



Military Life

Reliable Content. Innovative Delivery.

QuickSeries® has delivered credible, easy-to-read content on thousands of relevant topics for over 30 years. Our team of knowledgeable writers presents the most current information on a broad range of valuable subjects, including every part of military life such as family support and benefits, mind and body health, transitions and work life, safety and security, and the Veteran population.

Our unique winning formula is guided by two crucial principles:

1. To offer a vast library of topics with content written in a clear and understandable way
2. To provide content on multiple innovative platforms that are best suited to your audience

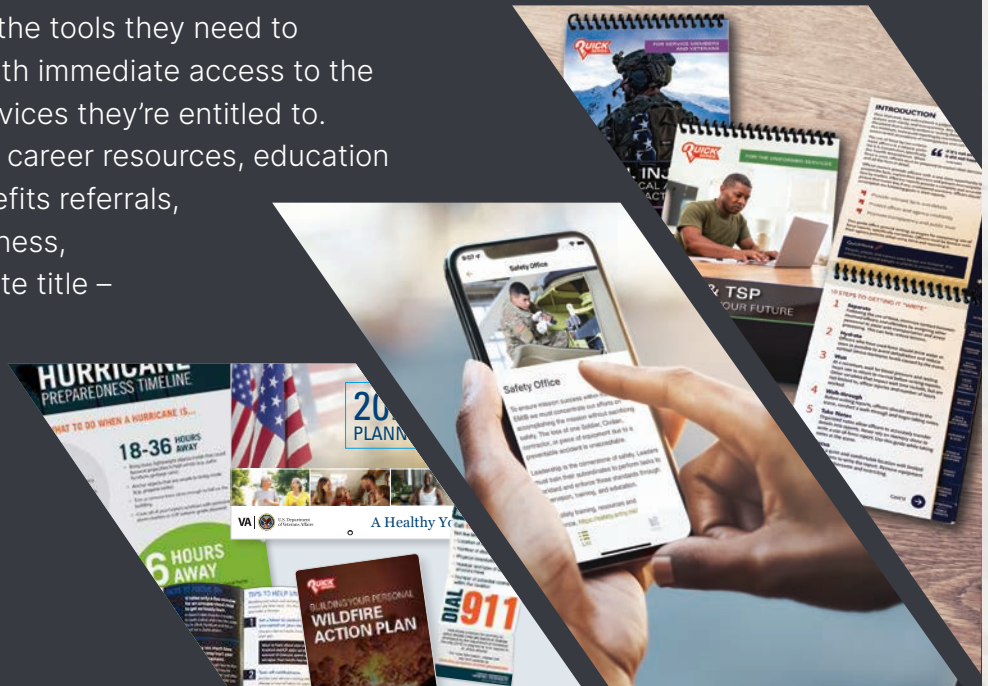
From our flagship pocket guides (and eight other fully customizable print formats) to our eGuides and fully integrated QuickSeries Connect app platform, we ensure seamless, affordable delivery of content that is guaranteed to make your program a success.



Helping You Build Successful Programs!

QuickSeries understands that military personnel face many unique challenges throughout their careers. From training and deployment to relocation and retirement, Service members and their families encounter stressful transitions and situations that affect their physical health, emotional well-being, and personal relationships.

We arm military leaders with the tools they need to equip all Service members with immediate access to the support, information, and services they're entitled to. Whether you want to provide career resources, education information, service and benefits referrals, or guidance on mission readiness, QuickSeries has an appropriate title – on the perfect platform – to meet your Service members' needs.



Our Accreditation Resource Partners

Along with our team of talented writers and editors, we partner with various respected associations within different industries to write, review, and validate our content. Once the content has been approved, we add their logo to the guide as a seal of approval – reassuring you that the information is correct and credible.



www.diabetes.org



www.force-concepts.com



www.icisf.org



www.hfacs.com



www.msf-usa.org



www.trynova.org



www.taps.org



www.rainn.org

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Ask Us About Personalization and Customization.

Don't see the title you're looking for? Want to personalize your own topic? Our team of experts can tailor any topic or format to fit your individual needs and branding. Would you like to use your own content? Not a problem – we can easily customize your text into any of our available formats.

Personalization

Choose a topic and modify the content and covers, or simply add your logo and brand colors.

Customization

Provide us with your content or ideas and we will research, write, and design a product in any of our available formats.



1-800-361-4653



info@quickseries.com

Reliable Content. Innovative Delivery.

Our team of skilled writers, editors, and field specialists write and edit the topics in our vast library, integrating just the right amount of information for readers. The content is then packaged into various innovative formats that best communicate your program to your audience, ensuring a successful outreach program.



Pocket Guides

Featuring durable lamination and heavy-duty spiral binding, our pocket guides deliver a long-lasting reference experience.

- To-the-point content and simple messaging in a convenient tabbed format
- Perfect for the field, office, or classroom
- Durable and water-resistant

Complex Subjects Made Easy

Reader-Friendly Content

Durable Construction

Personalized Hotstamp Zone

Conveniently Tabbed



Program Outreach

A successful communication strategy needs to be multifaceted, using a variety of tools to highlight your message.

QuickSeries offers a suite of outreach and educational products designed to capture the reader's attention and deliver your message.



Wallet Cards

- Creative tools that promote topic awareness and information referral
- Ideal bookmarks
- Easily fold to fit into your wallet



Pamphlets

- To-the-point, informative content that expands information on outreach programs
- Modern, engaging design
- Available in various sizes

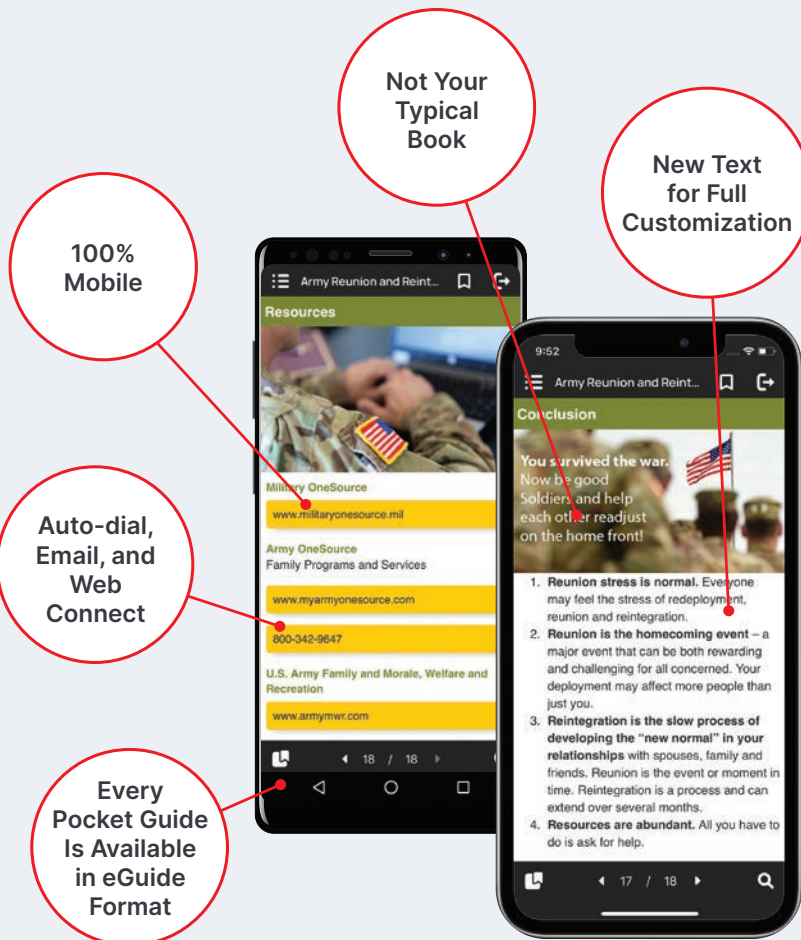
Spread your message through a variety of tools that work best for your audience and meet your budget.



eGuides

QuickSeries eGuides offer a dynamic reading experience. Your users interact with content through a variety of built-in features, including menus, checklists, forms, bookmarks, and note-taking capabilities.

- Information is always readily available
- Interactive content, news, and alerts
- Innovative and engaging designs
- Exclusively available to our app clients



Desk Guides

- Slightly larger than our flagship pocket guide
- Same durable construction and tabbed structure as our pocket guides
- Provide a high-quality, content-packed bonus



Badge Cards & Magnets

- Valuable custom tool that helps increase your program visibility
- Useful visual reminder of your cause or message
- Durable product with modern, eye-catching design



Posters

- Attractive double-sided design that helps create topic awareness
- Durable and water-resistant
- Available in an assortment of sizes



Calendars

- Reliable content and optimized design deliver important information in a themed format
- Relevant monthly topics
- Durable paper stock



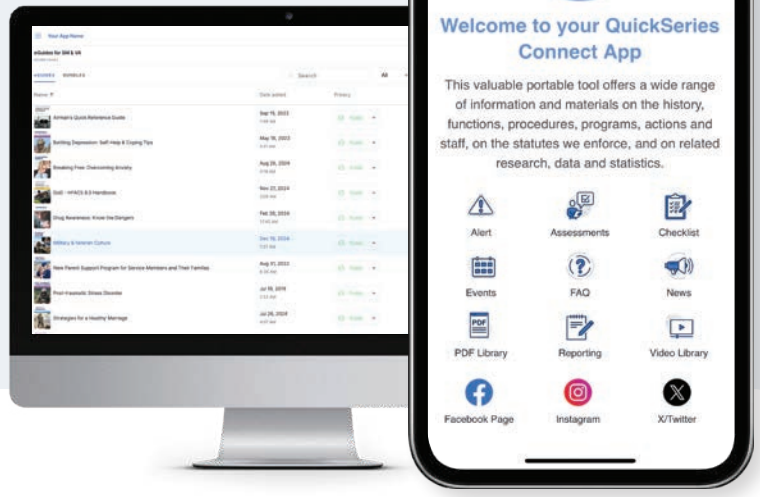
Pocket Cards

- Easily fold to fit into your pocket or purse
- Durable and water-resistant
- Double-sided design allows for more in-depth information without adding bulk



The QuickSeries Connect app platform helps Service members and families access important information for a safer and healthier life through outreach messages, alerts, and notifications.

Offer personalized **Workspaces** for users to easily access content tailored to their location or department. Only the main app requires app store approval, regardless of the number of Workspaces created.



Modules & Features



Resources & Mapping

Deliver immediate in-app access to a variety of relevant resources.



Alerts & Safety Check

Keep users informed of imminent/ongoing emergencies and prepare staff with practice drills. Use geo-targeted push notifications to alert users in specific locations.



PDF & Video Library

Create your own personal library by uploading PDFs and videos with need-to-know info.



Forms & Reporting

Allow users to send reports from their devices to the administrative portal.



eGuide Library

Easily access and browse your personal library of interactive QuickSeries eGuides. Provide users with a code that will either restrict or grant them access to specific eGuides.



News

Create informative news articles and push them out to all users at once.



Push Notifications

Convey messages, offers, and other information to users. In News and Alerts modules, use geo-targeted notifications to alert users in specific locations.



Maps

Guide residents to safety with evacuation routes, and provide information on shelters, hospitals, and police/fire stations.



Make Your Plan

Encourage users to prepare for any emergency with information and tools.



Grid Navigation

Add a sleek grid of icons to guide users to preferred sections.



Read more about our QuickSeries Connect app platform on our website:

www.quickseries.com/apps

The Warfighter App Platform

Our team possesses the key expertise necessary to create application platforms that meet stringent Department of Defense (DoD) standards. As a result, our software developers have crafted the innovative **Warfighter app platform** bursting with features designed specifically for maximized communication within military units.



Commanding Officers

- Broadcast relevant news and vital mission updates to all Service members at once.
- Deliver video messages in a dedicated area.
- Lock/unlock features based on clearance levels using Module Access Codes.

Safety Chief/ATFP Officers

- Support training plans with eGuides, videos, and progress reports.
- Permit access to vulnerability assessments that can be completed and sent back.
- Cultivate a resource hub for all official documents.

Equal Employment Opportunity (EEO) Counselors

- Provide information and updates on EEO policies, rules, and regulations.
- Allow users access to EEO forms, which can be filled out in the app and sent directly to administrators.
- Build a resource list of important contact information and office locations.

Chaplains

- Upload devotionals and video sermons to address Soldiers' spiritual needs from afar.
- Offer comprehensive religious education programs.
- Deliver consistent family support and guidance with news, resources, and eGuides.

The Warfighter app platform is available starting at just **\$9,000 per year**, fully customized with your DoD branch's branding. QuickSeries ensures a swift and efficient launch, typically within six weeks of purchase.

Some of Our DoD Apps



Naval Safety Command



Navy Medicine Medical Readiness (MEDRED)



Navy Exceptional Family Member Program (EFMP)



NCTF - Red Hill

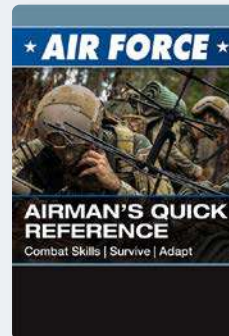
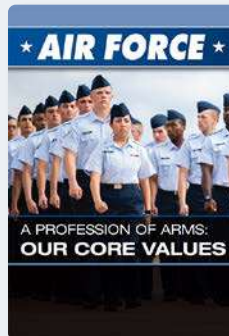
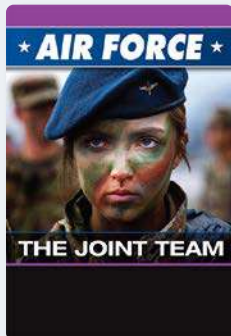
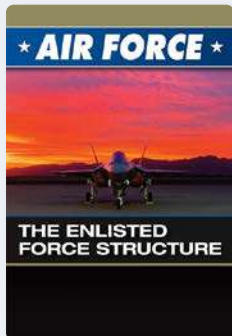


USMC MCCS South Carolina



JBSA EO

USAF Work Aids

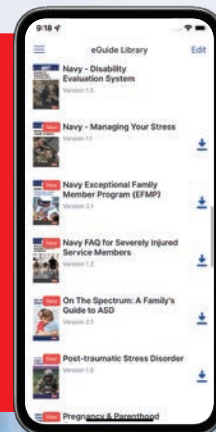


- Provide Airmen with a consistent, common approach to understanding the professional standards, roles, and responsibilities of each enlisted rank.
- Arm Airmen with quick-reference material to many of the tactics, techniques, and procedures included in the Airman's Manual.

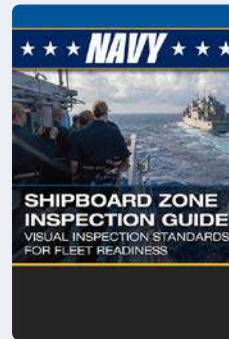
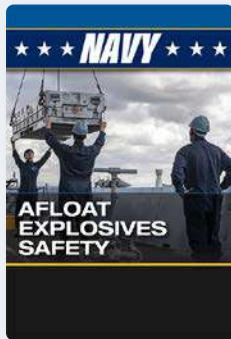
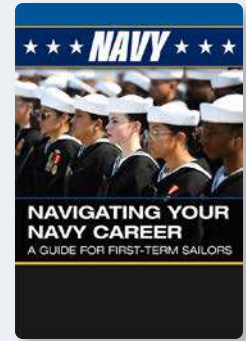
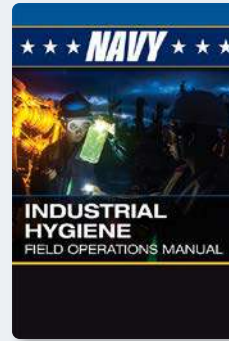
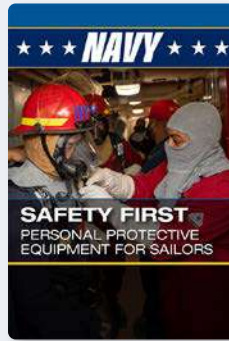
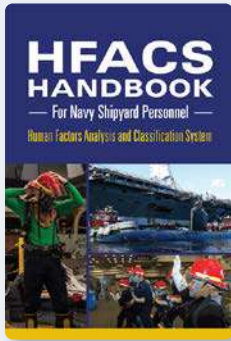
Access Vital Info – Anytime, Anywhere!



Our easy-to-use QuickSeries Connect app and portal is the ideal on-the-go tool for communities, facilities, and workplaces. Conveniently communicate essential emergency information to your Service members all at once to guarantee everyone gets the critical details they need at the right time.

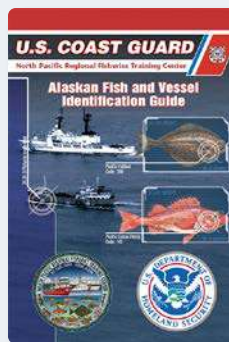
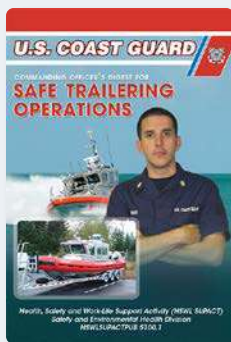


Navy Work Aids



- Provide technical guidance to field personnel on how to inspect work environments safely.
- Maintain the safety and the secrecy of missions by educating Soldiers about preventive measures against threats.
- Help leaders enforce proper procedures to minimize losses and increase mission success.

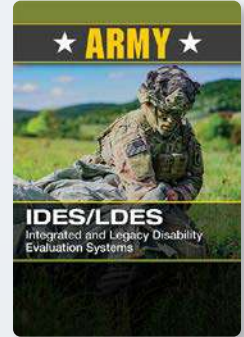
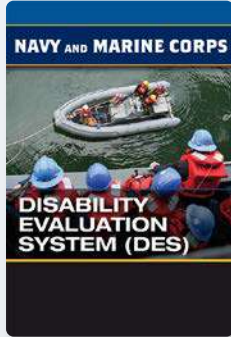
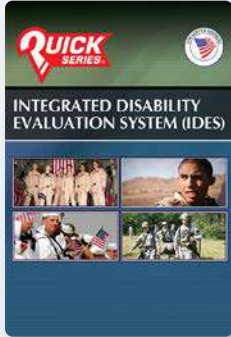
USCG Work Aids



- Take your pocket-sized guide on the job for quick and easy reference of relevant information.
- Have the knowledge to better execute your duties by implementing your guide as a workplace “cheat sheet.”
- Use valuable checklists, images, and resources to help identify vessels and gear, follow procedures, prevent fatal mishaps, and effectively perform your duties.

Benefits & Services

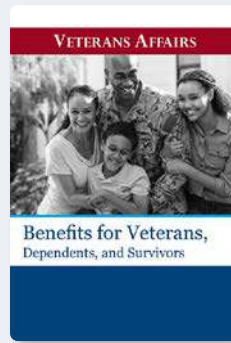
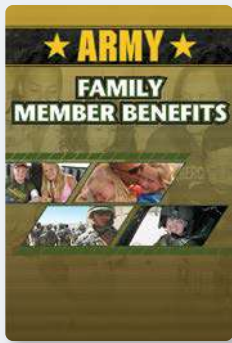
Health



- Get the facts on the benefits and regulations for the various programs and services – such as health and dental care plans – offered to Service members.
- Understand the basics of the critical programs offered to disabled or injured Service members, including application and eligibility requirements.
- Use essential checklists, frequently asked questions, charts, and resources for further information.

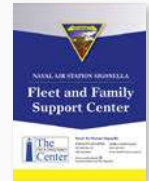


Family Member Benefits



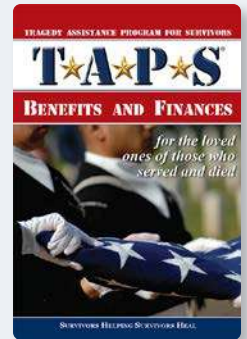
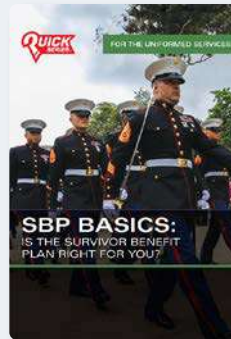
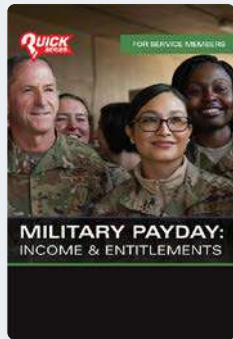
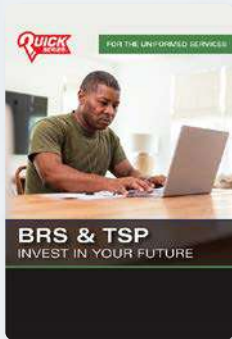
Folders

Program Outreach



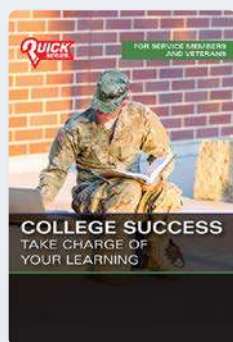
- Understand the programs, benefits, and services dependents and survivors are entitled to, including pay and allowances, health, dental and education benefits, and much more.
- Get the latest information on family member eligibility and how to enroll in different programs.
- Use helpful checklists, information, and resources for added guidance and support.

Finance



- Understand the different investment, pay, and allowance options available so you can make informed decisions concerning your finances.
- Ensure you're receiving all the benefits available to you and your family members through various military programs.
- Gain peace of mind knowing you're making smart investments and securing your family's future.

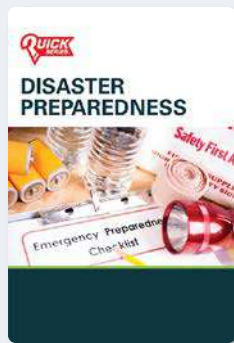
* Licensed by the Tragedy Assistance Program for Survivors (TAPS)



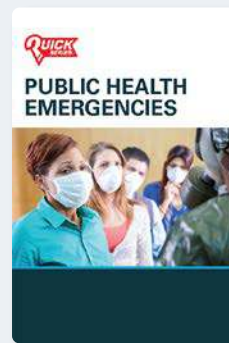
Employment Readiness

- Use essential information and job-search guidelines to ease any potential employment and financial stresses caused by military life.
- Learn about different military career programs and services, writing effective résumés, and searching for jobs.
- Use important lists, tips, and resources to assist in your job search.

Be Ready



Available in Spanish



Program Outreach



Calendar

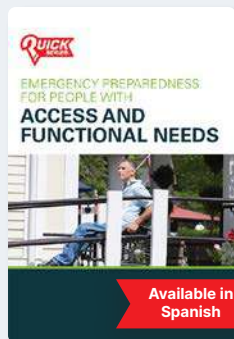


Posters



- Get the tools you need to effectively prepare for, plan for, and respond to any natural or man-made disaster – from tornadoes and earthquakes to hazardous materials and terrorism.
- Use helpful checklists, tips, and websites to navigate through the disaster preparedness process.
- Follow post-disaster guidelines to ensure a safe and healthy recovery.

Family Readiness



Available in Spanish



Available in Spanish



Available in Spanish

Program Outreach



Pamphlets



Wallet Card



- Learn how to prepare your entire family – parents, kids, family members with special needs, and pets alike – for natural and man-made disasters.
- Create an emergency plan so you and your family can stay safe when disaster strikes.
- Use supply checklists to ensure you're packing disaster essentials for each family member.
- Consult useful websites and support networks that can assist with your recovery.

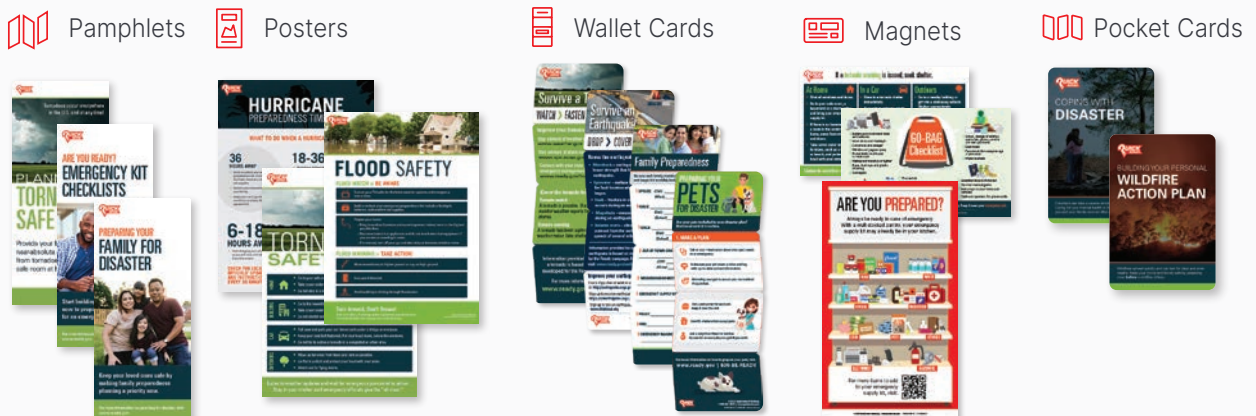
Emergency Management

Disaster Readiness



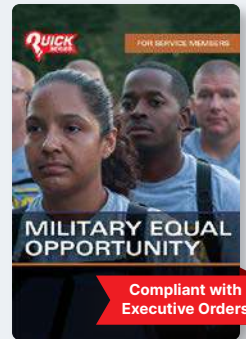
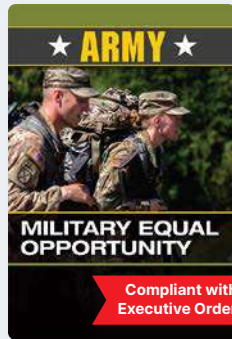
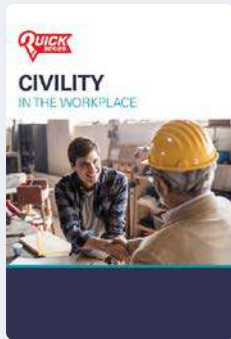
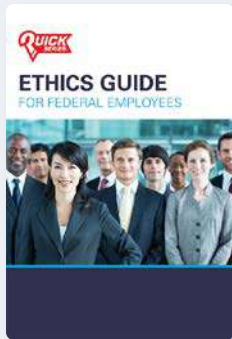
- Be emergency-ready for any natural disaster that can strike your area – from hurricanes and floods to earthquakes and wildfires.
- Know how to create a plan, assemble an emergency supply kit, protect your home, and stay informed of important emergency alerts and news.
- Develop and practice evacuation and shelter-in-place procedures so you can stay safe in the event of any natural disaster.
- Get valuable post-disaster information on dealing with the aftermath: cleaning up, filing insurance claims, and recovering.

Program Outreach



Equal Opportunity

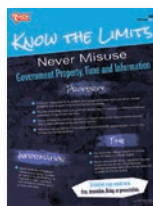
Ethics & Equal Opportunity



Program Outreach



Poster



Wallet Cards



Magnet



- Understand complicated ethics laws and regulations, which are presented in a simplified “plain English” format.
- Promote an equal opportunity workplace by becoming culturally aware and eliminating discrimination and harassment.
- Know your rights to equal treatment, understand reasonable accommodation, and be aware of your reporting options.
- Use checklists and resources to ensure your command follows standard ethics laws and fosters a fair, harmonious work environment.

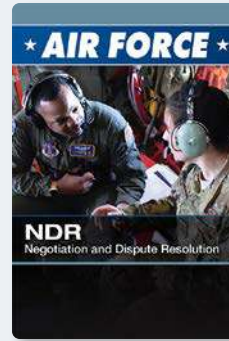
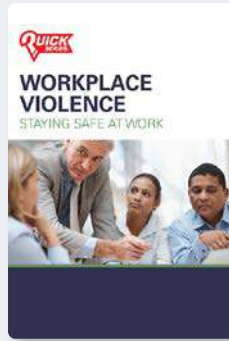
Personalize Your Pamphlet!

Increase awareness on important topics, policies, or procedures with QuickSeries' extensive line of customizable pamphlets. With their modern design and to-the-point content, our trifold- and quadfold-style pamphlets are designed to capture the reader's attention and deliver your message in a straightforward way. Add your branding or customize the content in any pamphlet to directly address your stakeholders.

Choose from our vast library of topics or create your very own pamphlet! Call us today for more information: **1-800-361-4653**



Conflict Management



Program Outreach



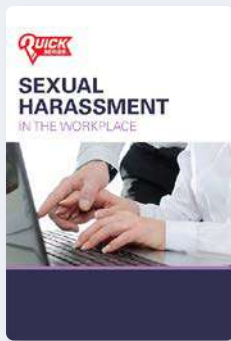
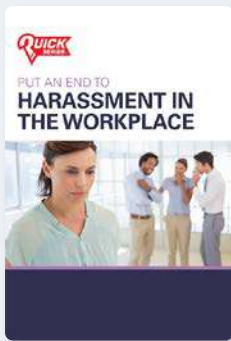
Poster



Wallet Card



- Eliminate violence and conflict from your workplace with valuable information and resources.
- Prevent violent situations by learning how to spot the warning signs.
- Learn how to effectively manage conflict and resolve issues in a constructive way.
- Make your workplace a safe, stress-free environment with the help of various exercises and tips for controlling emotions.



Harassment

- Contribute to the safety of your work environment by preventing or responding to harassment of any kind – from sexual harassment to bullying.
- Identify harassment so you can stop it in its tracks and prevent it from escalating.
- Know your rights, your fellow members' rights, and your leaders' responsibilities.

Program Outreach



Pamphlet



Poster



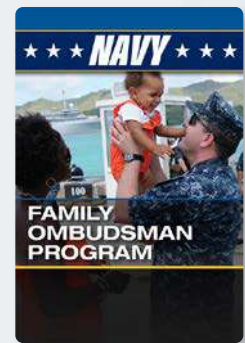
Wallet Cards



Magnet

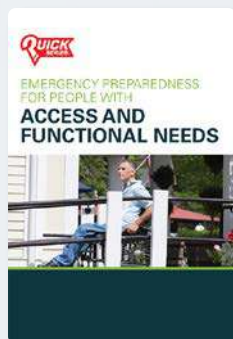
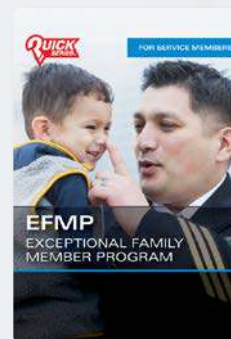
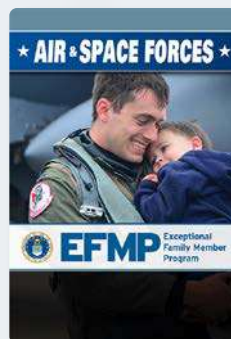
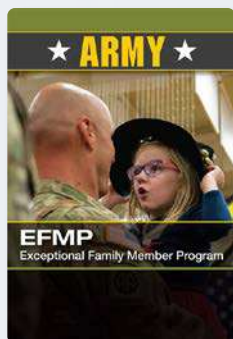
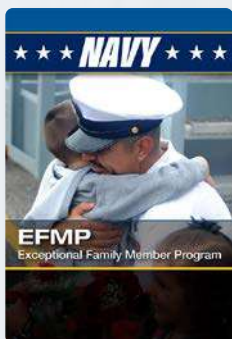


Family Support Programs



- Take care of your family by using the key military resources and programs available to you.
- Prepare for and deal with the challenges of deployment and separation by making family care plans, preparing caregivers, and helping your children cope.
- Use helpful checklists, tips, and information to get your family ready for the challenges of deployment.

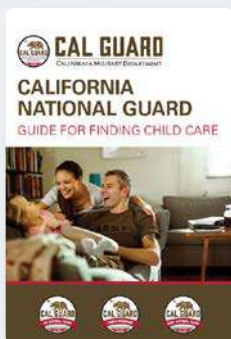
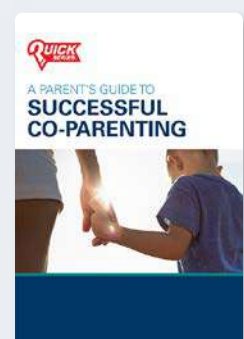
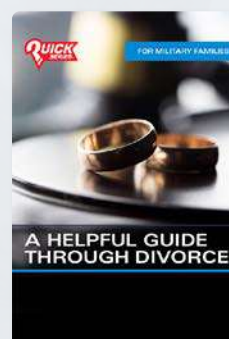
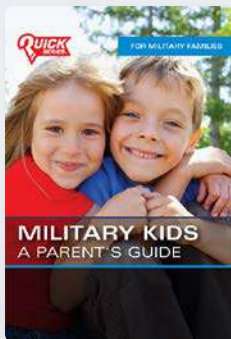
Neurodivergent Groups



- Learn how to identify a family member with special needs, how to get a formal assessment, and where to turn for support.
- Help your family members with special needs to get the assistance they need to thrive.
- Be aware of the services available within your military branch and how to contact them and enroll in special programs.
- Use important lists, information, and resources to receive appropriate care and support.

Family Support

Family Needs



Program Outreach



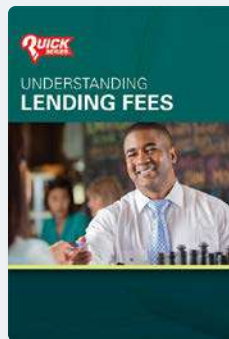
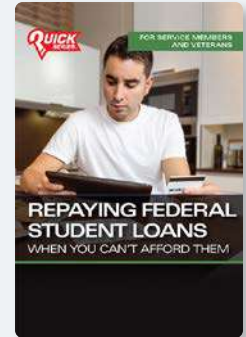
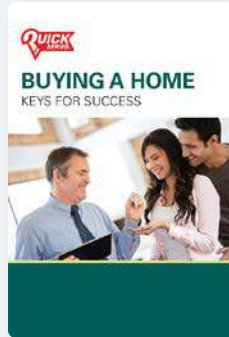
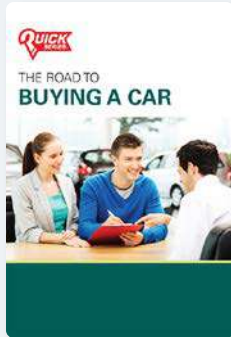
Poster



- Improve family readiness with effective parenting tips to get families through the key transition challenges of military life.
- Learn strategies to help strengthen and maintain important relationships in your life.
- Manage your health and the health of your loved ones by using available tools and services to improve your wellness.
- Keep children safe from common threats – such as neglect, maltreatment, and SIDS – with essential information, recommendations, and guidelines.

Financial Services

Money Smart



Program Outreach

Pamphlets



Poster



Pocket Card



Wallet Cards

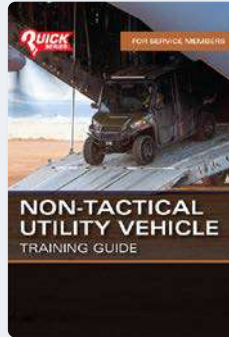
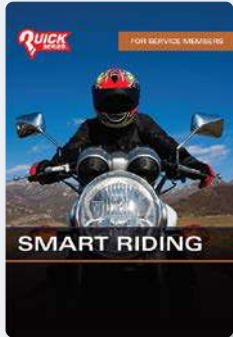


Magnets



- Gain financial freedom by following valuable money-saving and spending tips.
- Understand the basics of investments and lending fees in reader-friendly terms.
- Avoid debt and learn how to save for military retirement or large purchases with the help of useful charts and examples.
- Use practical logs, checklists, and resources to successfully manage your finances and stay out of the red.

Safe Driving



Program Outreach



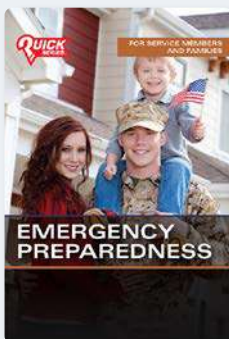
Wallet Card



- Drive safely on and off duty by following critical safety protocols and defensive driving techniques.
- Know how to navigate difficult driving conditions, get adequate training, and wear appropriate personal protective equipment to reduce the risk of injury.
- Use helpful facts, statistics, checklists, and resources to enhance your driving skills and stay safe on the road.

* Licensed by the Motorcycle Safety Foundation (MSF)

Family Safety



Program Outreach

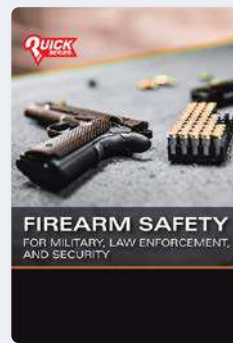
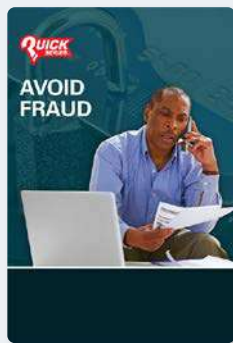


Poster



- Get the tools you need to effectively prepare for, plan for, and respond to any emergency situation – from earthquakes and fires to cybercrime and theft.
- Prevent dangerous accidents on and off duty by following appropriate safety rules and procedures.
- Follow basic guidelines for keeping yourself, your home, and your family safe from various threats.
- Apply important tips, checklists, charts, and resources to ensure your family's safety during any emergency.

Personal Safety



- Avoid being a victim of crime or fraud by learning about preventive measures.
- Learn how to protect yourself, your family, and your property from violent crime and theft.
- Follow basic guidelines for keeping your home safe from theft, your children safe from online predators, and your identity safe from fraud and scams.
- Use valuable checklists and resources to ensure your safety.

* Licensed by Force Concepts

Online Security

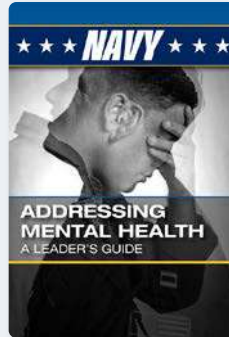
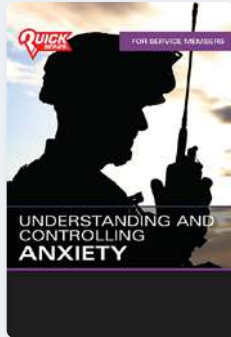
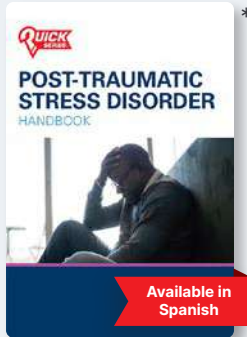


- Avoid being a victim of crime or fraud by taking key preventive measures.
- Follow basic guidelines for keeping your identity safe from fraud and scams and your children safe from online predators.
- Use valuable checklists, tips, and resources to ensure your online security.



Mind & Body Health

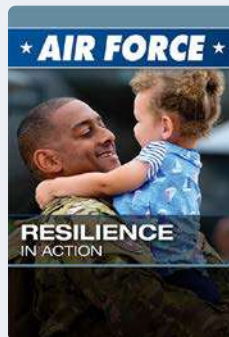
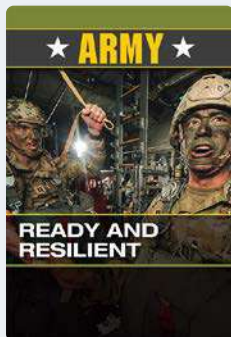
Anxiety & Stress



- Support mental health in Service members and military personnel so they can effectively perform their critical duties.
- Employ useful techniques for developing stress- and anxiety-control skills.
- Develop and practice coping strategies for dealing with and overcoming stressful situations and crises.
- Use valuable exercises, tips, and resources to take charge of your mental health.

* Licensed by the International Critical Incident Stress Foundation (ICISF)

Resilience



- Apply essential resilience tools to handle stress and identify potential problems so you can be mission-ready.
- Build your resilience by developing ways to prosper during times of crisis and adversity.
- Use valuable exercises, tips, and resources to improve your mental, emotional, and physical health and perform at an optimal level.

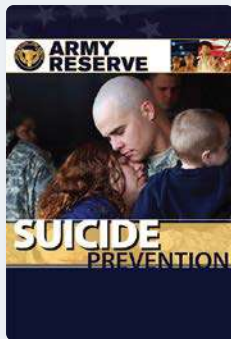
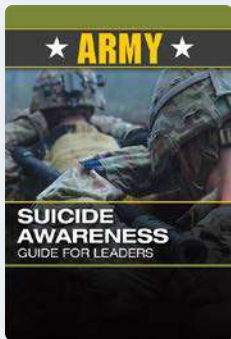
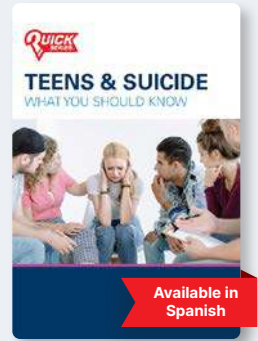
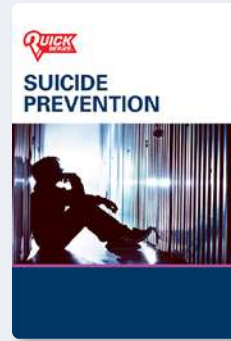
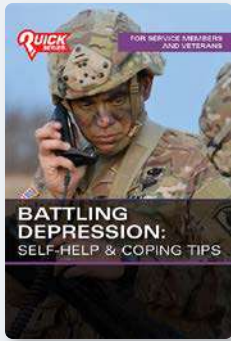
QuickTerm

Resilience is the ability to bounce back after a traumatic experience and to keep going after exposure to a disturbing event. Providing military personnel with immediate stress information and support during a crisis is critical to building resilience.

For more on restoring military personnel to standard performance, review our library of Resilience guides.



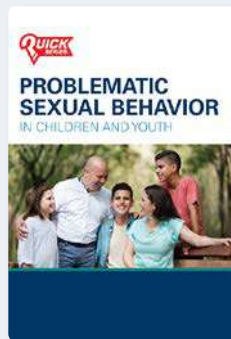
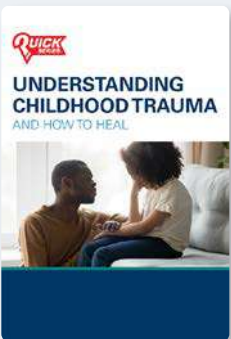
Depression & Suicide Prevention



- Get the proper information and support to help you through a mental health crisis.
- Learn about various mental health issues affecting Service members and Veterans so you can help guide and support a loved one in crisis.
- Feel strengthened during turmoil and gain control of your emotions with useful strategies and exercises.
- Use essential checklists, information, and resources to care for your mental health and get the help you need.

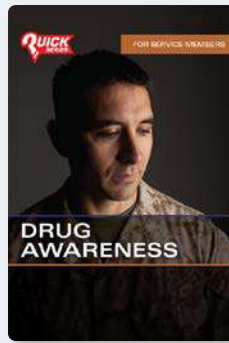
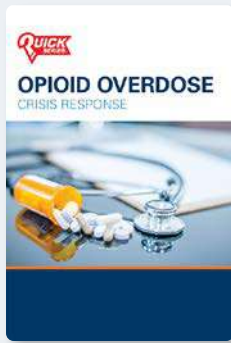
* Licensed by the International Critical Incident Stress Foundation (ICISF)

Childhood Behavior



- Address many of the questions and concerns that parents and other adults that care for/work with children have about sexual behavior in children.
- Help parents, caregivers, and educators understand the impact of childhood trauma and provide the right support to help children.

Drug & Alcohol Abuse



- Help Service members and Veterans eliminate alcohol, tobacco, or drugs from their lives with a wealth of information, ideas, and suggestions.
- Use helpful tools to assess your usage, learn how to quit, and prevent relapse.
- Learn how to talk to children about drugs and alcohol, or to deal with the consequences of secondhand drinking.
- Get useful resources for treatment, support, and additional information.

Program Outreach



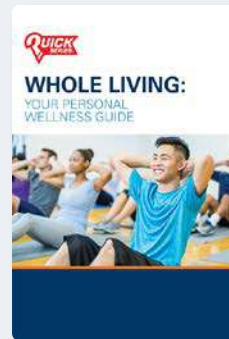
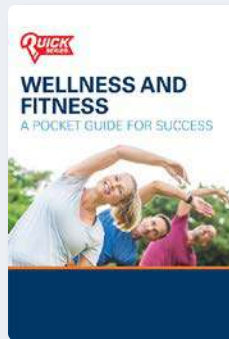
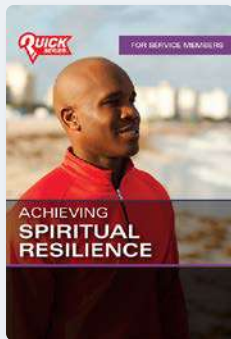
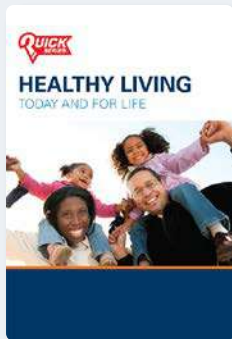
Pocket Cards



Wallet Cards

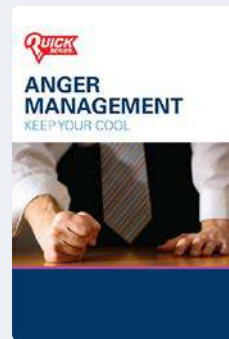
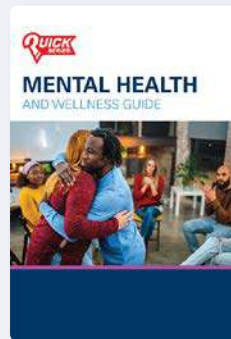
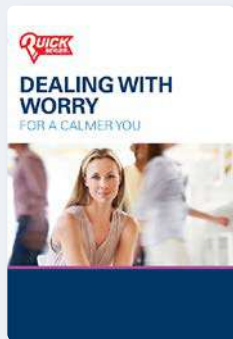
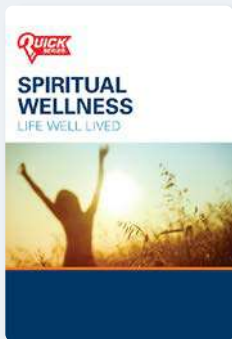
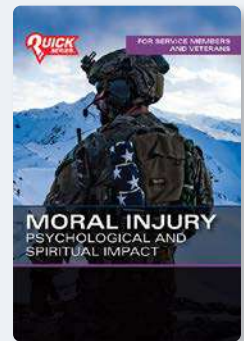
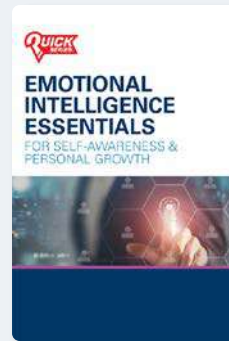


Healthy Living



- Enjoy better health and wellness with everyday healthy living tips to help you thrive.
- Have the tools you need to prepare your mind and body to withstand and recover from difficult situations experienced on deployment.
- Get nutrition basics, set goals, enhance your spiritual skill set, and combat weight issues, health problems, and mood disorders.
- Use checklists, exercises, and resources to track your progress and see results.

Emotional Wellness



- Manage overwhelming emotions, such as anxiety, worry, or anger, by learning about the tools and resources you need.
- Know your treatment options and where Service members and Veterans can turn for professional help.
- Use essential checklists, information, and resources to care for your mental health and find effective strategies for improvement.

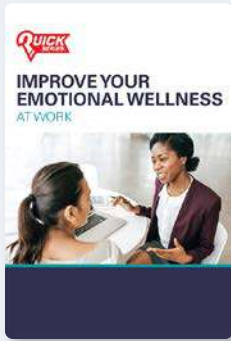
Program Outreach



Pocket Card

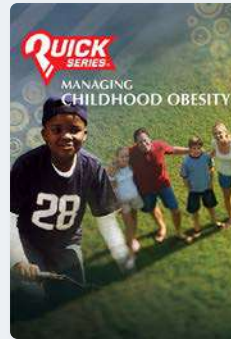
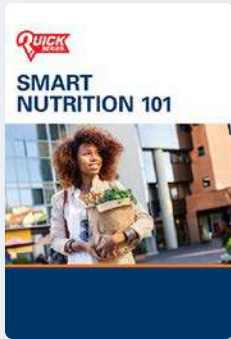


At Work



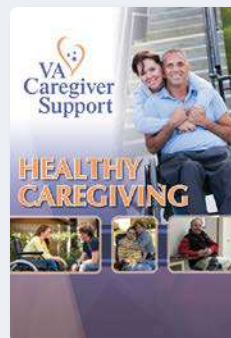
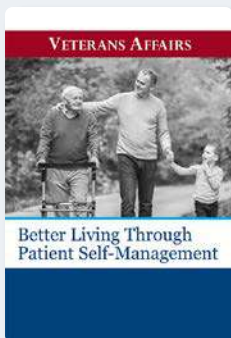
- Perform your best in the field or on assignment by making your physical wellness a priority – from dealing with worry and stress to being physically fit.
- Adopt helpful techniques to improve your quality of life, including stress management, self-care strategies, and physical activity guidelines.
- Use checklists, self-assessments, tips, and resources to enhance your wellness and always be mission-ready.

Weight Management



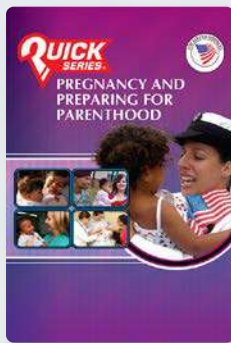
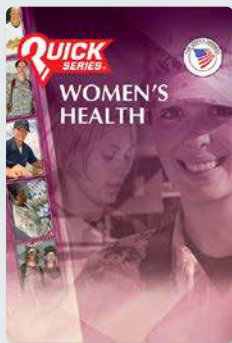
- Learn about important behavioral strategies for safe, effective weight loss and maintenance.
- Follow healthy eating guidelines, exercise recommendations, and lifestyle strategies that encourage you to reach your goal.
- Use helpful charts, diagrams, checklists, and resources to guide you through your weight management journey.

Caregiving



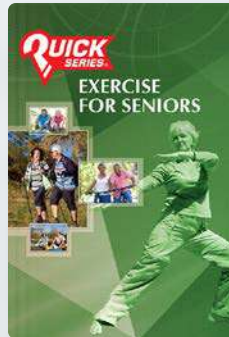
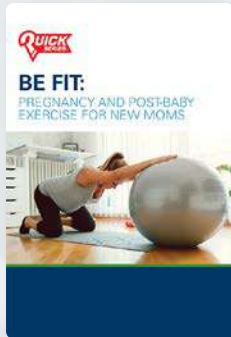
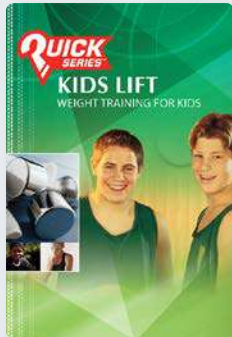
- Educate caregivers tending to injured Service members on how to live their best lives possible with helpful wellness information and resources.
- Use the tools provided to deal with the emotional and physical effects of chronic illness and develop an action plan.
- Apply essential lists, information, and resources to better manage daily life.

Women's Health



- Arm yourself with the information you need to handle female health issues – from pregnancy and breastfeeding to urinary tract infections and cervical cancer.
- Follow helpful advice on coping with pregnancy-related issues, managing your weight, staying fit, and getting appropriate health tests and screenings.
- Use helpful checklists, information, and resources to help manage your health while on active duty.

Fitness for Specialized Groups

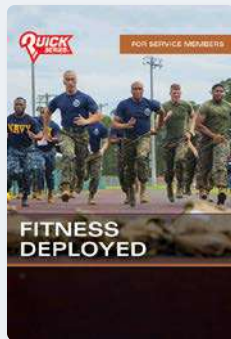
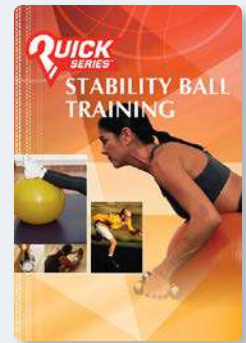
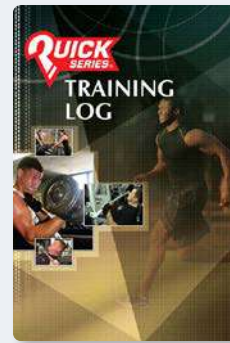
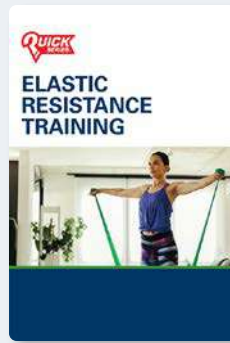
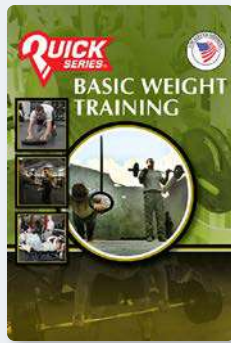


- Get the health, fitness, and training recommendations needed for different groups of Service members with specialized needs.
- Learn about training safety guidelines so you can reap the benefits of exercise without injury.
- Design your own training program with helpful step-by-step instructions and easy-to-follow illustrations.

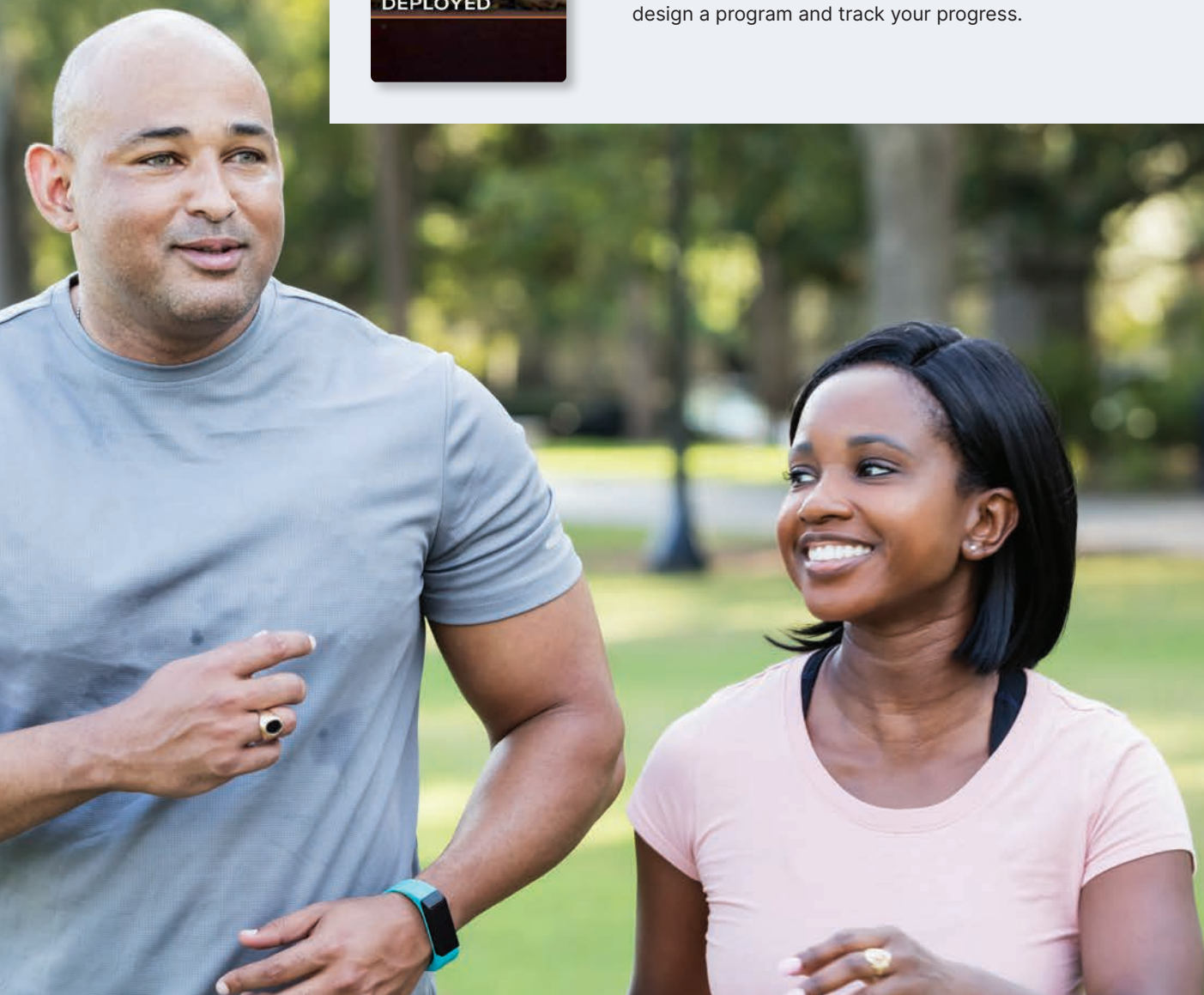
QuickFact 🔍

Having a sedentary lifestyle (being inactive) increases your chances of gaining weight and developing a number of serious health conditions.

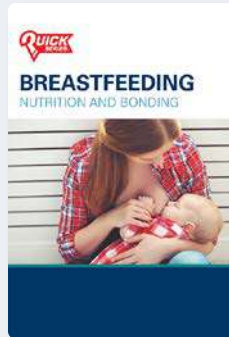
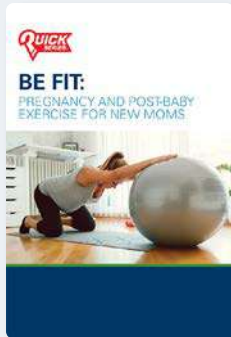
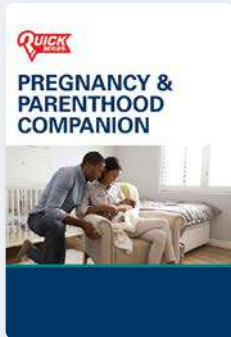
Pillars of Fitness



- Get the health, fitness, and training recommendations necessary for building and maintaining an effective workout regimen.
- Enhance your overall fitness, endurance, and quality of life with essential wellness strategies and resources.
- Design your own training program with helpful step-by-step procedures and illustrated exercises.
- Use assessment questionnaires, checklists, and worksheets to design a program and track your progress.

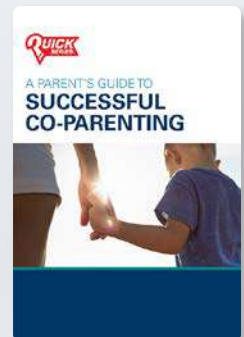
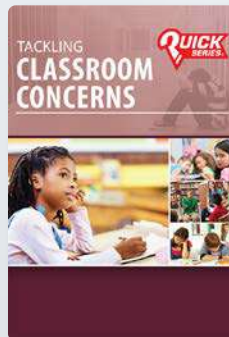
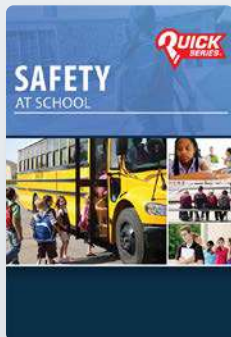
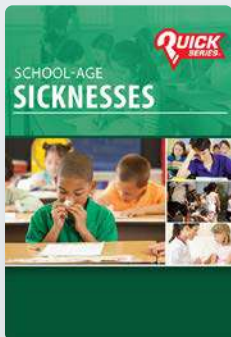


Expecting Baby



- Ease the stress and worry of pregnancy with helpful guidance on a variety of pregnancy- and birth-related topics.
- Follow helpful advice on coping with common pregnancy complaints, managing body changes, knowing when to call your doctor, and creating a birth plan.
- Ensure a healthy pregnancy by learning about critical lifestyle, diet, and fitness recommendations.
- Use helpful checklists, diagrams, and resources for support and comfort on this journey.

Life with Kids



Program Outreach



Pamphlets



- Make sure your kids are safe and sound from the dangers of bullying, common childhood diseases, and other threats.
- Parent with confidence by following various tips and suggestions, including talking about drugs, identifying problems, and setting rules.
- Use helpful checklists, quick-reference graphics, and resources to guide you through your parenting journey.

Bullying



- Protect yourself and your children from the threat of bullying by learning essential prevention tools and techniques to end the bullying problem.
- Coach your children on how to deal with all forms of bullying, such as cyberbullying and physical, psychological, and verbal bullying.
- Use valuable checklists, quizzes, and resources to understand bullying, resolve bullying incidents, or prevent the threat.

Pamphlets

Posters

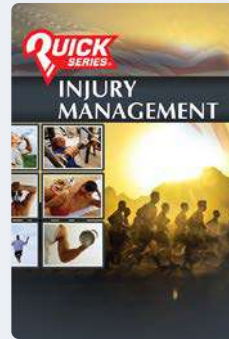
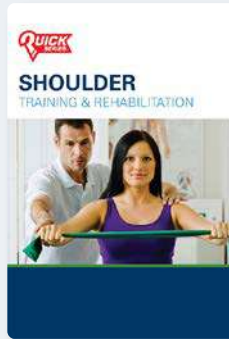
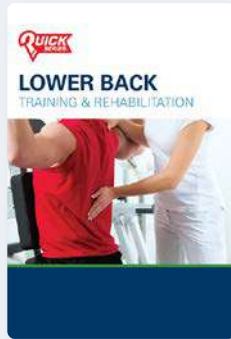
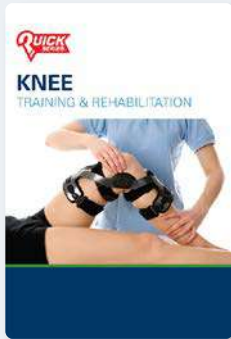
Wallet Cards

Magnet

Program Outreach

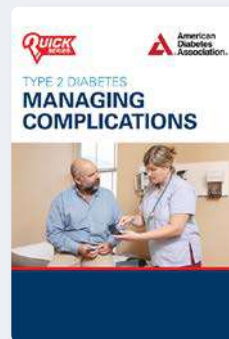
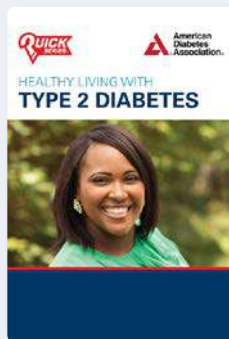
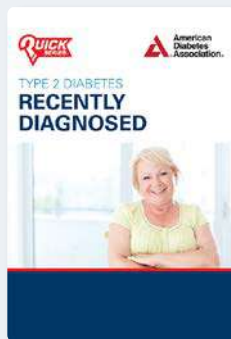
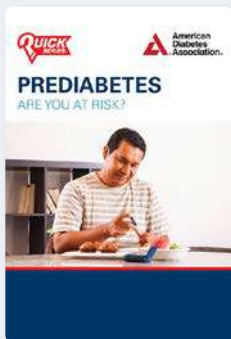


Injury Prevention & Rehabilitation



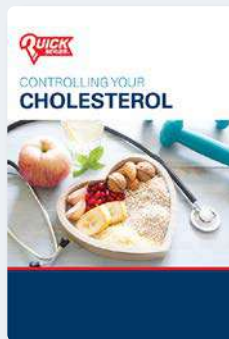
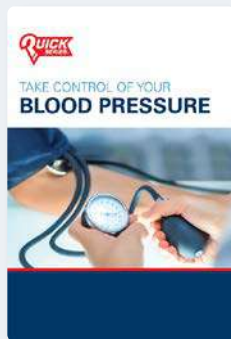
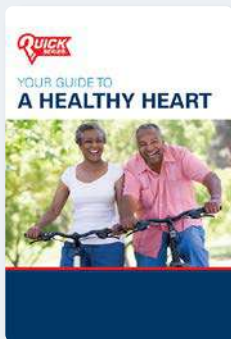
- Complement your rehabilitation program with effective exercises and techniques to strengthen your knee, lower back, or shoulder following an injury.
- Learn the basics of injury management and prevention to reduce your chances of getting hurt.
- Increase your flexibility, strength, and stamina by practicing easy-to-follow illustrated exercises.

Diabetes



- Make the right lifestyle choices so you manage or prevent diabetes and live a long and healthy life.
- Learn about diabetes treatments, lifestyle changes, diabetes complications, stress management, and much more.
- Use the helpful tips, tests, and resources to take charge of your health.

* Licensed by the American Diabetes Association (ADA)

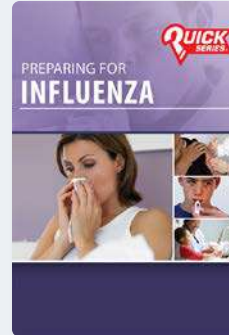
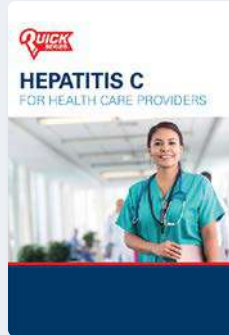
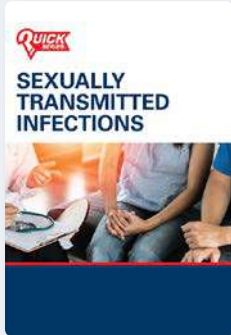


Healthy Heart

- Learn how to make simple lifestyle changes that can significantly reduce your risk of high blood pressure, high cholesterol, or heart attack.
- Know the risk factors and warning signs of an unhealthy heart so you can get timely treatment.
- Follow useful guidelines on eating well, maintaining a healthy weight, and following a physical fitness routine.

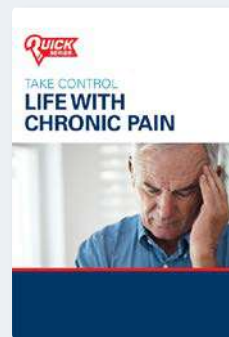
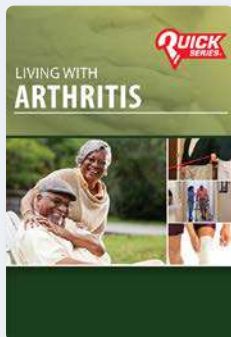
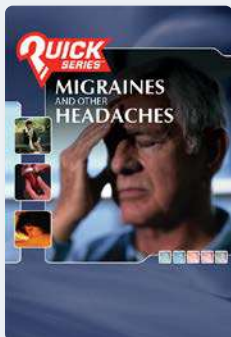
Prevention & Management

Disease Prevention



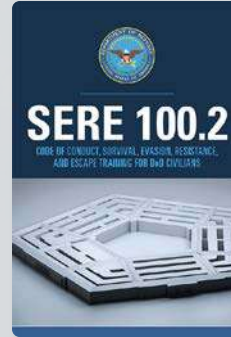
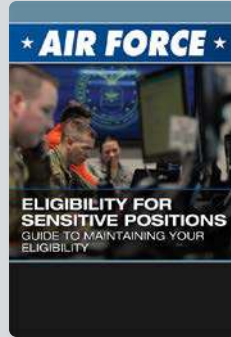
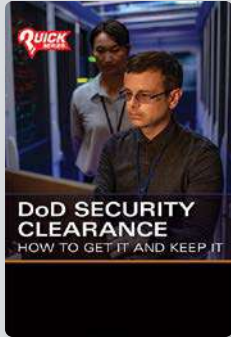
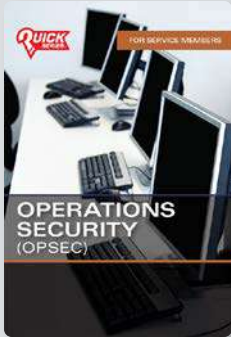
- Get the latest information on some of today's most prevalent diseases and know how to protect yourself.
- Learn about risk factors, symptoms, treatment, and prevention strategies.
- Lessen the risk of public health emergencies by planning ahead, taking preventive measures, and stopping the spread.
- Use important checklists, charts, graphics, and resources to ensure you can perform at an optimal level.

Pain Management



- Take control of your pain by learning about the types of treatments and medications available.
- Alleviate chronic pain with helpful exercises and self-care strategies to enhance mission readiness.
- Make sure you're getting the right treatment for your specific pain so you can enjoy a better quality of life.

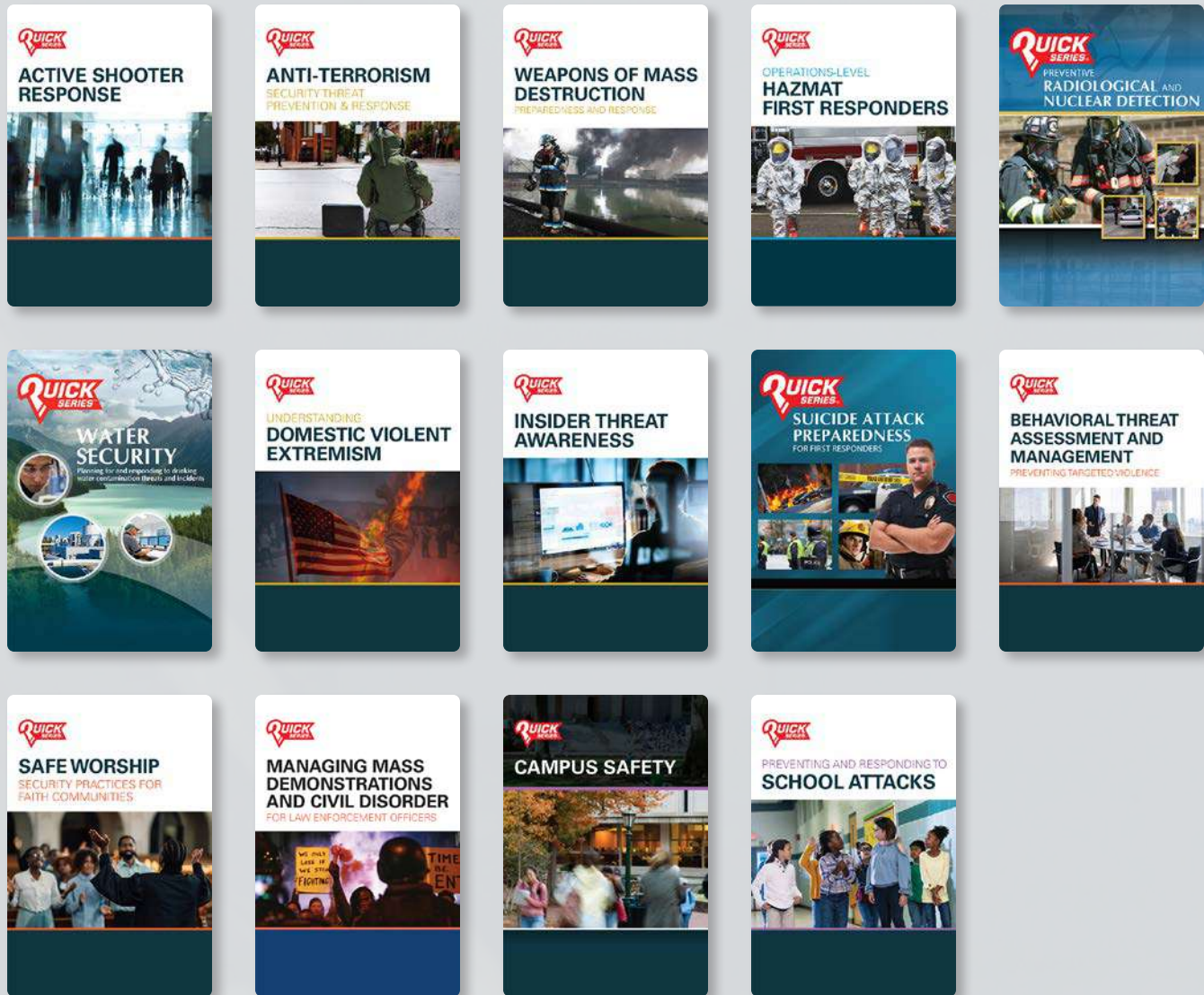
Security at Work



- Ensure all military members and government employees know how to follow essential security procedures to maintain safety.
- Adhere to important policies, procedures, and safety measures designed to guard Service members and government employees from potential threats.
- Understand the Operations Security process, gain appropriate clearance, and be aware of potential security concerns.



Threat Response



Program Outreach



Wallet Card



Poster



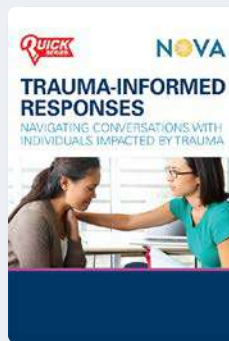
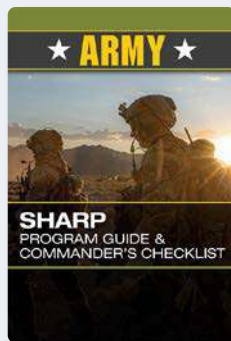
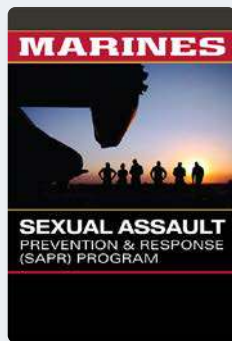
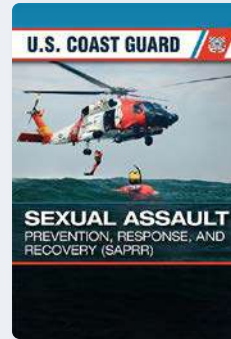
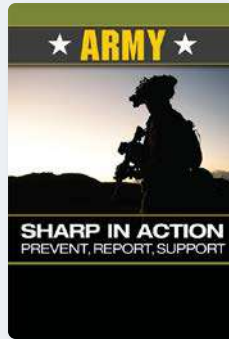
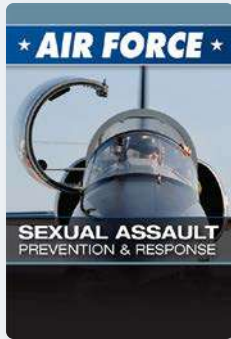
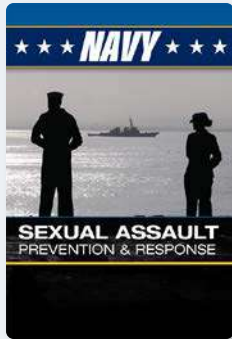
- ➔ Be emergency-ready for any potential threat – from active shooters and suicide attacks to hazardous materials and water security incidents.
- ➔ Get basic guidelines on security planning, threat management, and response and recovery efforts.
- ➔ Use thorough checklists, charts, and resources to help prevent terrorist events and environmental disasters.

QuickNote

Terrorists exploit vulnerabilities, choosing the time, place, and method of attack according to observed or perceived weaknesses. Increasing the security of a particular type of target makes it harder for terrorists to successfully strike.

Sexual & Domestic Abuse

Sexual Assault Prevention & Response



- Support and protect victims of sexual assault by understanding Department of Defense (DoD) policy, Sexual Assault Response Coordinator (SARC) responsibilities, legal procedures, and much more.
- Know how to take immediate action – as a leader or as a survivor – to report sexual assault and prevent future incidents.
- Identify the warning signs of sexual harassment so you can stop it in its tracks and prevent it from escalating.
- Use helpful checklists and resources for extra support and information during times of crisis.

* Licensed by the Rape, Abuse & Incest National Network (RAINN)

** Licensed by the National Organization for Victim Advocacy (NOVA)

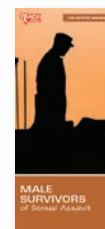
Program Outreach



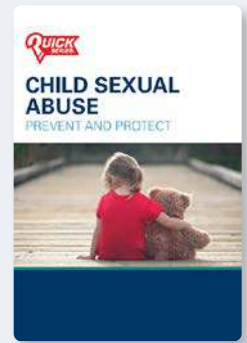
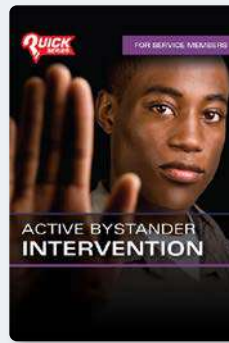
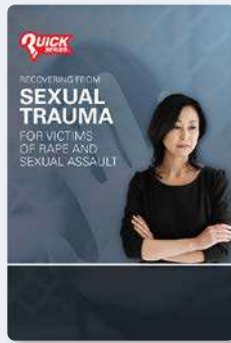
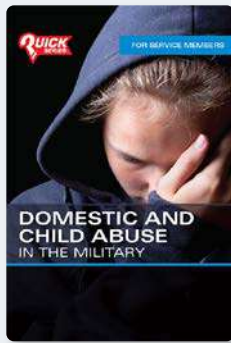
Pamphlet



Wallet Cards



Domestic & Sexual Abuse



- Arm victims of domestic or sexual abuse with essential information to get the assistance and support they need.
- Help victims – or help yourself – by understanding risk factors, warning signs, recovery tips, military response, and reporting options.
- Use helpful checklists, recommendations, and resources to help a victim (or yourself) escape or recover from a violent situation.

* Licensed by the Rape, Abuse & Incest National Network (RAINN)

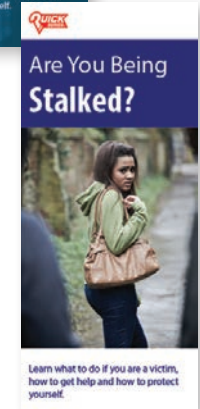
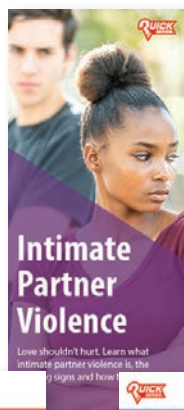
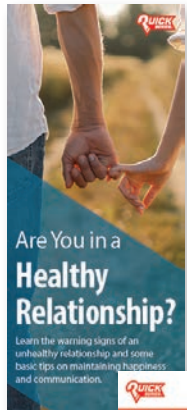
Program Outreach



Pocket Card

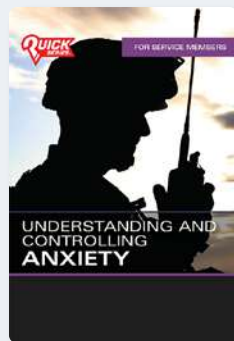
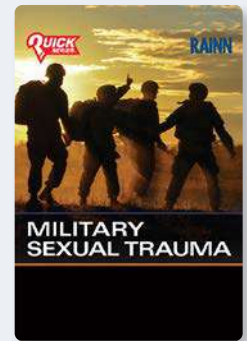
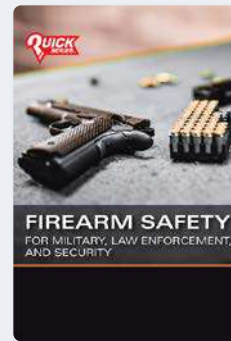
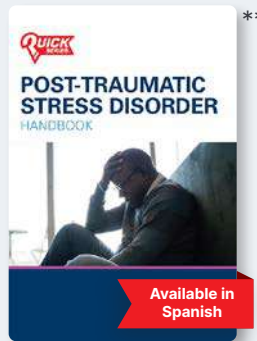
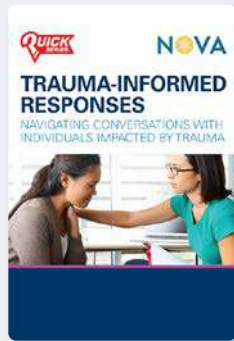
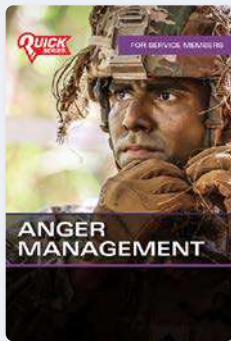


Program Outreach



Integrated Prevention Program (IPP)

DoD INSTRUCTION
6400.11



- Learn to spot suicide warning signs to help guide fellow Service members and loved ones to care.
- Walk sexual assault survivors through the steps to recovery with reporting options, common reactions, and more.
- Learn how improving your emotional skills can enhance many aspects in your everyday life.

* Licensed by NOVA

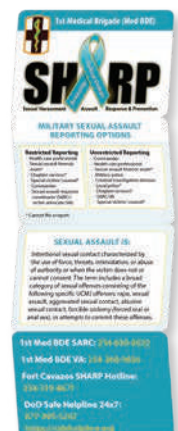
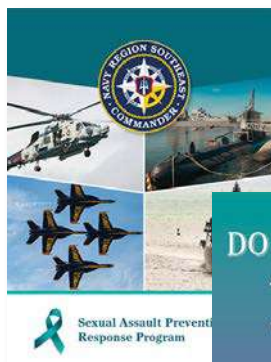
*** Licensed by RAINN

** Licensed by ICISF

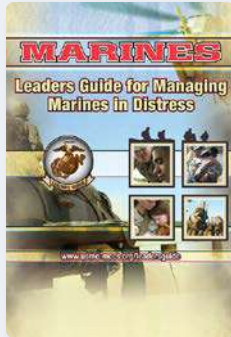
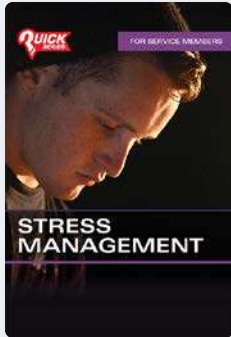
Personalized Installation SAPR/SHARP Resource Solutions

Strengthen your unit's prevention efforts with personalized SAPR and SHARP materials designed specifically for your base.

- Enhance engagement.
- Demonstrate command commitment.
- Maximize training effectiveness.
- Streamline program implementation.

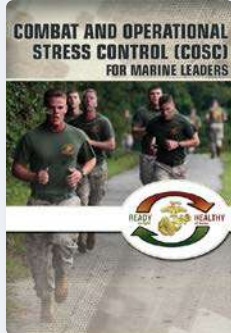


Stress Management



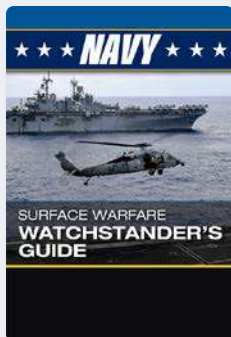
- Support mental and emotional health in Service members so they can effectively perform their critical duties.
- Know how to deal with people in states of emotional turmoil with easy-to-follow crisis intervention protocols.
- Develop and practice coping strategies for dealing with and overcoming stressful situations.
- Use essential information to help others in states of emotional turmoil and to better manage moments of crisis or trauma.

* Licensed by the International Critical Incident Stress Foundation (ICISF)



Combat Stress Control

- Identify combat-stress-related problems in Service members and take appropriate steps to help in the recovery process.
- Give Service members the tools they need to develop coping strategies to deal with and overcome stressful situations and crises.
- Use important techniques, strategies, checklists, and resources to be more resilient to mental stress and get the information you need to recover and quickly return to full readiness.

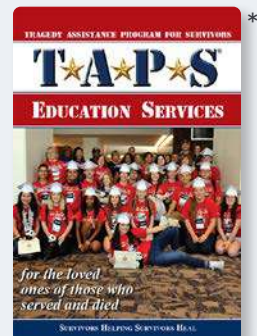
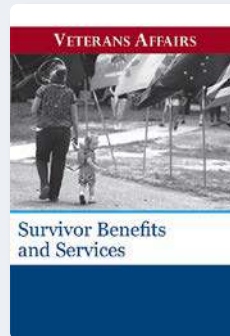
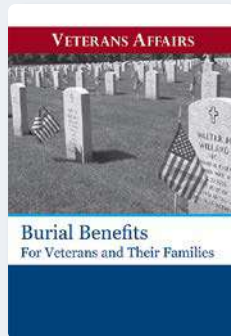
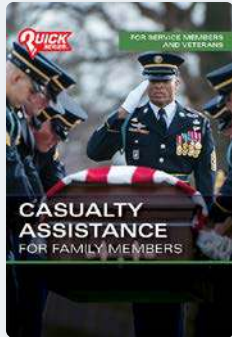


Navy Assignments

- Get specific information on different qualifications, duties, and procedures required of lay leaders, command PASS coordinators, and casualty assistance calls officers.
- Provide watchstanders with the critical information so they can properly protect ships from fire, ensure equipment is operating correctly, and safeguard against security threats.

Survivor Outreach Support

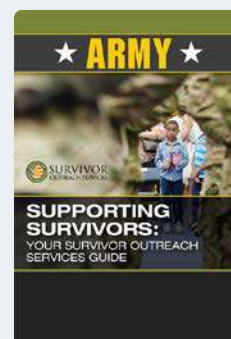
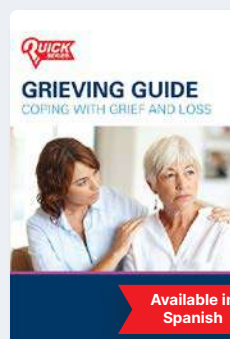
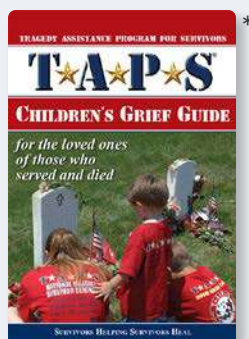
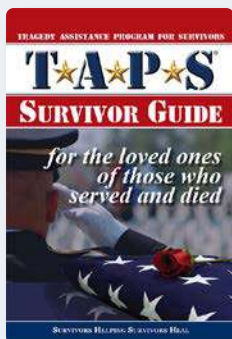
Benefits & Services



- Learn about essential military benefits available to survivors and deceased Service members so you can make informed decisions.
- Get critical information on burial and military funeral honor services, counseling, allowances and reimbursements, death pension, life insurance, home loans, and more.
- Plan ahead by understanding eligibility and enrollment processes, and ease any stress in your time of need.
- Find helpful checklists, recommendations, and resources for additional support.

* Licensed by the Tragedy Assistance Program for Survivors (TAPS)

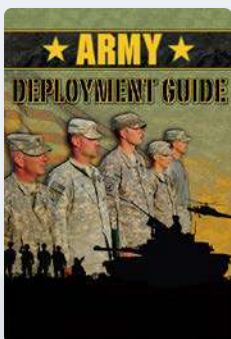
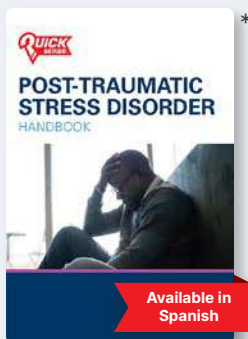
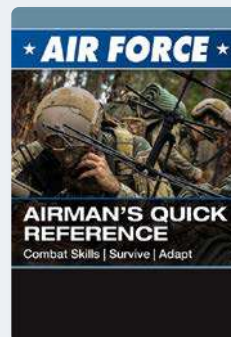
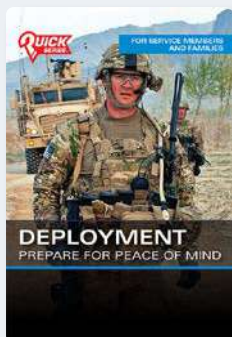
Support



- Use important information and resources to get the help and emotional support you need when grieving the loss of a Service member.
- Learn about the grieving process, coping strategies, and how to help yourself or your children deal with loss.
- Know where to turn for professional help or how to support others in their grief journey.

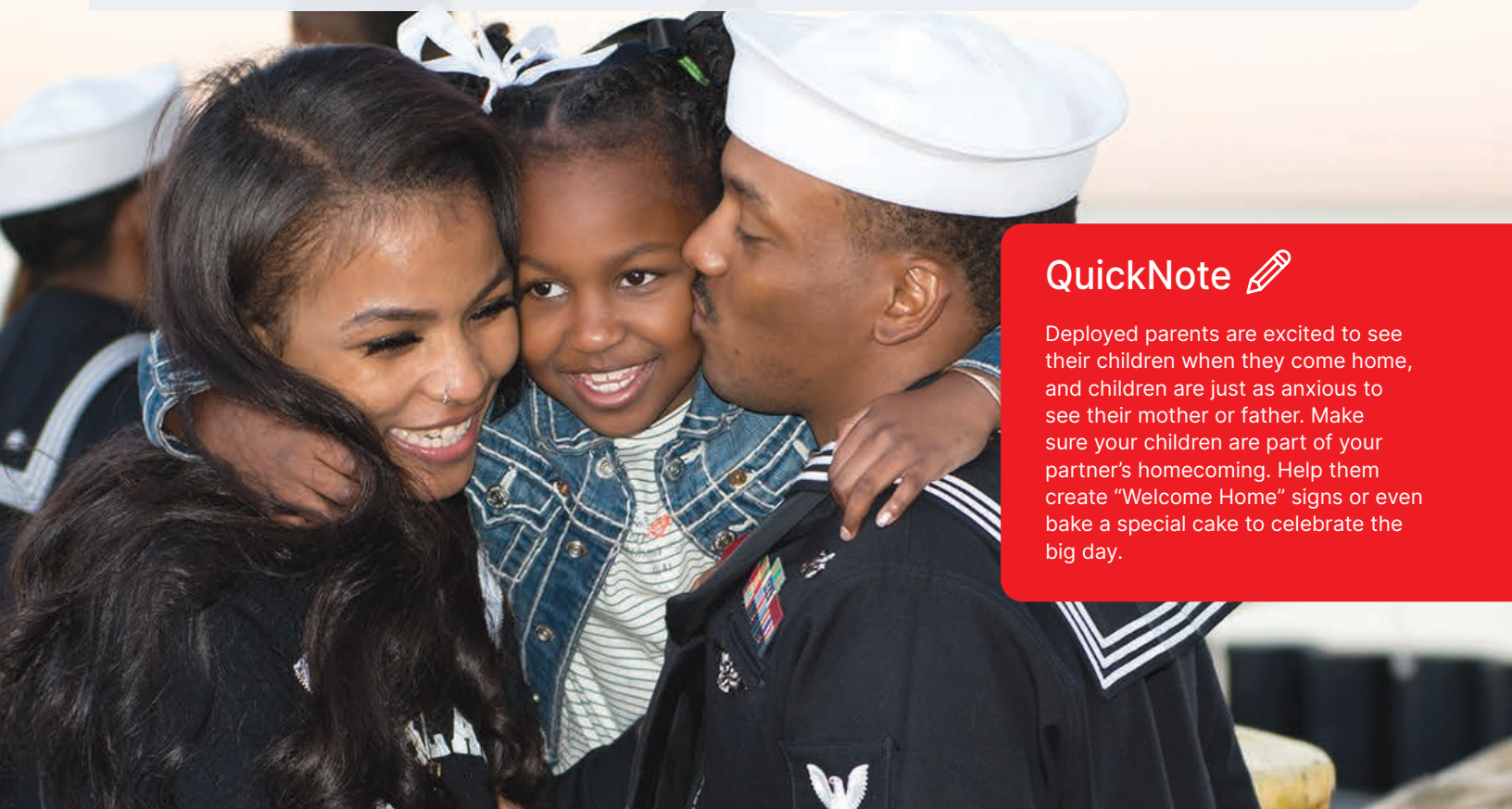
* Licensed by the Tragedy Assistance Program for Survivors (TAPS)

Deployment



- Prepare for all stages of deployment to help ready yourself, your loved ones, and your children for this major transition.
- Learn about the emotional cycle of deployment, how to manage deployment separation, and the support available to Service members and families.
- Take care of your finances, legal affairs, and children during deployment with essential planning advice.
- Use helpful checklists and resources to prepare for the challenges of deployment and stay mission-ready.

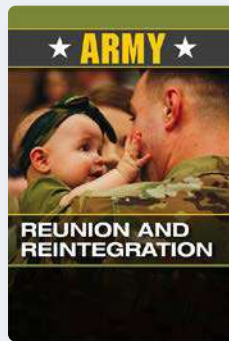
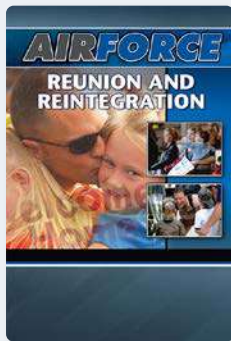
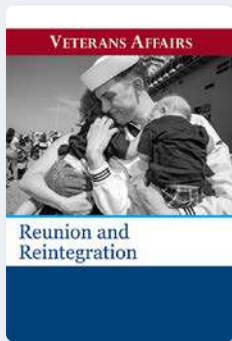
* Licensed by the International Critical Incident Stress Foundation (ICISF)



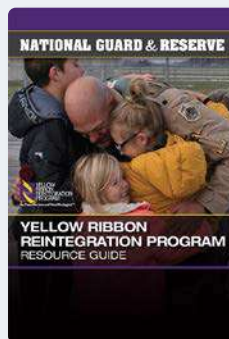
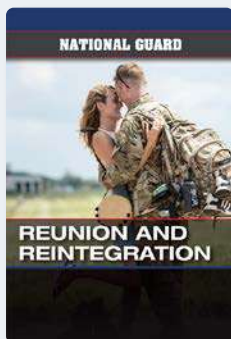
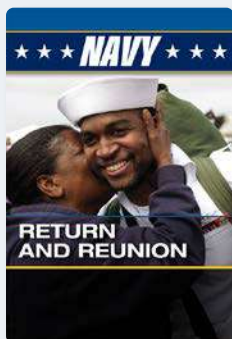
QuickNote

Deployed parents are excited to see their children when they come home, and children are just as anxious to see their mother or father. Make sure your children are part of your partner's homecoming. Help them create "Welcome Home" signs or even bake a special cake to celebrate the big day.

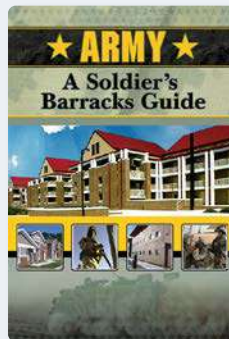
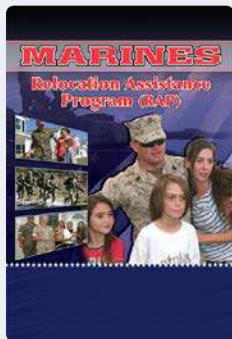
Reunion & Reintegration



- Reduce the stress of homecoming by preparing yourself and your loved ones for your return home.
- Apply useful advice and information on reestablishing intimacy, returning to your children, and overcoming communication issues.
- Use helpful checklists and resources to prepare for your return and strengthen your family unit.

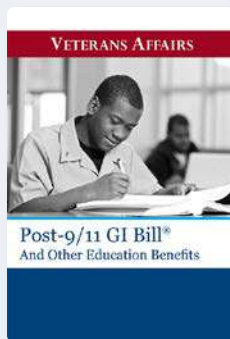
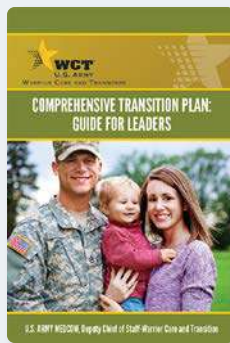
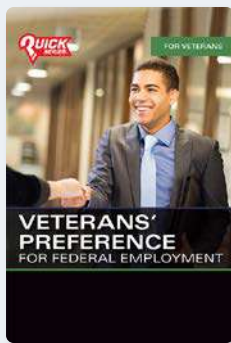
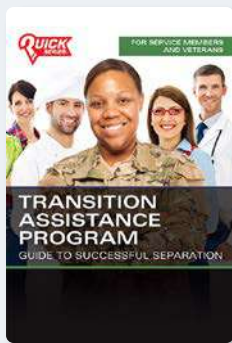


Relocation



- Prepare for your permanent change of station (PCS) to ensure a smooth transition for yourself and your family.
- Get essential facts about housing, barracks policies, entitlements, and benefits to make your move easier.
- Use helpful checklists and resources to quickly adjust to your new community.

Transitioning



Program Outreach

 Pamphlets



 Wallet Card



 Posters



 Magnet



- Ease the stress of the typical transitions of military life (such as deployment, relocation, or reunion) by adequately preparing for these changes.
- Understand the useful benefits and services available to you and your family during each transition, such as counseling and employment assistance.
- Use helpful checklists, tips, and resources for additional support in the course of your transition.

Your Base. Your Resources. Your Home.

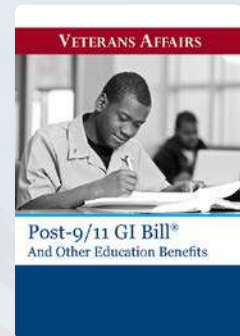
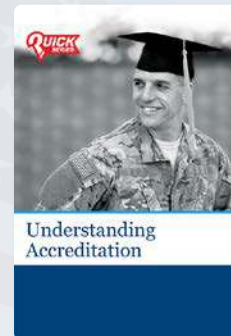
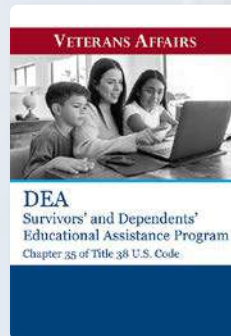
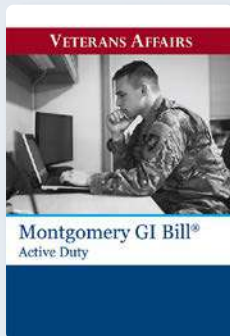
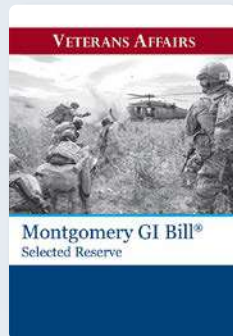
Make every PCS smoother with our practical, eye-catching folders. Our customizable folders provide everything Service members need to feel at home from day one, including:

- Base maps with relevant points of interest.
- Essential on-base facilities and services.
- Critical phone numbers for military resources.
- Family support services and information.
- Local community events and highlights.



Veterans Affairs

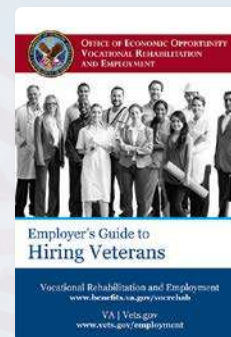
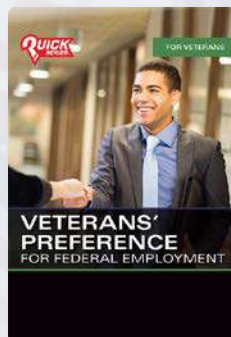
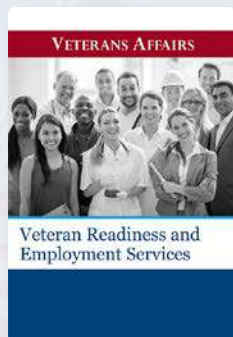
Education



- Learn about the various education and training benefits you are entitled to for your service, including the Montgomery GI Bill®, the Post-9/11 GI Bill, and the Survivors' and Dependents' Educational Assistance (DEA) program.
- Discover qualifications and requirements, understand application processes and accreditation, and have important questions answered.
- Decide which benefit is right for you with the help of concise, easy-to-understand information.
- Use helpful checklists, information, and resources to help you with your post-military education.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. Government website at: www.benefits.va.gov/gibill

Employment



- Use essential information and job-search guidelines to ease the employment and financial stress caused by military life.
- Learn about different military programs and services available to help you start your new career.
- Apply effective tips on writing a résumé, searching for jobs, and answering interview questions.
- Discover important lists, tips, and resources to make your job search less overwhelming.

Program Outreach

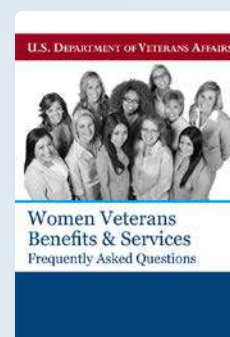
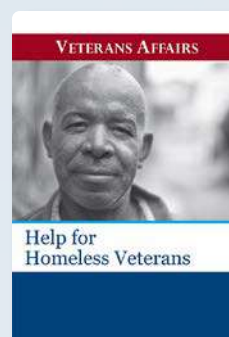
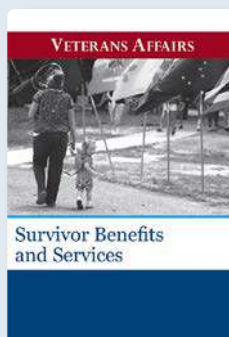
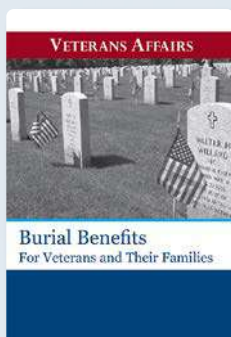
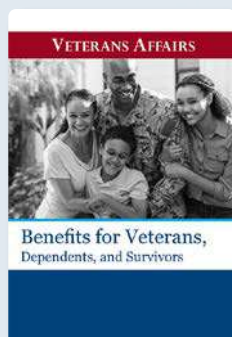
Pamphlets

Magnet

Wallet Card



Benefits

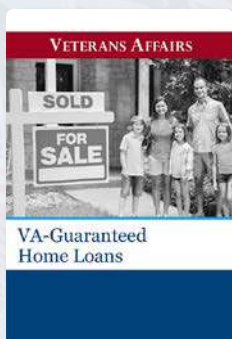


- Learn about the various benefits and services you and your dependents are entitled to.
- Discover qualifications and requirements, understand application processes, and have important questions answered.
- Decide which benefit is right for you with the help of concise, easy-to-understand information.
- Use helpful checklists, information, and resources to help you access the services you have earned.



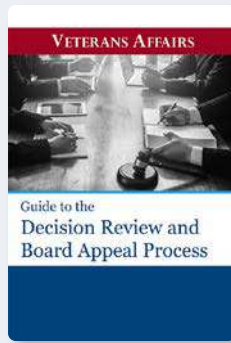
- Explain VA programs, events, and services that deliver invaluable assistance to Veterans and their families in all stages of life.
- Provide resources and step-by-step guidance to help Veterans get the support they need now and in the future.
- Maps and reliable contact information connect Veterans to VA locations and services in their area.

Home Finance



- Get essential information on the VA-Guaranteed Home Loan program for Veterans.
- Make informed decisions by understanding eligibility requirements, application processes, and affiliated costs.
- Use important checklists and resources to have important questions answered and to find your local VA eligibility center.

Health Programs & Services



- Understand the various health programs, benefits, coverage, and services you are entitled to as a Veteran.
- Get the latest information on eligibility, how to enroll in different programs, and special services for female Veterans and dependents.
- Use essential checklists, frequently asked questions, charts, and resources to help you better manage your health care options.

VA Center for Development and Civic Engagement



- Complement volunteer efforts with essential guides highlighting various volunteer opportunities and requirements.
- Prepare for your important role as a volunteer with general guidance on travel and pay provisions, benefits, and more.
- Use helpful resources for additional volunteer information and support.

Safety & Security



Program Outreach



Wallet Cards

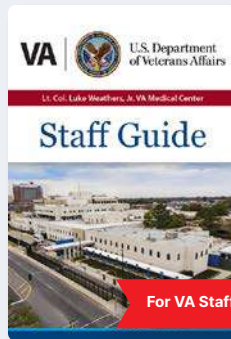
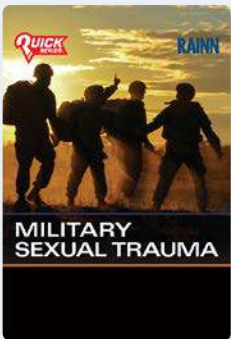
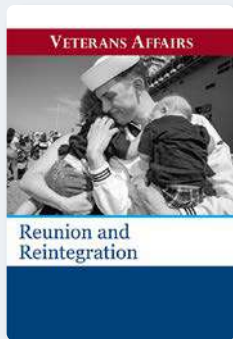
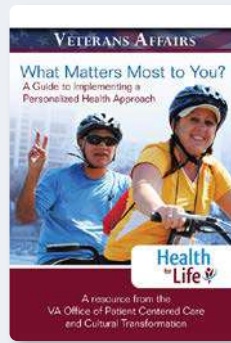
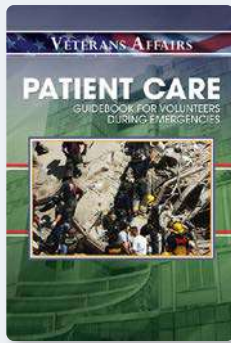
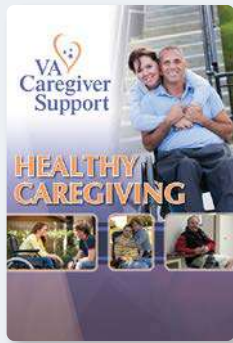


Badge Cards & Magnet



- Be prepared and emergency-ready for any active threat event or natural disaster.
- Minimize the effects of disasters or disruptive events by implementing standardized management tools.
- Get details on security planning, threat management, and response and recovery processes and procedures.
- Use important checklists, organizational charts, diagrams, and resources to help organize and implement response efforts.

Health & Wellness



Program Outreach



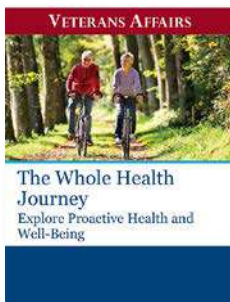
Pamphlet



Wallet Card



Calendar



Discover Whole Health

- 508-compliant with larger font size
- Freshly updated content

- Enjoy better physical and mental wellness with everyday healthy living advice to help you thrive.
- Enhance your overall fitness, emotional health, and quality of life with essential wellness strategies.
- Live your best life possible – whether you're a patient or caregiver – with helpful techniques and strategies.
- Apply essential lists, information, and resources so you can better manage your daily life.

* Licensed by the Rape, Abuse & Incest National Network (RAINN)



Work Safety



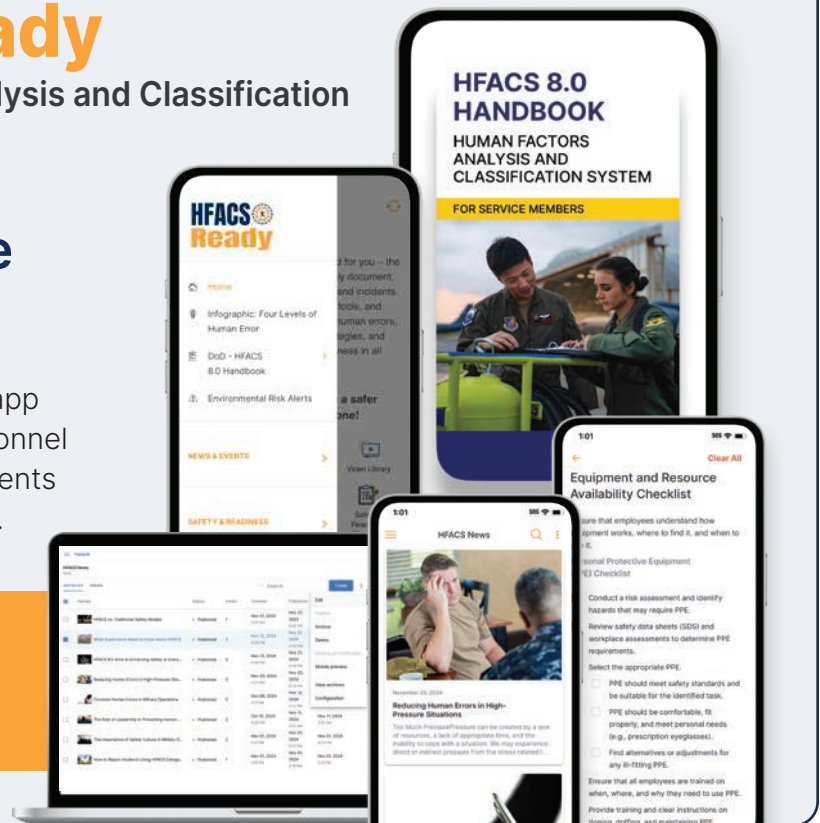
HFACS Ready

The Human Factor Analysis and Classification System 8.0 Mobile App

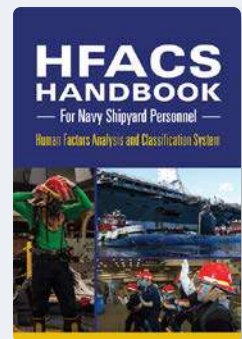
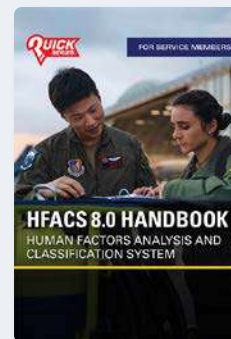
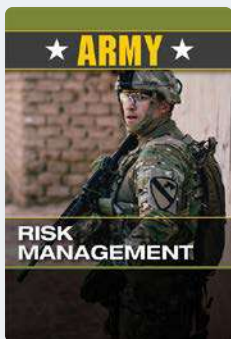
Eliminating risk before it happens.

HFACS Ready, the all-in-one HFACS 8.0 app designed for DoD employees, helps personnel analyze and learn from human error incidents to ensure a safer, more prepared mission.

**Put operational safety at your people's fingertips.
Request your demo today!**

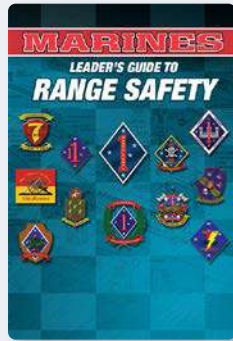
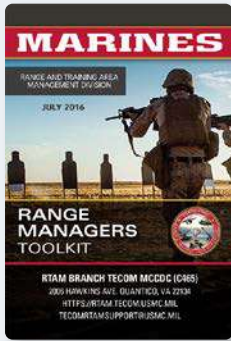


Risk Management



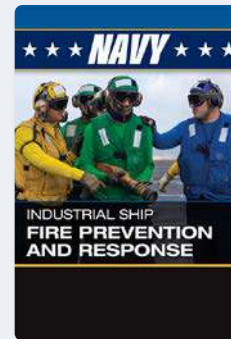
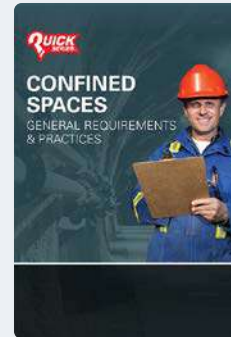
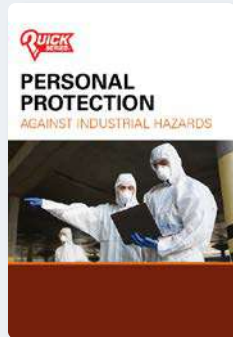
- Ensure proper procedures are in place for personnel to perform their tasks free of unnecessary risk.
- Increase mission success with minimal losses by implementing Operational Risk Management and Time Critical Risk Management.
- Use a helpful risk assessment matrix and understand risk-management levels to significantly reduce risk and maintain Service member safety.

Marine Safety



- Ensure Marines' safety by accurately following standard operating procedures and taking necessary safety precautions.
- Understand and implement codes of conduct and safety requirements and procedures to foster safe training and working conditions.
- Use essential checklists and diagrams to secure everyone's safety and promote mission confidence and readiness.

Worksite Safety



- Stay safe on assignment by following standard protocols and procedures – from wearing personal protection to using the right equipment for the mission.
- Learn Occupational Safety and Health Administration (OSHA) guidelines and standards and how you can maintain a safer work environment.
- Know your leader's responsibilities for keeping you safe on the job.
- Use valuable checklists, illustrations, and resources to ensure your protection at all times.



Transitions

Prepare Service members to make the overwhelming transitions of deployment, reunion, and reintegration as seamless as possible.



Support and Services

Ensure Service members and their families receive the helpful benefits and services they have earned in recognition of their sacrifices.



Health and Wellness

Maintain Service members' mental and physical health with the essential military programs, benefits, and sources of support they are entitled to.

For a sample or more information on how QuickSeries can help make your program a success, contact us:



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