

WELLNESS, TRAINING & PERFORMANCE	AVAILABILITY	DETAILS
Risk assessment and alerts	Yes	
Wellness monitoring	Yes	Customizable daily/weekly wellness questionnaire
Sleep monitoring	Yes	Via data integration or manual input
Menstrual cycle tracking	Yes	Integrated within the wellness questionnaire, alerts and recommendations
Daily Pain and Stiffness tracker	Yes	
Appointment scheduling	Yes	
Program design	Yes	
Activity scheduling	Yes	
Training monitoring	Yes	Monitor objective and subjective load
Periodization	Yes	
Annual planning	Yes	
Customizable intensity zones	Yes	Customizable RPE scale, HR, Power training zones
Recording of multiple activities per session	Yes	
Attendance tracking	Yes	
Customizable activities	Yes	Sport-specific activities preloaded by default
Evidence-based Workload management	Yes	Customizable load management with evidence-based metrics and actionable alerts
Real-time alerts	Yes	Customizable with actionable recommendations
Reminders and notifications	Yes	13 customizable reminders delivered via SMS, push notification or email
SMS invitations	Yes	
Exercise programming	Yes	Preloaded with 600 exercises
Strength programming	Yes	Track sets, reps, volume, intensity
Testing & assessments	Yes	Unlimited tests, batteries, custom standards, etc
Standard-based assessments	Yes	
Individual, team and organization-wide reports	Yes	
Customizable forms questionnaires	Yes	Medical history, nutrition, mental health, etc
Team and individual dashboards	Yes	Customizable, with wellness, training, testing, questionnaire and health alerts and measures
Team and individual graphs	Yes	Customizable, with wellness, training, testing, questionnaire and health alerts and measures
Customizable alert logic, formulas and colors	Yes	
COMMUNICATION	AVAILABILITY	DETAILS
Individual and team messaging	Yes	SMS, email, push notification
Recurring messaging	Yes	
Sending to groups	Yes	
Send later message	Yes	
File and video sharing	Yes	Free 500Mb of storage. Additional storage capacity available.
SPORTS MEDICINE	AVAILABILITY	DETAILS
Electronic medical records	Yes	
Consultation tracking	Yes	
Treatment recording and documentation	Yes	Customizable list of treatments, tasks, injury mechanisms
SOAP Notes	Yes	
Medication tracking	Yes	
Management of training restrictions	Yes	
Validated diagnoses coding systems	Yes	SMDCS, OSIICS, Custom
Injury and illness surveillance	Yes	Customizable OSTRC-H Questionnaire or practitioner-recorded
Mental health monitoring	Yes	
Customizable health questionnaires	Yes	
Epidemiological statistics	Yes	Incidence, prevalence, burden
Parasport classification and categories	Yes	
DATA EXCHANGE	AVAILABILITY	DETAILS
Single sign-on (SSO)	Yes	
Raw data export	Yes	Available for all modules and for staff and athletes
Data export API	Yes	Export data to external databases via CRON JOB and ReST API
Data export to PowerBI and Tableau	Yes	

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Data import API	Yes	Import athlete, staff and subgroup data from external information systems
Batch data import	Yes	Staff, subgroups, athletes, standards, exercises, test results, etc.
Third-party integrations (API and/or CSV)	Yes	Curently available: Oura Ring, Polar Flow, Garmin Connect, WHOOP, Playertek, STATSports, Hawkin Dynamics, VALD ForceDecks, VALDNordBord, VALD Dynamo, InBody, Catapult, VX Sport, GPSports, VERT, FieldWiz, onFORM, universal importer. Integrations are being regularly added.
DATA PRIVACY AND SECURITY	AVAILABILITY	DETAILS
Data storage	Dedicated server	
Data location	EU, CAN, IN, client	Option to setup system and data on client's own server
File and data encryption	Yes	
Encryption at rest	Yes	
Protection from Cloud Act (US)	Yes	
Privacy policy	Yes	https://www.athletemonitoring.com/privacy-policy/
Data security policy	Yes	https://www.athletemonitoring.com/security/
2 factor authentication	Yes	
Role-based access	Yes	11 preset roles, unlimited custom roles
My Data	Yes	Athletes can select who can/cannot access their data (optional)
Pen testing	Yes	Yearly
Vulnerability testing	Yes	Quarterly
TRAINING	AVAILABILITY	DETAILS
Free onboarding to system administrators	Yes	Provided via Zoom
Onsite training	Yes, optional	
Video tutorials	Yes	https://www.athletemonitoring.com/video-tutorials/
SUPPORT	AVAILABILITY	DETAILS
Technical support and user assistance	Unlimited	
Support database/FAQ	Yes	https://support.en.athletemonitoring.com/support/solutions
OTHER FEATURES	AVAILABILITY	DETAILS
Languages	17	English, Français, Deutsch, Español, Português, ภาษาไทย, 汉语, Norsk, Suomi, Dansk, الْعَرَبِيَّةُ, Nederlands, ελληνικά, 日本語, Svenska, Slovenčina, Latviešu
Web application	Yes	
Android & iOS app	Yes	
Custom branding	Yes	