



The Women's Health Website

Hosted by the Navy and Marine Corps
Public Health Center

Learn about female force readiness

Deployment Readiness Education for Service Women (DRES) Handbook • Menstrual management & suppression
• Contraception • Sexually transmitted infections (STIs) • Pregnancy • Injury prevention • Returning to duty postpartum • Fitness • Nutrition

Access on the go! Scan the
QR code with your phone

Resources available for...



Service Women

Manage your health
and navigate the
military health system



Providers

Triage and address
common women's
health concerns



Leaders

Promote the health
and readiness of your
female force



Website Link: <https://www.med.navy.mil/sites/nmcphc/health-promotion/womens-health/Pages/default.aspx>