



The Women's Health Website

Hosted by the Navy and Marine Corps Public Health Center

Learn about key issues impacting *female force readiness*

- Contraception
- Fitness & nutrition
- Injury prevention
- Sexually Transmitted Infections (STIs)
- Deployment Readiness Education for Service Women (DRES) Handbook
- Menstrual management & suppression
- Pregnancy and returning to duty postpartum



Access on the go!
Scan the QR code with your phone or go to the website link below

Website Link:
<https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Womens-Health/default/>

Resources available for...

- ★ **Service Women** | Manage your health & navigate the military health system
- ★ **Providers** | Triage and address common women's health concerns
- ★ **Leaders** | Promote the health and readiness of your female force