



Deployment Readiness Education for Servicewomen App

The Defense Health Agency's Deployment Readiness Education for Servicewomen app helps servicewomen before, during, and after deployment.



Key Features



Women's health information



Deployment packing lists



Contraception and family planning resources



Tips for staying connected during deployment

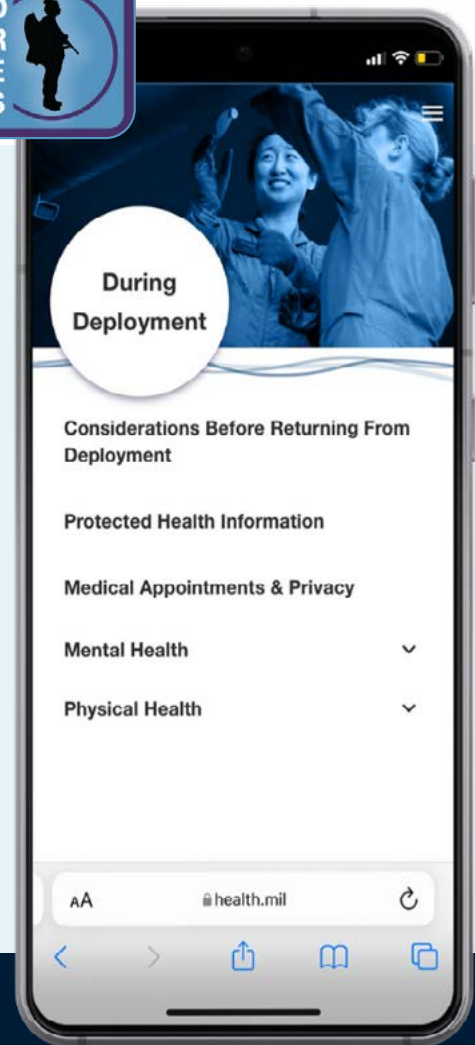


Tips for self and family reintegration



Mental health resources

The Deployment Readiness Education for Servicewomen app was developed with a focus on the unique health care needs of servicewomen. It has information and resources on topics such as sexual health, mental health, navigating TRICARE, connecting with family during deployment, and deployment checklists that will bene it all.



mobile.health.mil/dres

This product was developed by the Connected Health Branch, Defense Health Agency, March 2022. For more information, visit health.mil/connectedhealth