSTER  
HEALTHYROSTER.COM

