

Welcome to FedStrive

Simply follow the directions below and you'll be using the online tools and resources of FedStrive to reach your goal of a healthier and more balanced life.

Initial Registration

For first-time users, the first step is to set up your FedStrive account. You'll only have to do this once.

1. Go to <https://FedStrive.foh.hhs.gov> - we recommend bookmarking this page as one of your favorites.
2. Choose the **"Create New Account"** link in the upper right-hand corner of the home page.
3. You will get a small window that asks you to select your agency or location.
Select **"Other Agency,"** which is the last entry in the dropdown menu, if your agency or location is not listed.
4. Write in your enrollment code if requested: _____. (Your FOH on-site healthcare provider will give this code to you.)
5. Enter in your Agency and Sub-Agency or location.
6. Create your own login identification and password.
Your password needs to contain at least eight characters with one capital letter, one lowercase letter, one number, and a special character like !, ^, @, etc., for example, P@ssw0rd.
7. Enter the rest of your enrollment information.

Important: Before you click **"Submit"** make sure you record your login and password for future access to the site.

8. Review the privacy notice. Select **"Accept"** to complete your Wellness Profile. You can review your results instantly upon completion.

For help with the registration process feel free to contact FedStrive by email at: FedStriveSupport@foh.hhs.gov

Once registered, you may go to <https://FedStrive.foh.hhs.gov>, and enter the your login, password, and agency to utilize the website.

With your individualized access, you'll be able to:

- Print detailed Wellness Profile 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

Returning to FedStrive

1. Go to <https://FedStrive.foh.hhs.gov>
2. Enter your login and password created in step number six above and select your agency or location.
Enjoy the site and all the tools, resources, and helpful articles.

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