

# HealthyFocus4You BOHCS & FFS Registration Instructions



Welcome to **HealthyFocus4You BOHCS/FFS**, an online health information program!

## Initial Registration (Complete this step only once)

1. Go to <https://hf4y.com> (book this as your favorite)
2. First time users choose "Need an account"
3. Type in the four digit code provided by your FOH Occupational Health Unit  
Or email your request to [Healthyfocus@foh.hhs.gov](mailto:Healthyfocus@foh.hhs.gov)
4. Select your main Agency and then select the appropriate Sub-Agency
5. Enter your enrollment information
  - o Preferred Login
  - o Password
  - o First and last name
  - o Gender
  - o Birthdate
  - o Email address (Optional, but highly recommended) will allow us to provide you with targeted health program information. The email address is encrypted to protect identity and is not shared with any party
6. Before you click submit make sure you copy down your preferred login and password for future use
7. You will be taken directly to the Health Risk Appraisal section. You will need to complete this section to learn more about your health and how to improve it
  - o Enjoy all the features of HealthyFocus4You
  - o Once registered, you may go to <https://hf4y.com>, and enter the preferred logon and password previously provided
  - o Take time to:
    - Print detailed HRA results
    - Participate in the incentive program
    - Start an activity log
    - Deepen your personal health knowledge through the questionnaires
    - Build your own workout
    - Read helpful articles throughout the website
    - And much more

For registration help please contact HF4Y by email at [healthyfocus@foh.hhs.gov](mailto:healthyfocus@foh.hhs.gov)

**NOTE YOUR PREFERRED LOGIN NAME AND PASSWORD FOR FUTURE VISIT TO THE WEBSITE!**

## Returning to HealthyFocus4You:

Once registered for HF4Y, follow these instructions from now on:

1. Go to <https://hf4y.com>
2. Enter your preferred logon and password created in #5 above.
3. Scroll through the tools and resources on the left, or read helpful articles throughout the website.

For registration help contact us at [healthyfocus@foh.hhs.gov](mailto:healthyfocus@foh.hhs.gov)