Open your Outlook (Office 365 TFC Account in myTFC) and find the gear icon 🔯 along the top right (settings). Click on it and a compartmentalized window should open on the screen.



You should see a 'Forwarding' notification in the top right notifying you that your email is being forwarded.

Reminder: Log into Outlook periodically to make sure forwarding hasn't been turned off for some reason. It could happen for some time you realize it! You may want to set up a daily email going to the account to help you remember.