

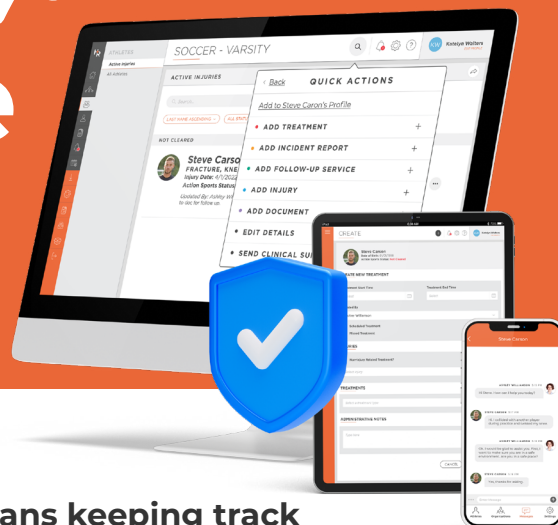
DOCUMENTATION & CONTINUITY OF CARE

Never *start over* with an athlete again.



Megan Neemann
Athletic Trainer

Syracuse Area Health
Serving Syracuse High School and
Elmwood-Murdock High School



THE CHALLENGE

Covering 2 high schools means keeping track of nearly 300 athletes, multiple sports, countless injuries, and dozens of daily conversations.

Before Healthy Roster, Megan relied on spreadsheets and Word documents to document injuries. Finding previous notes often meant searching through files and trying to remember exactly what had happened weeks—or even months—earlier.

For busy Athletic Trainers, that often means repeating evaluations, asking the same questions again, or spending valuable time hunting for information instead of treating athletes.

“Looking things back up and figuring everything out was just a pain.”

THE SOLUTION

Healthy Roster gives Megan one place to document every athlete interaction, making it easy to pick up where she left off.

Instead of relying on memory, she instantly reviews previous evaluations, treatments, conversations, and recommendations before seeing an athlete again.

The mobile app also allows her to document care wherever she is—on the field, in the training room, or after games using voice dictation.



THE RESULTS



01. Every athlete's history is always available

When athletes return weeks or months later, Megan doesn't have to start from scratch.

// I can look it up in two minutes, read it, ask a couple of pointed questions, and give them direction without having to do the whole evaluation again.

Instead of repeating the entire evaluation, she can immediately continue the conversation.



02. Better communication with parents

Parents stay informed without endless phone calls.

During one athlete's recovery from lower leg pain, Megan documented her treatment recommendations in Healthy Roster. The athlete's mother replied directly in the app.

// Mom commented back and said, 'Yeah... she's not doing the things, but I'll make sure she starts doing the things.'

Having everyone communicating through one platform keeps athletes, parents, and Athletic Trainers aligned.



03. Stronger relationships with athletes

Because Megan always has previous conversations available, athletes know they're being heard.

// They know I'm listening.

After beginning work at a second school, she noticed a significant difference. While there are many reasons relationships improve, Megan believes being able to quickly reference previous conversations helps athletes feel remembered and supported.

// The previous Athletic Trainer said the athletes never really came in to see her. Since I've been there, I can't get them to leave me alone.



04. Documentation that fits the way you work

One feature that has had the biggest impact recently has been voice dictation.

// Using the dictation feature on your phone and putting it directly into the app has sped things up exponentially. That's been a game changer.

THE RESULTS

One reason Healthy Roster has been especially meaningful for Megan is that she suffered a traumatic brain injury earlier in life, which affects her memory.

While every Athletic Trainer juggles hundreds of athletes and conversations, Megan says having reliable documentation gives her added confidence that nothing important will be forgotten.



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Healthy Roster has helped me immensely.