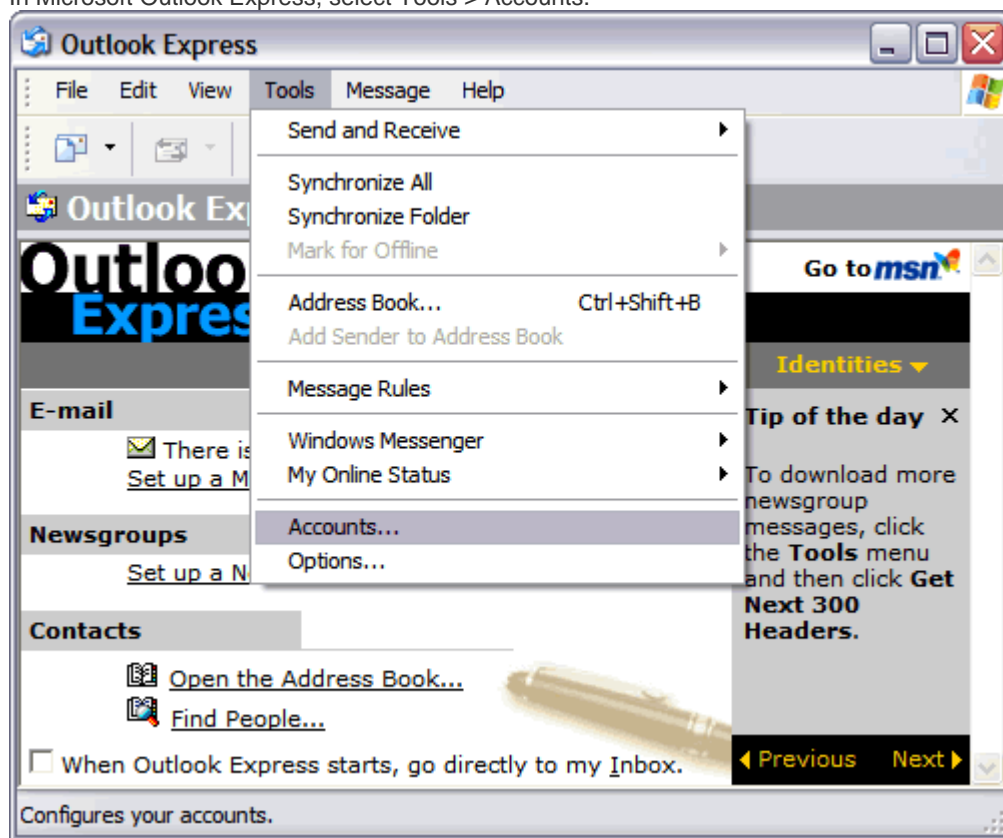


Setting Up Your E-mail in MS Outlook Express

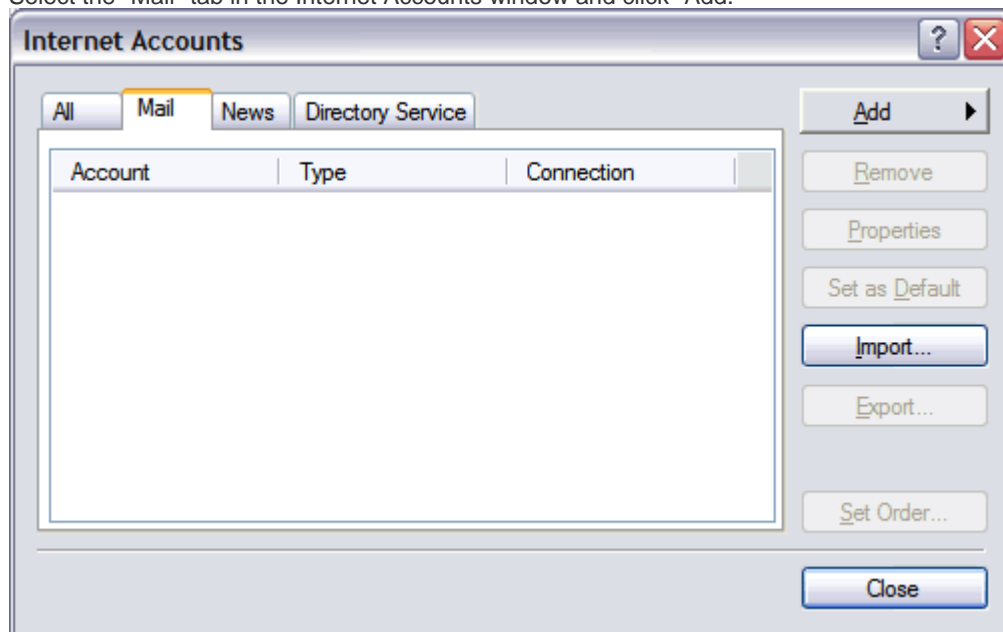
This tutorial shows you how to set up Microsoft Outlook Express to work with your e-mail account. This tutorial focuses on setting up Microsoft Outlook Express 6, but these settings are similar in other versions of Microsoft Outlook Express. You can set up previous versions of Microsoft Outlook Express by using the settings in this tutorial.

To Set Up Your E-mail Account in Microsoft Outlook Express

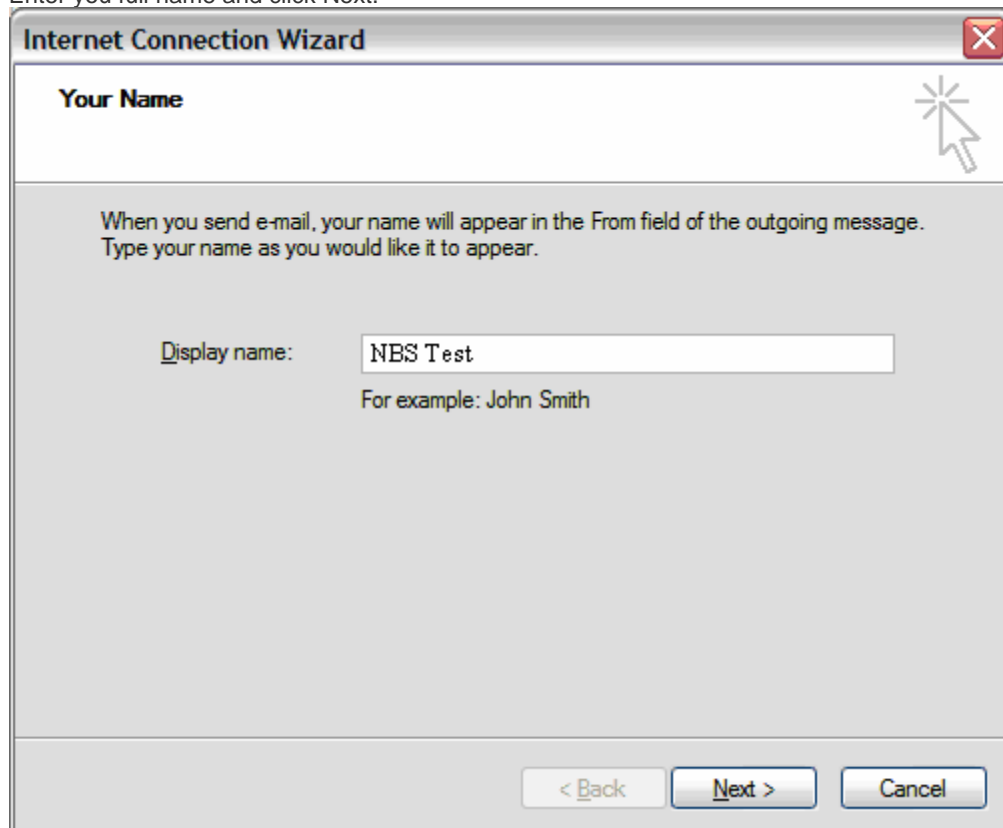
1. In Microsoft Outlook Express, select Tools > Accounts.



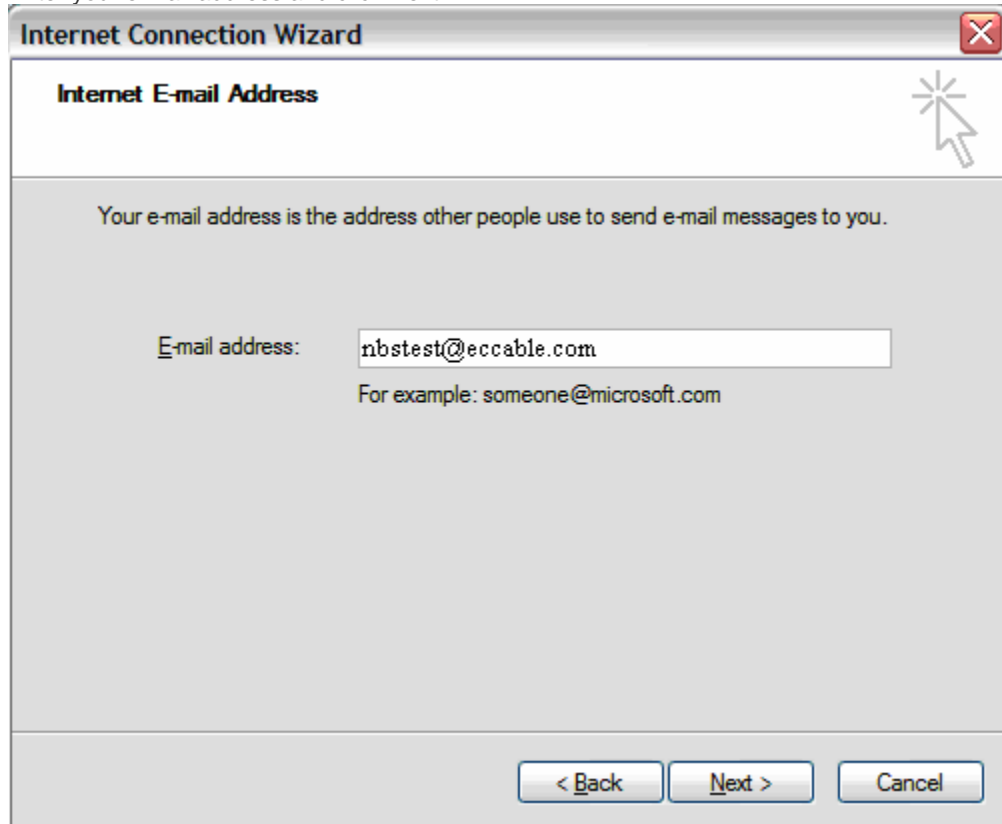
2. Select the "Mail" tab in the Internet Accounts window and click "Add."



3. Enter you full name and click Next.



4. Enter your e-mail address and click Next.



The screenshot shows a Windows dialog box titled "Internet Connection Wizard" with a sub-header "Internet E-mail Address". The main text reads: "Your e-mail address is the address other people use to send e-mail messages to you." Below this is a text input field labeled "E-mail address:" containing the text "nbstest@eccable.com". Underneath the input field is the example text "For example: someone@microsoft.com". At the bottom of the dialog are three buttons: "< Back", "Next >", and "Cancel". A mouse cursor is visible in the top right corner of the dialog box.

5. On the E-mail Server Names window, enter your information as follows:

My incoming mail server is a
POP3 server

Incoming mail (POP3, IMAP or HTTP) server
mail.eccable.com

Outgoing mail (SMTP) server
smtp.eccable.com

Click Next.

Internet Connection Wizard



E-mail Server Names



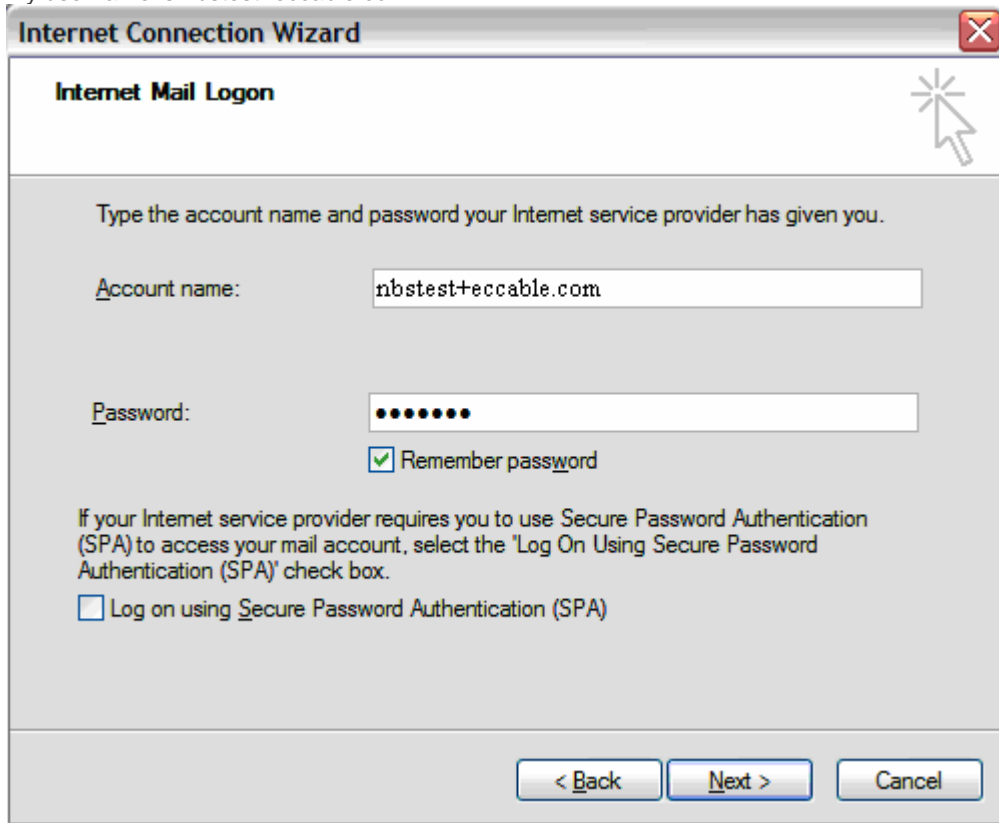
My incoming mail server is a server.

Incoming mail (POP3, IMAP or HTTP) server:

An SMTP server is the server that is used for your outgoing e-mail.

Outgoing mail (SMTP) server:

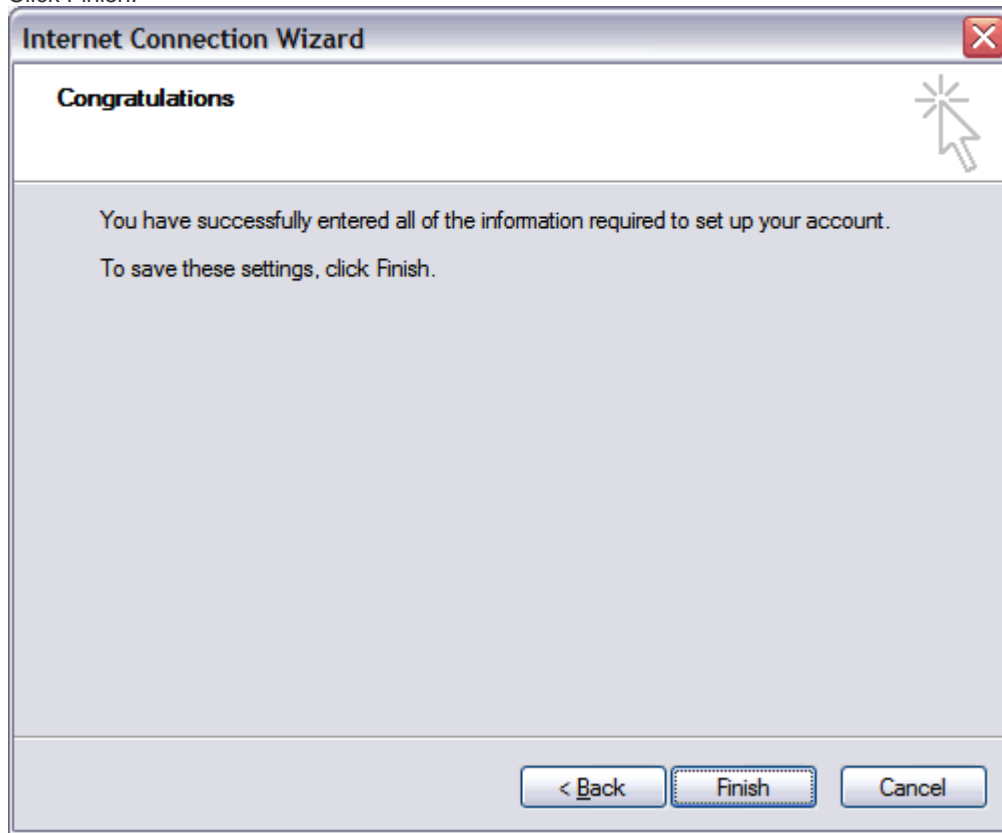
6. Enter your e-mail address, again. But instead of using @ use + So if My email is nbstest@eccable.com my username is nbstest+eccable.com



The screenshot shows a Windows dialog box titled "Internet Connection Wizard" with a sub-header "Internet Mail Logon". The dialog contains the following elements:

- A title bar with a close button (X) in the top right corner.
- A sub-header "Internet Mail Logon" in the top left corner.
- A mouse cursor icon in the top right corner.
- Instructional text: "Type the account name and password your Internet service provider has given you."
- An "Account name:" label followed by a text input field containing "nbstest+eccable.com".
- A "Password:" label followed by a password input field containing seven black dots.
- A checked checkbox labeled "Remember password".
- Instructional text: "If your Internet service provider requires you to use Secure Password Authentication (SPA) to access your mail account, select the 'Log On Using Secure Password Authentication (SPA)' check box."
- An unchecked checkbox labeled "Log on using Secure Password Authentication (SPA)".
- Three buttons at the bottom: "< Back", "Next >", and "Cancel".

6. Click Finish.



-End of email Setup Guide-