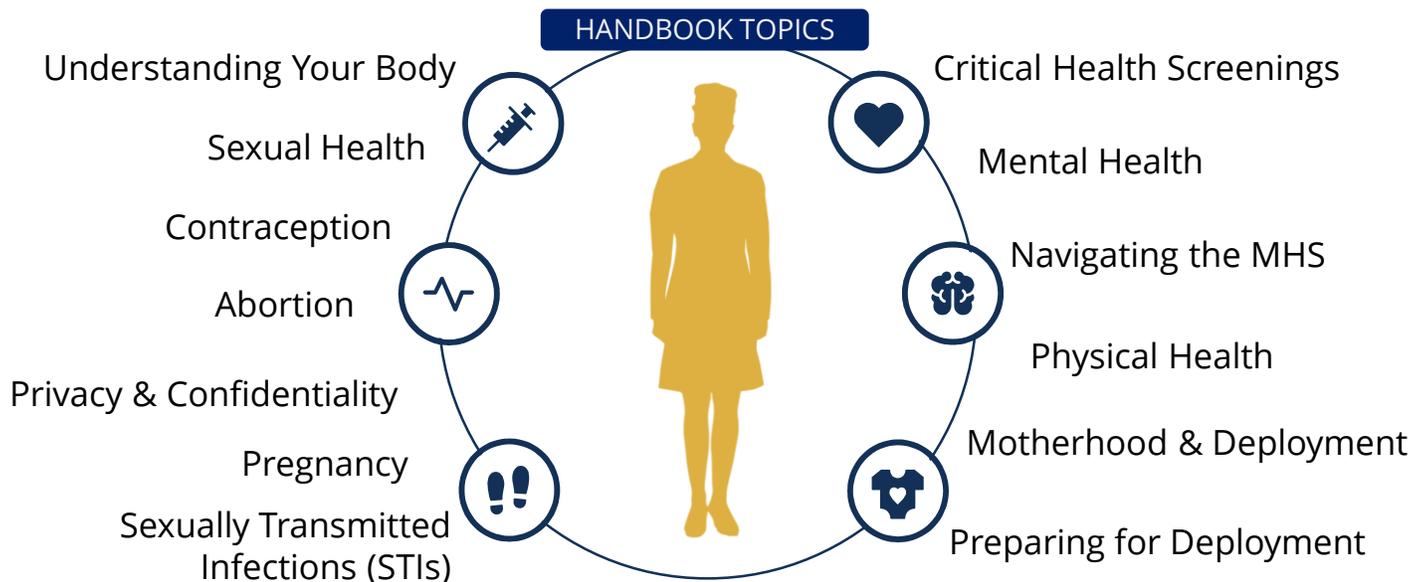


# The Deployment Readiness Education for Service Women (DRES) Handbook



## The DRES Handbook

- The DRES Handbook includes **information on healthy practices and available resources to support service women's healthcare needs** and challenges before and during deployment
- The DRES Handbook was **written by Navy Medicine providers** across the Navy and Marine Corps to provide easily accessible, comprehensive, and unbiased health education to service women across the force
- The goal of the DRES Handbook is to **equip service women with the knowledge they need to effectively understand their bodies, use preventative practices, identify symptoms of concern, and navigate the Military Health System (MHS)**
- **Direct service women towards the DRES Handbook** and encourage them to learn about self-care and best practices to maintain their medical readiness



## DOWNLOADING THE DRES HANDBOOK

- *Follow the link or use the Quick Response Code to access the handbook: [www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/DRES-Handbook-FNL.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/DRES-Handbook-FNL.pdf)*
- Once the Handbook is downloaded, service women do not need WiFi to access the content. For easy navigation, patients can search the topic they're interested in or click on a topic in the table of contents to go directly to that section

*Scan this Quick Response Code to Access the Handbook:*

