LifeSkills Reach-back Mobile Application

Now Available for Download to Apple iOS and Google Android Mobile Devices!

An official US Navy mobile application, produced by the Navy PMW 240 Program

What is the Navy LifeSkills Reach-back Application?

The Navy LifeSkills Reach-back Application offers additional support material for a Naval Education and Training Command (NETC) course delivered face-to-face after Recruit Training and prior to the start of a Sailor's technical training. The content is broad in nature and addresses decision-making areas that are pertinent to the process of becoming a Sailor in the U.S. Navy.

The application is identified as "Reach-back" because it is intended to both reinforce classroom delivery and provide additional information in the event a Sailor desires it. The app is available to Sailors, their family members and even newly accessed officers in an effort to promote better decision-making and understanding of Navy policies.

This app is organized into three broad topic areas:

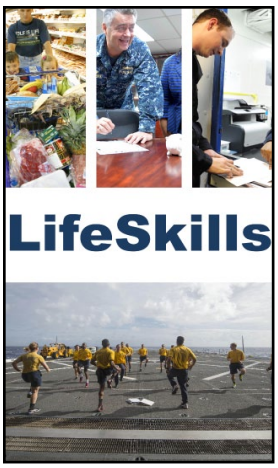
Your Money offers instruction on: Military Pay and Entitlements, Banking and Financial Management Services, Developing a Personal Spending Plan, Essentials of Credit and Debt, Investments and Savings, Financial Planning for Deployment and Government Travel, and General Consumer Awareness.

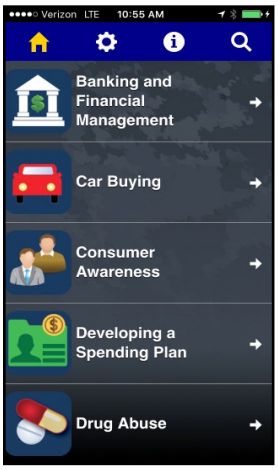
Your Health offers instruction on: Nutrition, Physical Readiness, Healthy Relationships, Reproductive Health, Stress Management, Suicide Prevention, Responsible Alcohol Use, Tobacco Use, and Drug Abuse.

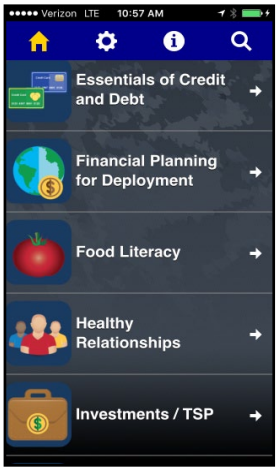
Your Security offers instruction on: Operational Security (OPSEC), Operational Risk Management (ORM), Sexual Assault Prevention and Response, EEO Grievance and Redress, Bystander Intervention, Hazing, and Fraternization.

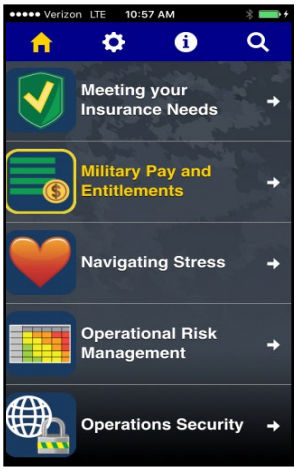
A major goal of this training is to help Sailors understand and use the Navy's Core Values as a basis for making important life decisions. The LifeSkills Reach-back app will allow you to develop a level of personal competence and success that supports the Navy's mission and enables you to move forward personally and professionally.

The LifeSkills Reach-back mobile application aggregates DON and publicly-available information from various sources. This information will be checked periodically for accuracy and updated as needed via software updates.









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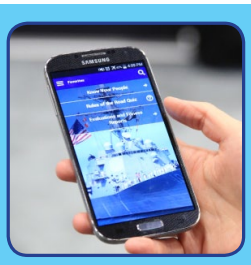

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