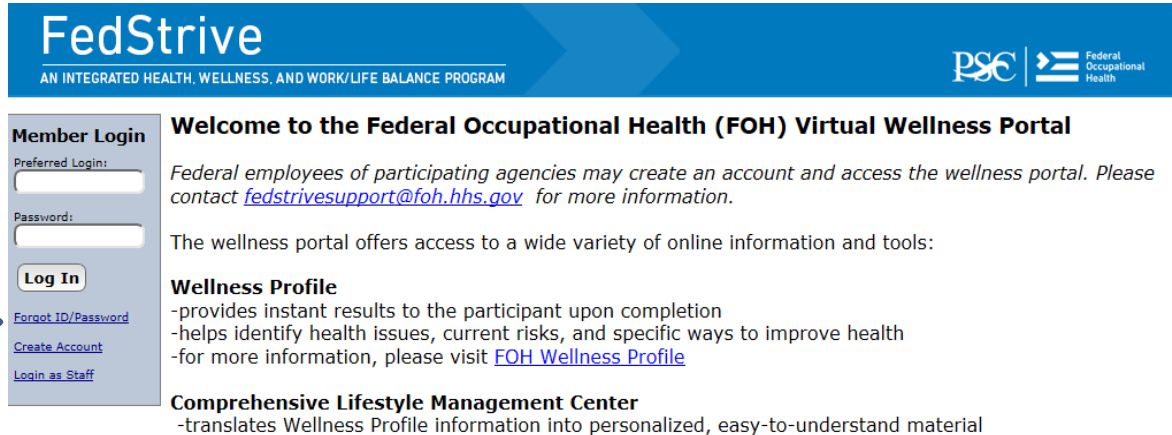


Military Sealift Command Health Promotion Program *Creating a Wellness Profile Account*

Step 1: Visit <https://hf4y.com>.

Step 2: Click Create Account.



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Member Login

Preferred Login:

Password:

Log In

[Forgot ID/Password](#)

[Create Account](#)

[Login as Staff](#)

Welcome to the Federal Occupational Health (FOH) Virtual Wellness Portal

Federal employees of participating agencies may create an account and access the wellness portal. Please contact fedstrivesupport@foh.hhs.gov for more information.

The wellness portal offers access to a wide variety of online information and tools:

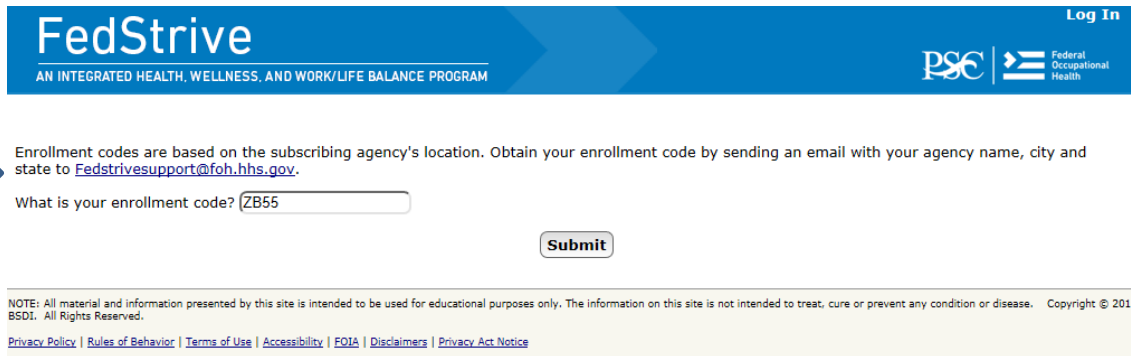
Wellness Profile

- provides instant results to the participant upon completion
- helps identify health issues, current risks, and specific ways to improve health
- for more information, please visit [FOH Wellness Profile](#)

Comprehensive Lifestyle Management Center

- translates Wellness Profile information into personalized, easy-to-understand material

Step 3: Enter your enrollment code (ZB55) and click submit.



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Log In

Enrollment codes are based on the subscribing agency's location. Obtain your enrollment code by sending an email with your agency name, city and state to Fedstrivesupport@foh.hhs.gov.

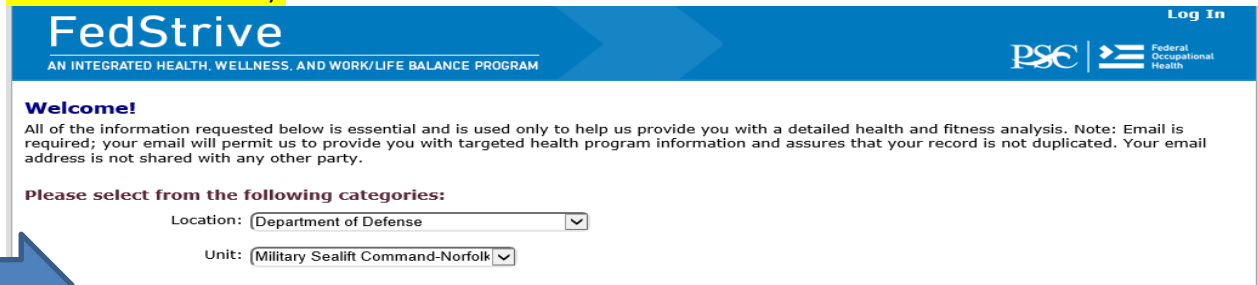
What is your enrollment code?

Submit

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Step 4: Select the appropriate location (Department of Defense) and unit (Military Sea Lift Command – Norfolk).



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Log In

Welcome!

All of the information requested below is essential and is used only to help us provide you with a detailed health and fitness analysis. Note: Email is required; your email will permit us to provide you with targeted health program information and assures that your record is not duplicated. Your email address is not shared with any other party.

Please select from the following categories:

Location:

Unit:

Step 5: Enter your enrollment information and click submit.

Next, enter your enrollment information: (All fields are required unless otherwise specified)

Enter your Preferred Login: 24 character limit - Contact: Fedstrivesupport@foh.hhs.gov if agency is not listed

Password: ?

Re-enter Password:

First Name:

Last Name:

Gender: Male Female

Birth Date: / / Age: 117 Invalid age

Email: Email is required.

Retype email to verify:

State:

Contact FOH Health Promotion Coordinator Leighanne Gerstbrein for questions about creating your wellness portal account or for information about Health Promotion Services at MSC Norfolk.

Email: Leighanne.gerstbrein.ctr@navy.mil

Phone: (757) 443-5630