## FACT SHEET **DECIDE + BE READY APP**

SOLUTION DELIVERY DIVISION

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.

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Back	How Do I Use It?	Notes =	Previous	THE PILL	Next 🗲	Previous HORMONAL IUD Next
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AA 🗎	aging-mobile.health.mil C > ① ① ①		will get pregnant o	9 in 100 women during the first year us ing-mobile.healt		HORMONAL IUD Hormonal UDs - depending on the type you use - can last between 3 (Skyla), 5 (Kyleena), or 8 (Mirena, Liletta) years, and you can have it removed any time you want by your health care provider. An IUD can also be removed and A  aging-mobile.health.mil

SDD is a component of the DHA PEO Medical Systems / CIO (J-6). To subscribe for SDD product news, please visit https://publicgovdelivery.com/accounts/USMHSDHSS/subscriber/new.



## **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.