CONTRACEPTION APP FOR ACTIVE DUTY SERVICE WOMEN AVAILABLE

Decide + Be Ready: a Birth Control Decision Aid was released as a mobile application by the Defense Health Agency (DHA) on 28 February 2019. The iOS version can be accessed at: https://itunes.apple.com/us/app/decide-be-ready/id1451879300. The Android version will be released in the near future on Google Play. The app can also be found using search terms such as “DHA birth control”, “decide be ready”, “military birth control”, etc.

Decide + Be Ready is designed to help women make decisions regarding contraception to also meet the unique needs of servicewomen. This app supports military women in their decision-making related to contraception, taking into consideration that servicewomen, when deployed or working in uniquely challenging environments, may also choose to use one of the birth control methods to manage or even skip menstrual periods.