

FACT SHEET

DRES

DEPLOYMENT READINESS EDUCATION FOR SERVICEWOMEN APP



Defense Health Agency

SOLUTION DELIVERY
DIVISION

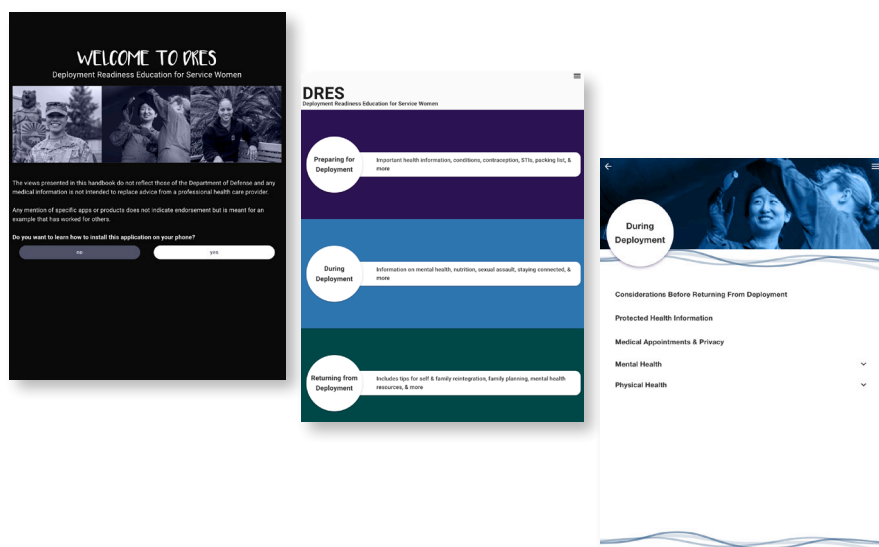
The DRES app is a valuable resource for servicewomen. The app addresses gaps in health education and provides information meant for use before, during, and after a deployment.

DRES was created in response to a study on servicewomen conducted by the Navy Bureau of Medicine and Surgery that found:

- Only 39% received contraceptive counseling prior to deployment
- Only 7% practiced menstrual suppression while 86% reported a desire to suppress or regulate menstruation
- A majority did not have information on contraception options
- 13% experienced lost duty days for menstrual related issue

DRES focuses on these concerns by providing resources such as contraception advice, menstrual cycle and mental health management, and women's health care guidance plus much more.

DRES was developed by the Web & Mobile Technology Program Management Office in collaboration with the Navy Bureau of Medicine and Surgery Office of Women's Health.



Key Features

- ▶ Employs a user-friendly format, easy access
- ▶ Information is organized into three phases: preparing for deployment, during deployment, and returning from deployment
- ▶ Includes deployment packing list and pre-deployment checklists

Key Benefits

- ▶ Offers health education so servicewomen can practice appropriate self-care
- ▶ Reduces demand for medical encounters and encourages use of available resources
- ▶ Includes tips for service member and family reintegration and family planning
- ▶ Contains links to VA Women's Health Transition Training



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