How to Update or Add Baseline Concussion and Physical Dates
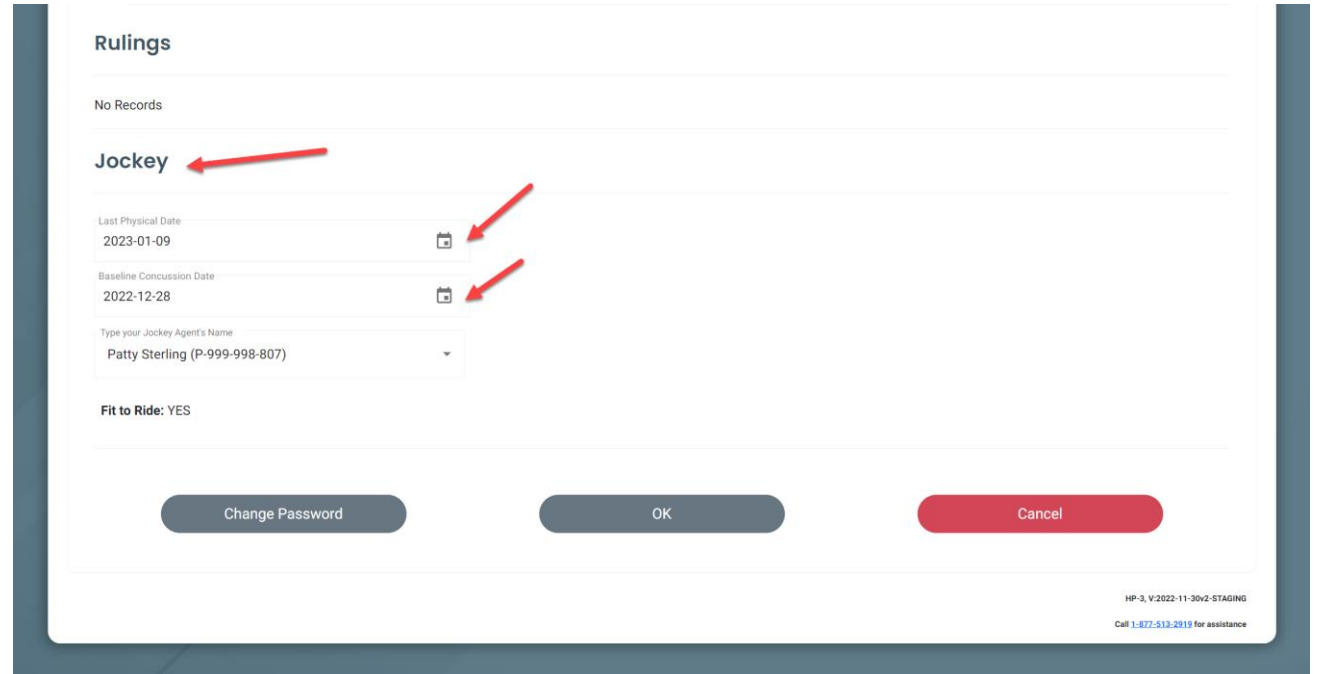
Screen 1

After logging into the portal, you will click on "My Information" from the home screen.

Screen 2

Scroll down to the section that says "Jockey"

To add or update the dates of your physical or baseline concussion, click on the calendar icons.

Screen 3

To begin, click on the year.

Screen 4

Then select the month.

Screen 5

Then select the day.

Repeat for the Concussion date.

Screen 6

Once both dates are updated, click okay to save.