

Deployment Readiness Education for Service Women

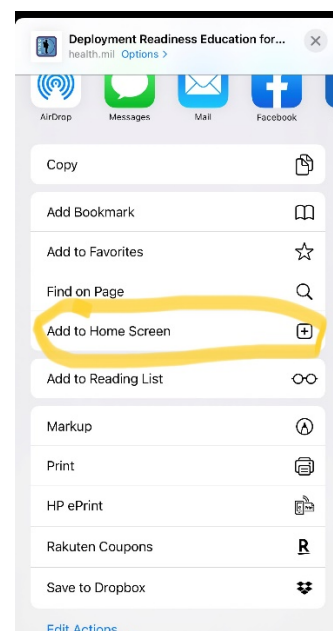
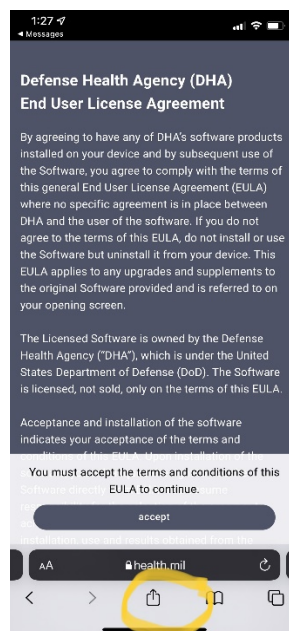


Download the DRES App for **information on healthy practices and available resources to support service women's healthcare needs** and challenges before and during deployment.

- Once the App 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.
- The DRES content was **written by Military Medical providers** across the Military Health System to provide easily accessible, comprehensive, and unbiased health education to service women across the force.

- The app can be downloaded at <https://mobile.health.mil/Dres>
- Once you go to the website, click on the 'forward' button on the bottom of your phone, and then choose 'Add to Home Screen', and it will save as an app on your phone.

- The goal of the DRES App 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)**



Scan to get the DRES App