



# 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/sites/nmcphc/health-promotion/womens-health/Pages/default.aspx>

## 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