

FACT SHEET

DECIDE + BE READY APP



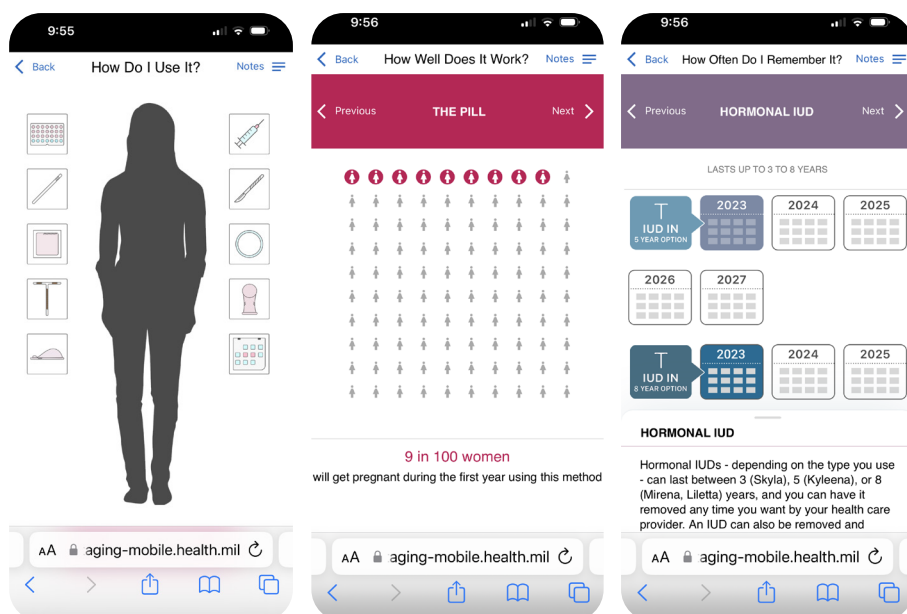
The Decide + Be Ready mobile app provides evidence-based information on the most common forms of contraception available. The app uses a unique interface that was designed to aid patients in making the best contraception decision. It considers the users' unique health conditions and helps patients identify their own preferences to choose the right contraception option for them.

The Uniformed Services University, Web & Mobile Technology Program Management Office, and the University of California-San Francisco collaborated to develop Decide + Be Ready to offer family planning options to servicewomen.

Servicewomen can use Decide + Be Ready as the first step in reviewing their options, educating themselves on the characteristics of different methods, including menstrual suppression, and understanding their own preferences and values. This app empowers them to engage in their own health care decisions.

Decide + Be Ready was produced by WMT, part of the Solution Delivery Division. WMT provides web and mobile solutions to the DHA, the Department of Defense, and other organizations.

An updated version of the app will be released in Spring 2023.



Key Features

- ▶ Personalized birth control profile with recommendations based on patient preferences
- ▶ Period management guide
- ▶ Side effects guide
- ▶ Allows patients to add notes

Key Benefits

- ▶ Provides important contraceptive information for patients and prescribers
- ▶ Educates patients and enhances shared decision-making with providers
- ▶ Facilitates military Readiness



To view more DHA's mobile applications, visit <https://mobile.health.mil>.