

FACT SHEET

DECIDE + BE READY APP



The Decide + Be Ready mobile application contains evidence-based information on the most common forms of contraception available. The app uses a unique interface that was previously studied and designed to aid patients in making the best contraception decision. The app incorporates patient preferences and their unique health conditions to aid in the decision making process.

Background

In March 2021, the Uniformed Services, University of Health Sciences (USU), Web & Mobile Technology (WMT) Program Management Office (PMO) and the University of California San Francisco collaborated to develop Decide + Be Ready to offer family planning options to servicewomen.

“This app provides a lot of information about contraception and helps patients identify their own preferences and which, if any, contraception they’re interested in using,” said Col Catherine Witkop, a retired Airman and professor of Preventive Medicine and Gynecologic Surgery & Obstetrics at USU in her paper in Military Medicine. “The use of Decide + Be Ready can be a first step in ensuring that servicewomen are aware of their options, educated about the characteristics of the methods, including their role in menstrual suppression, and can come to an understanding of their own preferences and values, which is critical if they are to act as active agents in a shared decision.”

This app is available for free download to iPhone and Android devices. It was produced by WMT, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

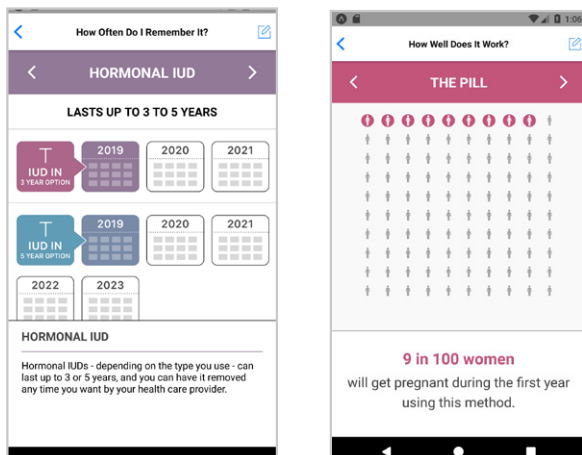


Key Benefits

- ▶ Provides important contraceptive information for patients and prescribers
- ▶ Providers who prescribe contraceptives can use the app and prescribe to their patients

Key Features

- ▶ Period management guide
- ▶ Side effects guide
- ▶ Personalized birth control profile with recommendations based on patient preferences
- ▶ Patient notes feature



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