Preconception Care App
Quick Start Guide

VA Health

Overview

The Preconception Care mobile application (app) provides Department of Veterans Affairs (VA) care team members and non-VA care team members with educational resources to guide the care and counseling of women Veterans of reproductive age. The information in the app supports integration of preconception care into primary care visits and offers information on a variety of topics important for the health of women during their reproductive years. Whether you are providing comprehensive primary care for your patients, counseling about pregnancy prevention, or helping your patient understand the pregnancy- or lactation-related risks of chronic medical conditions and medications, the Preconception Care App provides information and resources for you and your patients that you can access at your convenience and even at the point of care.

The Preconception Care App provides information and resources for care teams and their patients on the following topics:

- Reproductive Life Plan
- Reproductive History
- Birth Control Method
- Concurrent Health Issues
- Family/Genetic History & Risk

- Lifestyle Factors Checklist
- Medication Use & Risk Mitigation
- Men & Preconception Health
- Vaccinations

While the app is intended to optimize the health of women Veterans of reproductive age by providing clinicians with up-to-date information and reliable resources, the information it contains is not a substitute for clinical judgment. The app serves as an educational resource.

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Information Covered in the Preconception Care App

The app has three sections:

- About – provides you with an overview of the app's purpose, how it was developed, the version number of the app and where to go for help or to offer suggestions
- Topics – helps guide your clinical care and counseling with your patients of childbearing reproductive age
- Resources – offers reliable resources, either for you as a care team member to learn more or to share with your patients.

Tap the tabs either on the Home screen or at the bottom of the screen to go to the information you wish to see.

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Using the Preconception Care Topics

To view the list of topics, either tap the **Topics** tab on the Home screen or at the bottom of the screen. Topics are shown in the screenshot below and include: Reproductive Life Plan, Reproductive History, Birth Control Methods, Concurrent Health Issues, Family/Genetic History & Risk, Lifestyle Factors Checklist, Medication Use & Risk Mitigation, Men & Preconception Health and Vaccinations.

Tap the topic you wish to discuss with your patient. You can view detailed information about the topic by tapping on the **+** button to expand the contents of information or by tapping information listed in a table. To return to a list of topics after you've selected a section, tap the **Topics** button (shaped like an arrow) in the heading of each topic's screen.

Home		Topics	
	Reproductive Life Plan	❯	
	Reproductive History	❯	
	Birth Control Methods	❯	
	Concurrent Health Issues	❯	
	Family/Genetic History & Risk	❯	
	Lifestyle Factors Checklist	❯	
	Medication Use & Risk Mitigation	❯	
	Men & Preconception Health	❯	
	Vaccinations	❯	

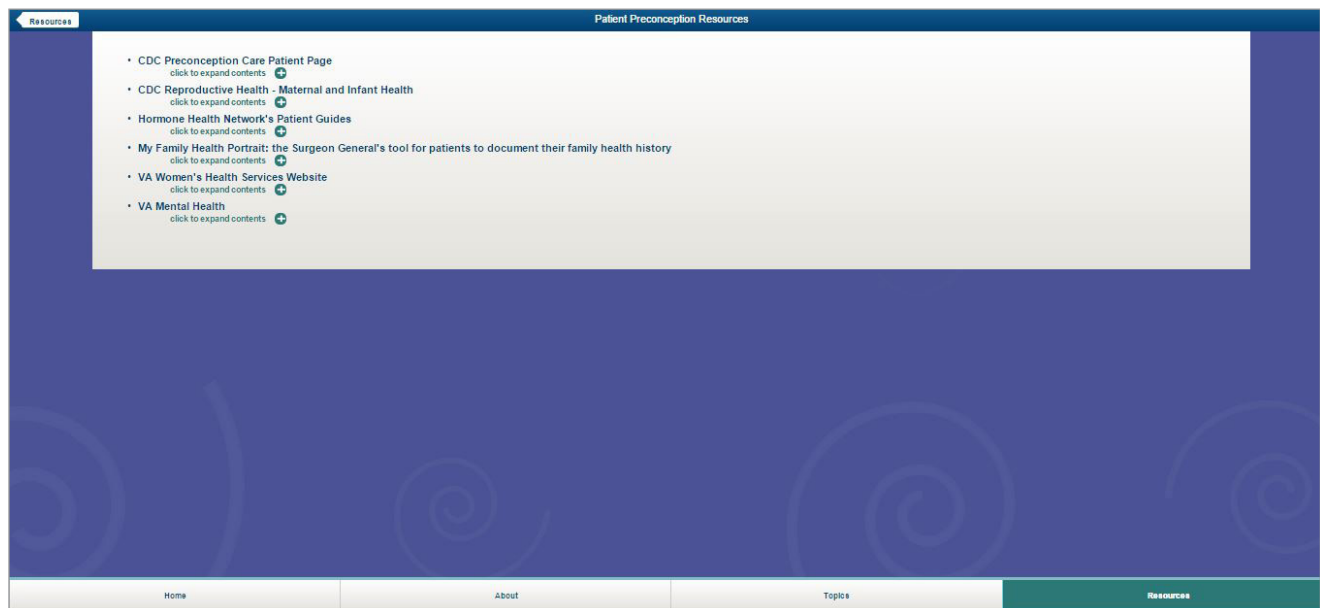| Home	About	Topics	Resources

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Using the Preconception Care Tools & Resources

For additional information about topics covered in the Preconception Care App, the app provides you with reliable resources. Some resources focus on enhancing your knowledge, as a care team member, about preconception care topics, whereas others are resources you can share with your patients to enhance their involvement with an understanding of their health and health care.

Tap the **Resources** tab either on the Home screen or at the bottom of the screen. You will be taken to the Preconception Tools & Resources screen.

Tap either **For Providers** or **For Patients** to view a list of resources that cater to each audience. These references and links include programs, tools and services from VA and organizations such as the Centers for Disease Control and Prevention (CDC), the Agency for Healthcare Research and Quality (AHRQ) and the Office of the Surgeon General.

Tap on the **+** button under the name of the tool or resources to expand the contents. When you click on a link, you may be asked if you want to navigate to an external site; by tapping **Yes**, the link will open in a new tab in your browser. To return to the Preconception Tools & Resources screen, tap the **Resources** button (shaped like an arrow) next to the heading.

Help and Additional Information

Additional Training Materials for the Preconception Care App: More resources, such as a User Manual, Slideshow and FAQs, can be found on *mobile.va.gov/training*.

Help Desk Information: If you need assistance with the Preconception Care App, dial 1-877-470-5947 to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.