Preconception Care App

Visit: *https://mobile.va.gov/training/preconception-care*

Preconception Care App Description

The Preconception Care mobile application (app) was developed by the Department Veteran Affairs (VA) and provides VA and non-VA care team members with information that supports the integration of preconception care into comprehensive primary care, thereby optimizing the health of women Veterans and their children.

Purpose and Background:

Preconception care is well woman care for women of reproductive age. Health care team members caring for these women must take into consideration pregnancy intentions, medical conditions and use of contraception. Given the multi-faceted needs of these women, having access to relevant information is important. The Preconception Care app provides a single, easy access point for provider-centered resources that address a variety of factors, including birth control usage, reproductive history, health status, family and genetic history and risks, vaccinations received and lifestyle factors. The app also allows VA and non-VA care team members the opportunity to educate women Veterans about contraception and other health issues that can impact overall health during pregnancy.

The Preconception Care app was developed in collaboration with the Veterans Health Administration (VHA) office of Women's Health Services and is one of a series of VA apps developed as part of the Mobile Health Provider Program, a collaborative effort between the Connected Health Office, under the VHA Office of Informatics and Analytics (OIA), and VA Office of Information and Technology (OI&T).

How Can This App Benefit Care Team Members?

- Review a healthy lifestyle checklist with patients that addresses topics such as alcohol, drug and tobacco use, intimate partner violence and vitamin guidelines.
- Find talking points to guide discussions on medical and mental health issues, general health concerns and risk factors specific to pre-pregnancy and pregnancy decisions.
- Share resources and evidence-based information with patients about services and programs from VA and other key organizations (e.g., Centers for Disease Control and Prevention, Health and Human Services).
- Identify factors that may increase risk during a future pregnancy and identify preventative actions that can mitigate such risks.
- Develop a Reproductive Life Plan by referencing recommended questions to help guide discussions about planning for or preventing pregnancy.

Accessing the App

For both VA and non-VA care team members, download the app directly to your Apple or Android mobile device with links at the Preconception Care website.

Additional Resources

Access training materials and FAQs for the Preconception Care app:

- https://mobile.va.gov/training/preconception-care

Browse the VHA's office of Women's Health Services site to view additional resources available for care team members with women Veteran patients:

- http://www.womenshealth.va.gov

Explore and access additional apps developed by VA for both care team members and patients on the VA App Store:

- https://mobile.va.gov/appstore

Learn more about the Mobile Health Provider Program by visiting:

- https://mobile.va.gov/providers

Feedback and Technical Support

For questions about the Preconception Care app, or to report content issues and suggested revisions, please contact the Help Desk at (877) 470-5947 (available weekdays 7 a.m.-7 p.m. CT).