



How to Configure Windows Live Mail

Email Type: @qwest.net



Use this document if:

- You want to configure @qwest.net e-mail address

This document assumes:

- You know your email address username and password
- You have a downloaded windows live mail from <http://get.live.com>
- You have a working Internet connection
- You are a Qwest customer

Incoming/Outgoing server info: If you are familiar with how to configure your mail client, use the following information.

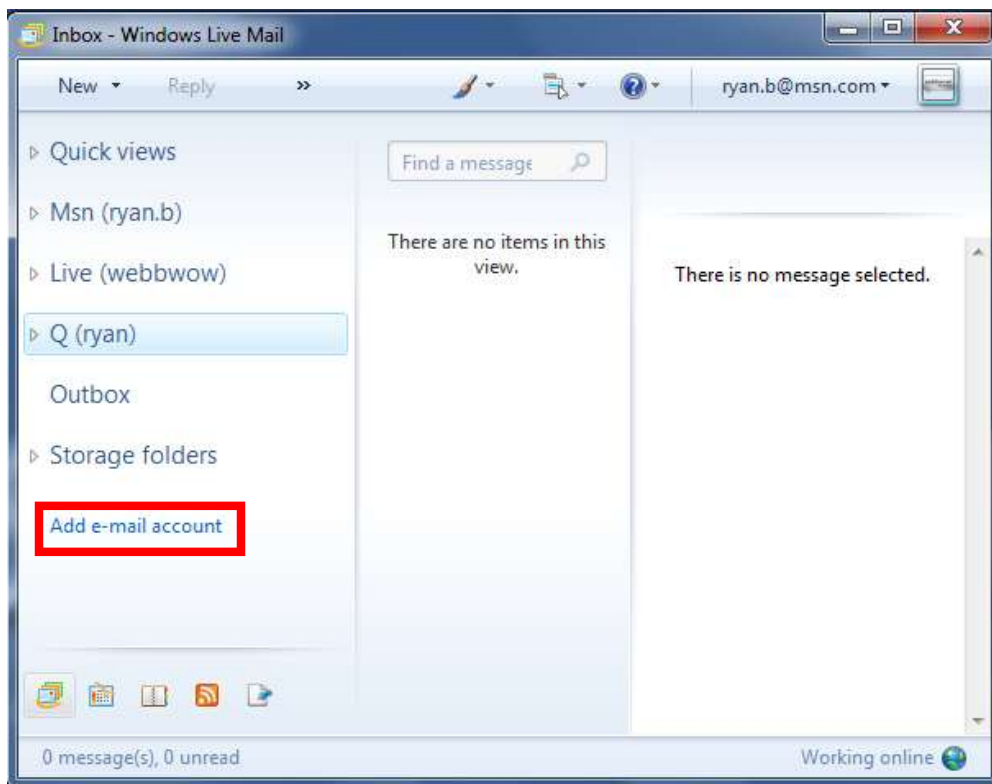
- Incoming Server:
 - pop.mpls.qwest.net or select one from the [Qwest mail server list](#)
 - port **110**
- Outgoing Server:
 - pop.mpls.qwest.net or select one from the [Qwest mail server list](#)
 - port **25**



1. Open up a Windows Live Mail.

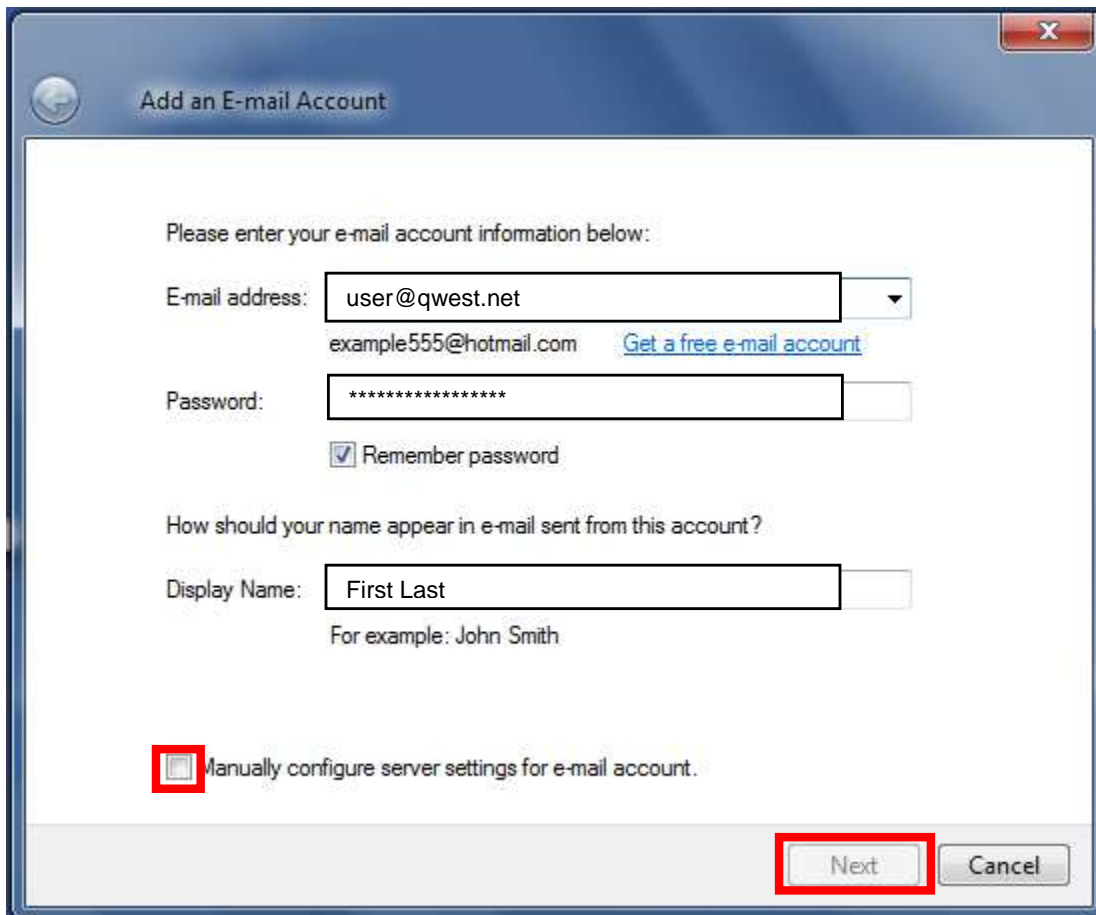


2. Click **Add e-mail Account**.



3. Enter your:

- **E-mail address**
- **Password**
- **Display Name**
- Checkmark **manually configure server settings**, click **Next**.



Add an E-mail Account

Please enter your e-mail account information below:

E-mail address: [Get a free e-mail account](#)

Password:

Remember password

How should your name appear in e-mail sent from this account?

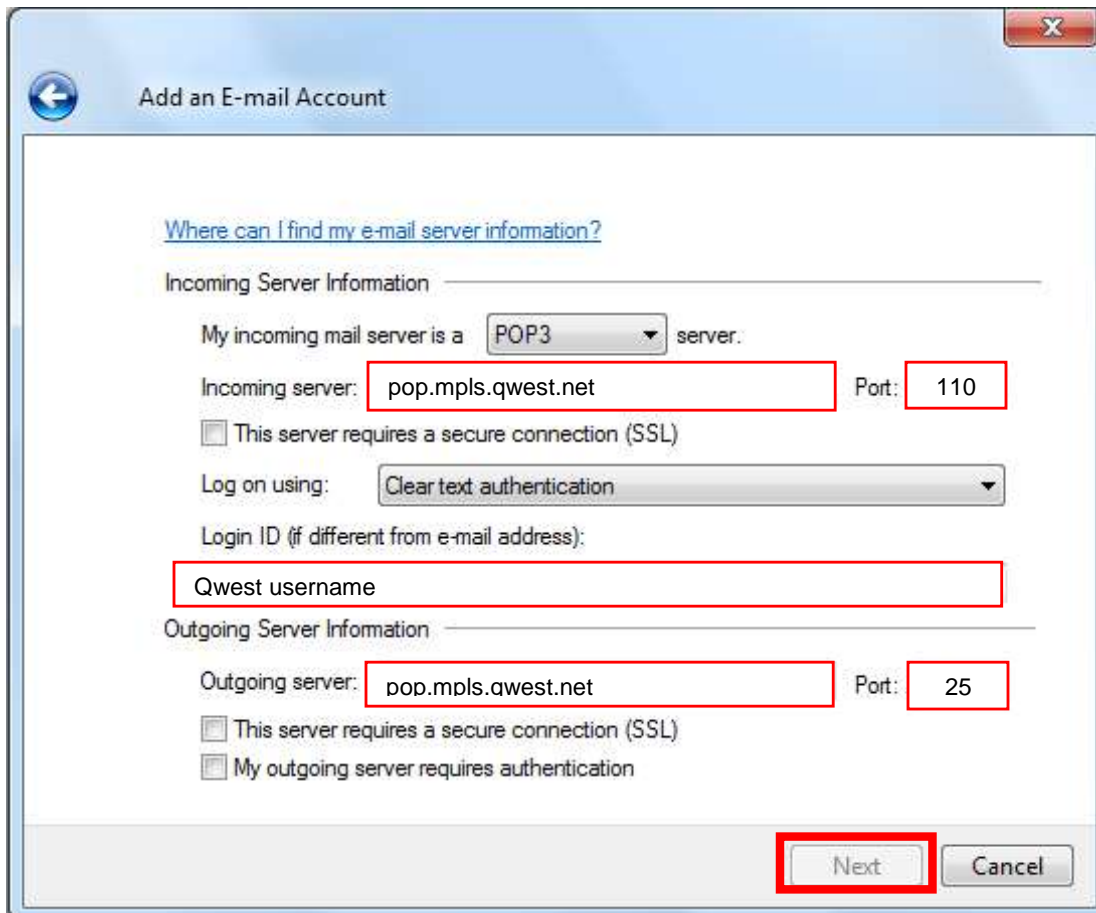
Display Name:

For example: John Smith

Manually configure server settings for e-mail account.

4. Do the following:

- Select **POP3**
- Incoming: **pop.mpls.qwest.net**, or choose from the [Qwest mail server list](#) port **110**
- Outgoing: Use the same server used for **incoming** on port **25**
- Login ID is your username (example: [bob@qwest.net](#), username is **bob**).



Where can I find my e-mail server information?

Incoming Server Information

My incoming mail server is a **POP3** server.

Incoming server: **pop.mpls.qwest.net** Port: **110**

This server requires a secure connection (SSL)

Log on using: **Clear text authentication**

Login ID (if different from e-mail address):
Qwest username

Outgoing Server Information

Outgoing server: **pop.mpls.qwest.net** Port: **25**

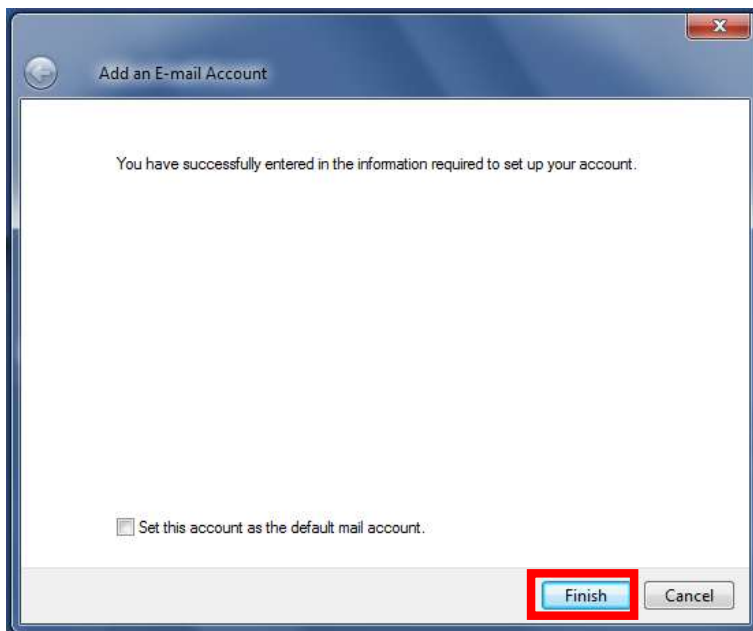
This server requires a secure connection (SSL)

My outgoing server requires authentication

Next Cancel



5. Click **Finish**.





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Arizona

- Tucson: pop.tcsn.qwest.net
- Phoenix: pop.phnx.qwest.net

Colorado

- Colorado Springs: pop.clsp.qwest.net
- Denver: pop.dnvr.qwest.net

Idaho

- Boise: pop.bois.qwest.net

Iowa

- Des Moines: pop.desm.qwest.net
- Cedar Rapids: pop.cdrr.qwest.net
- Davenport: pop.dvnp.qwest.net

Minnesota

- Duluth: pop.dlth.qwest.net
- Minneapolis: pop.mpls.qwest.net
- Rochester: pop.roch.qwest.net
- Saint Cloud: pop.stcd.qwest.net

Montana

- Billings: pop.blng.qwest.net
- Missoula: pop.mssl.qwest.net

Nebraska

- Omaha: pop.omah.qwest.net

New Mexico

- Albuquerque: pop.albq.qwest.net

North Dakota

- Bismarck: pop.bsmr.qwest.net
- Fargo: pop.farg.qwest.net

Oregon

- Eugene: pop.eugn.qwest.net
- Portland: pop.ptld.qwest.net

South Dakota

- Sioux Falls: pop.sxfl.qwest.net

Utah

- Salt Lake City: pop.slkc.qwest.net

Washington

- Seattle: pop.sttl.qwest.net
- Spokane: pop.spkn.qwest.net

Wyoming

- Cheyenne: pop.chyn.qwest.net