



# 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>