

FACT SHEET

DRES

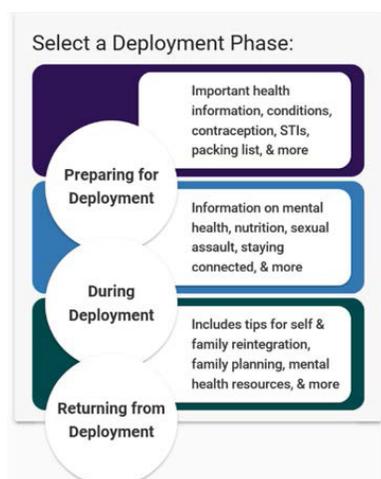
DEPLOYMENT READINESS EDUCATION FOR SERVICEWOMEN APP



The Deployment Readiness Education for servicewomen (DRES) application (app) provides essential information specifically for women before, during and after a deployment. These resources cover a variety of topics including pre-deployment packing lists, contraception advice, menstrual cycle and mental health management while on deployment, women's health care guidance, and suggestions for important communication with family before departure.

This app helps address education gaps identified by the Navy Bureau of Medicine in how women were prepared for deployment. They found that only 39% of servicewomen received contraceptive counseling prior to a deployment and a majority of servicewomen did not have information on contraception options. Additionally, only 7% of women practiced menstrual suppression while 86% of servicewomen reported a desire to suppress or regulate menstruation. They also found that 13% of military women, when deployed to an area of combat operations, lost duty days for menstrual related issues. DRES helps provide the resources necessary to fill the gaps in this counseling. DRES was developed by the Solution Delivery Division (SDD, J-6) Web & Mobile Technology Program Management Office in collaboration with the Navy Bureau of Medicine Office of Women's Health.

You can access the DRES app at mobile.health.mil/dres/



SDD is a component of the DHA DAD IO (J-6). To subscribe for SDD product news, please visit <https://public.govdelivery.com/accounts/USMHS DHSS/subscriber/new>.



Key Benefits

- ▶ Helps female Service members prepare for deployment
- ▶ Offers health education to enable servicewomen to practice appropriate self-care, reduce demand for medical encounters, and encourage use of available resources
- ▶ Provides easy access to important women's health information
- ▶ Provides DOD-wide education to decrease risky behavior and promote the health of our female war-fighters
- ▶ Provides resources for family reintegration, family planning, mental health resources, and more

Key Features

- ▶ Includes deployment checklists so nothing gets missed
- ▶ Information conveniently organized into, pre-deployment, during deployment, and post-deployment sections for easy access to the information users need
- ▶ Includes health information, conditions, contraception, sexually transmitted infections (STIs), packing list, and more
- ▶ Provides information on mental health, nutrition, sexual assault, staying connected, and more
- ▶ Includes tips for Service member and family reintegration, family planning, and mental health resources