



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: www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Womens-Health