



Interested in  
learning more about  
**women's health and  
readiness?**

## Check out the Women's Health Website!

Hosted by the Navy and Marine  
Corps Public Health Center

*Scan this QR Code on  
your mobile device to  
access the site!*



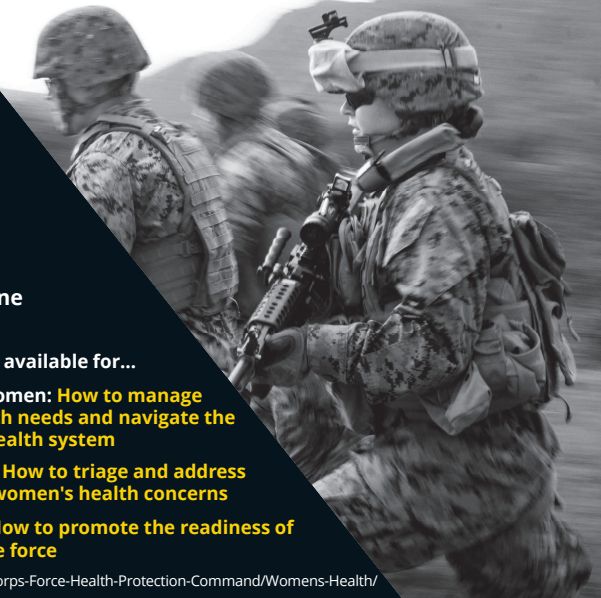
Resources available for...

**Service Women: How to manage  
your health needs and navigate the  
military health system**

**Providers: How to triage and address  
common women's health concerns**

**Leaders: How to promote the readiness of  
the female force**

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



# Deployment Readiness Education for Servicewomen App

The Defense Health Agency's Deployment Readiness Education for Servicewomen app helps servicewomen before, during, and after deployment.



## Key Features



Women's health information



Deployment packing lists



Contraception and family planning resources



Tips for staying connected during deployment

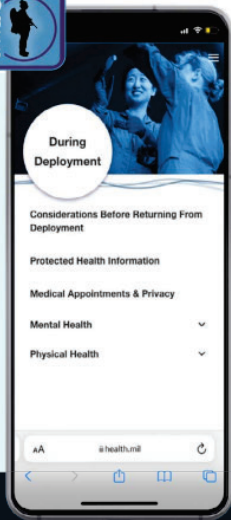


Tips for self and family reintegration



Mental health resources

The Deployment Readiness Education for Servicewomen app was developed with a focus on the unique health care needs of servicewomen. It has information and resources on topics such as sexual health, mental health, navigating TRICARE, connecting with family during deployment, and deployment checklists that will benefit all genders and non-binary individuals.



[mobile.health.mil/dres](https://mobile.health.mil/dres)

This product was developed by the Connected Health Branch, Defense Health Agency, March 2022. For more information, visit [health.mil/connectedhealth](https://health.mil/connectedhealth)