



**Office of Women's Policy
(OWP)**

- Parenthood and Pregnancy
- OWP Webpage
- Policies and Instructions



**Health and Readiness
(BUMED)**

- Health and Readiness
- Deployment Readiness
Education for Service
Women (DRES) Handbook
- Walk-In Contraceptive
Clinics



Physical Readiness

- Physical Readiness
- Nutrition
- Lifestyle and
Performance Medicine