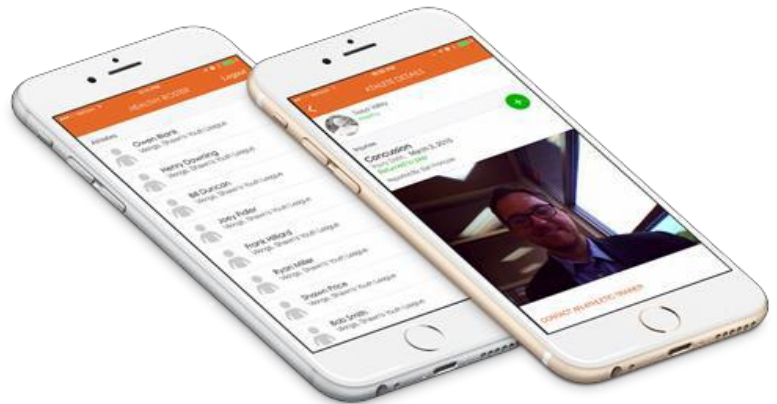


CONNECTING ATHLETES & COACHES TO CERTIFIED ATHLETIC TRAINERS

Healthy Roster is a **FREE** mobile app connecting **Columbus Running Company** athletes and coaches with Certified Athletic Trainers from Orthopedic ONE. When you are injured during your training, 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 athletes



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: **O1CRC**

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 via the app/website and an athletic trainer will contact you to help you manage a course of action and guide you through recovery.





orthopedic ONE

Another alternative to using the Healthy Roster mobile app is to call the **Orthopedic ONE Sports Injury Hotline**

If you have experienced an injury that does not require immediate attention, would like to schedule an injury consultation, or if you have general questions regarding sports medicine care, please feel free to contact our Sports Injury Hotline. The Certified Athletic Trainer on call will receive messages 7 days a week, and will return calls between the hours of 8:00 A.M. and 7:00 P.M.

This service provides a no cost consultation with an Orthopedic ONE Certified Athletic Trainer. Should an appointment with a physician be required, traditional patient visit costs do apply.

ORTHOPEDIC ONE. HERE WHEN YOU NEED US.
Sports Injury Hotline and Contact

Certified Athletic Trainer Hotline
614.827.8210

Offering an on call voice messaging service for your non-emergent Sports Medicine concerns and appointment requests.

Or email non-emergent requests to:
sportsmed@orthopedicone.com


www.orthopedicONE.com

Orthopedic ONE is the leading provider of sports medicine orthopedic care in the region. We offer sport specific training and reconditioning for athletes of all ages and skill levels. Our Physicians, Physical Therapists and Certified Athletic Trainers will work toward a goal of returning athletes to pre-injury condition through prevention, evaluation, treatment and education. Our goal is to keep athletes out of our office and on the field.

Orthopedic ONE is the largest private orthopedic surgery practice in the state of Ohio and represent a group of nearly 60 of the region's top orthopedic experts with one mission:

To make each and every patient our number ONE priority...
Visit www.orthopedicONE.com.