

As you consider your birth control options... Decide + Be Ready Mobile App

- Decide + Be Ready is designed to help women make decisions regarding contraception to also meet the unique needs of servicewomen.
- This app supports military women in their decision-making related to contraception, taking into consideration that servicewomen, when deployed or working in uniquely challenging environments, may also choose to use one of the birth control methods to manage or even skip menstrual periods.

The screenshot displays four sequential screens from the 'Decide + Be Ready' mobile app, each with a back arrow and an edit icon in the top left corner.

- Screen 1: How Well Does It Work?**
Title: BIRTH CONTROL METHODS
Grid of 12 icons representing different birth control methods:
 - No Method
 - Internal Condom
 - Male Condom
 - Diaphragm
 - The Pill
 - The Patch
 - The Ring
 - The Shot
 - The Implant
 - Hormonal IUD
 - Copper IUD
 - Sterilization
- Screen 2: Things to Think About**
List of considerations, each with a checkmark:
 - HOW WELL DOES IT PREVENT PREGNANCY?
 - HOW DO I USE IT?
 - HOW OFTEN DO I HAVE TO REMEMBER IT?
 - ARE THERE ANY SIDE EFFECTS?
 - WHAT IF I DECIDE TO GET PREGNANT?
 - CONSIDERATIONS FOR A SERVICEWOMAN
- Screen 3: For Servicewomen**
A silhouette of a woman with a callout box pointing to her lower abdomen, containing an icon of a Hormonal IUD.
Text below: HORMONAL IUD ✕
Text below: You don't have to do anything! Using this method can make your periods go away completely while using it.
- Screen 4: Create Your Birth Control...**
Question: When do you think you might want to get pregnant?
Four answer buttons:
 - Never
 - In a year or less
 - In a year or more
 - Not sure

As you consider your birth control options...

Decide + Be Ready Mobile App



Easy Download Options:

- Search Decide + Be Ready in App Store for iOS Version
- Search Decide + Be Ready in Google Play for Android Version
- Follow the link:

<https://itunes.apple.com/us/app/decide-be-ready/id1451879300>



Scan this Quick Response Code to Download from App Store