



How to Configure Windows Mail for qwest.net E-mail

Email Type:
@qwest.net



Use this document if:

- You need to configure Windows Mail for qwest.net e-mail.

This document assumes:

- You know your qwest.net e-mail address and password.
- Your qwest.net e-mail address is associated to a Qwest DSL® account.
- You have a working copy of Windows Mail
- You have a working Internet connection.

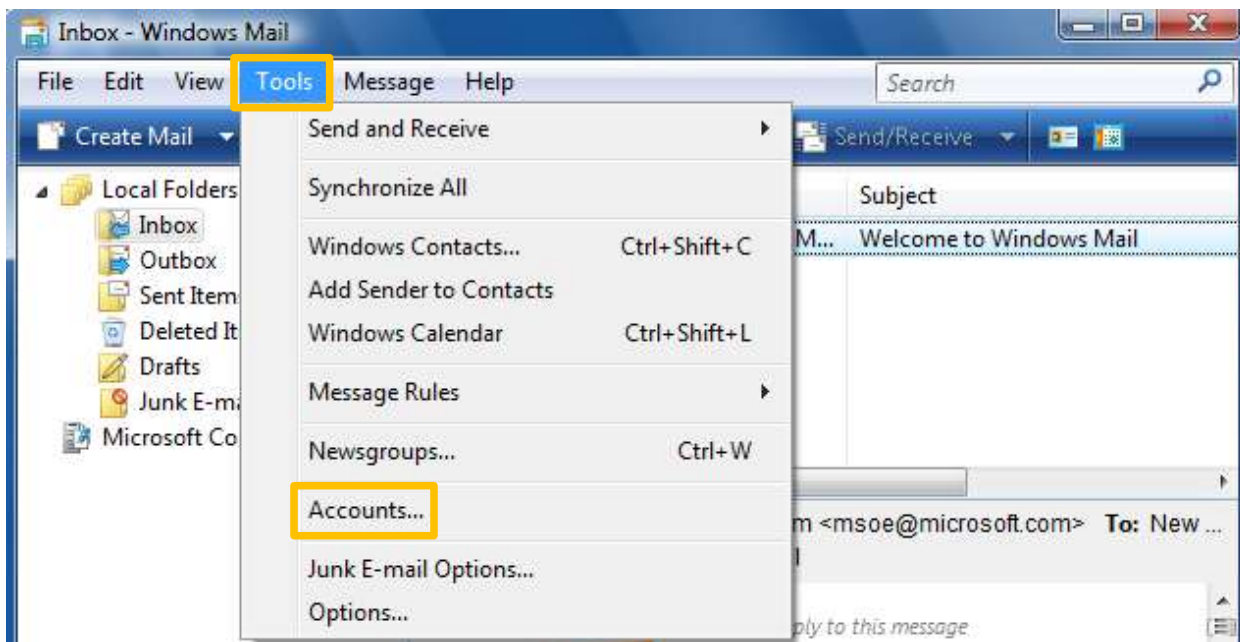
Incoming/Outgoing server info: If you are familiar with how to configure your mail client, use the following information.

- 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**

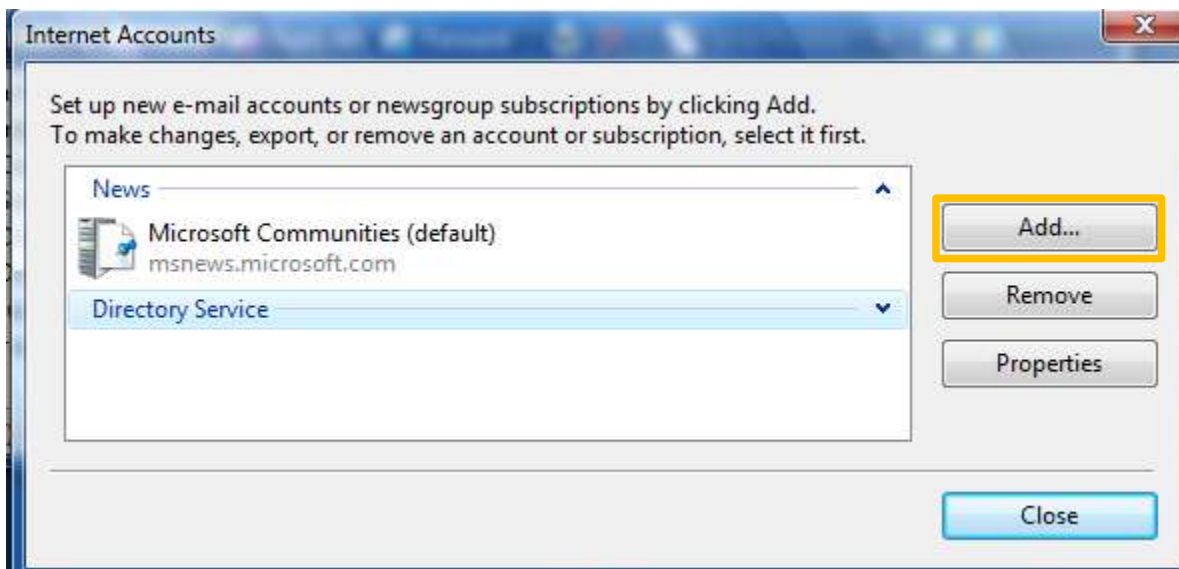
1. Open Windows Mail by using the icon on your desktop or Start menu.



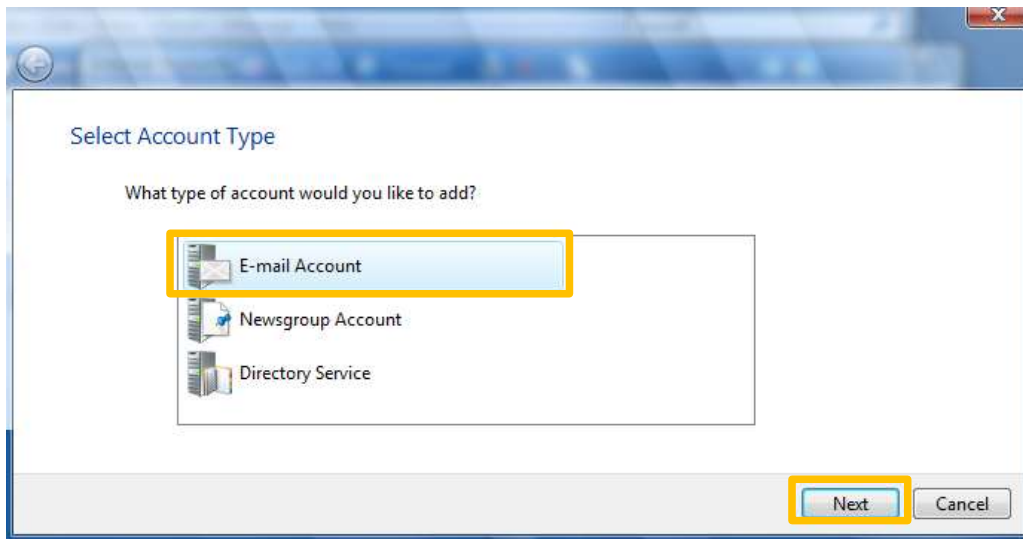
2. If this is your first time running Windows Mail, the new account wizard will start automatically. Otherwise, select **Tools**, then **Accounts...**



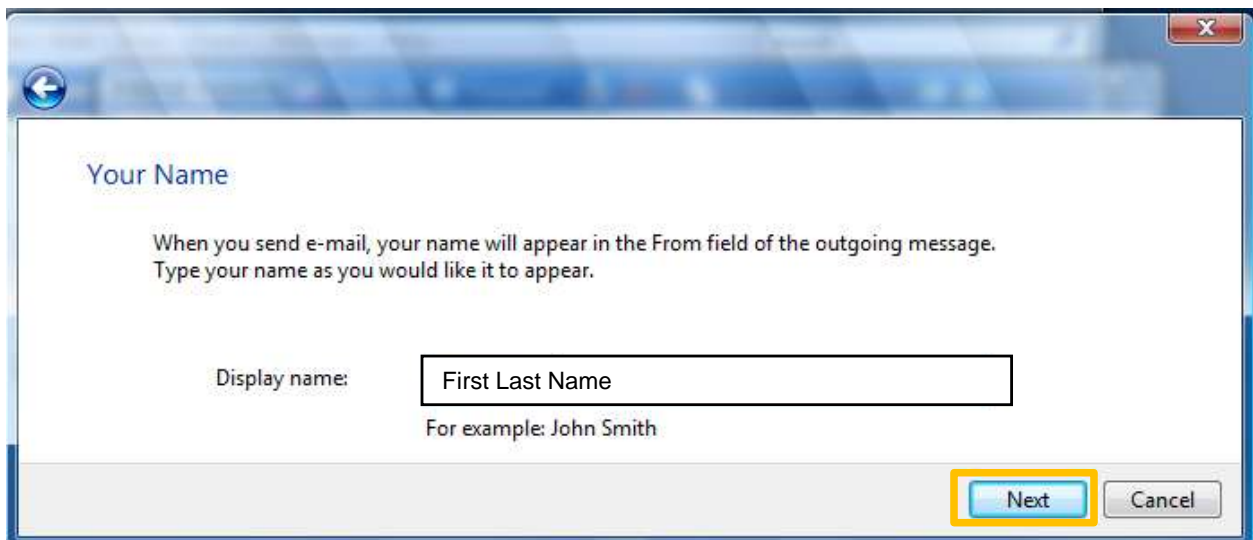
3. Select **Add**.



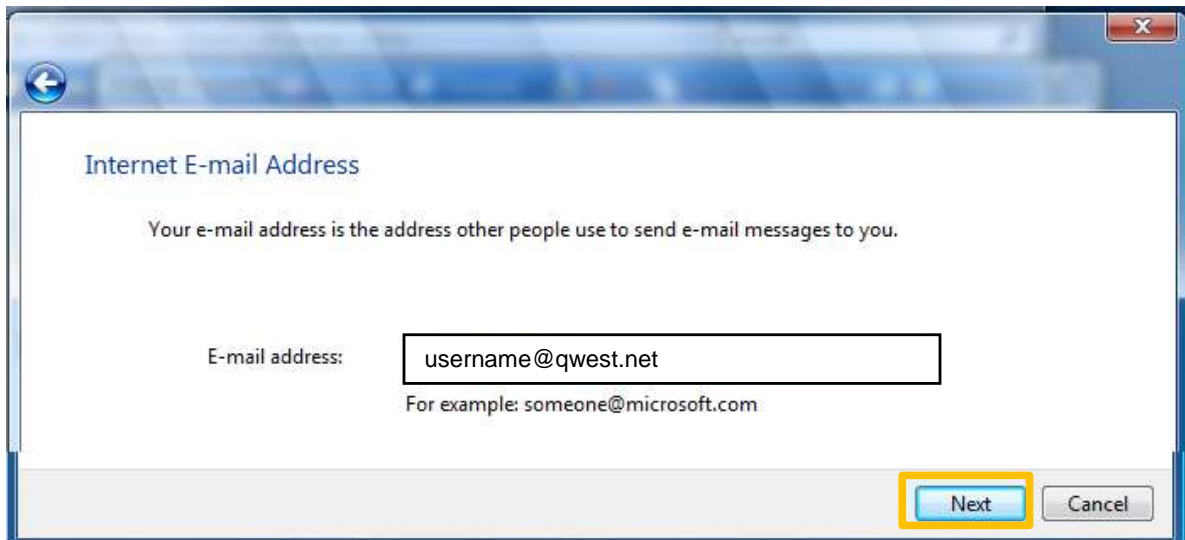
4. Select **E-mail Account**



5. Type your name. This will appear on outgoing email, select **Next**.



6. Type your E-mail address. Select **Next**.



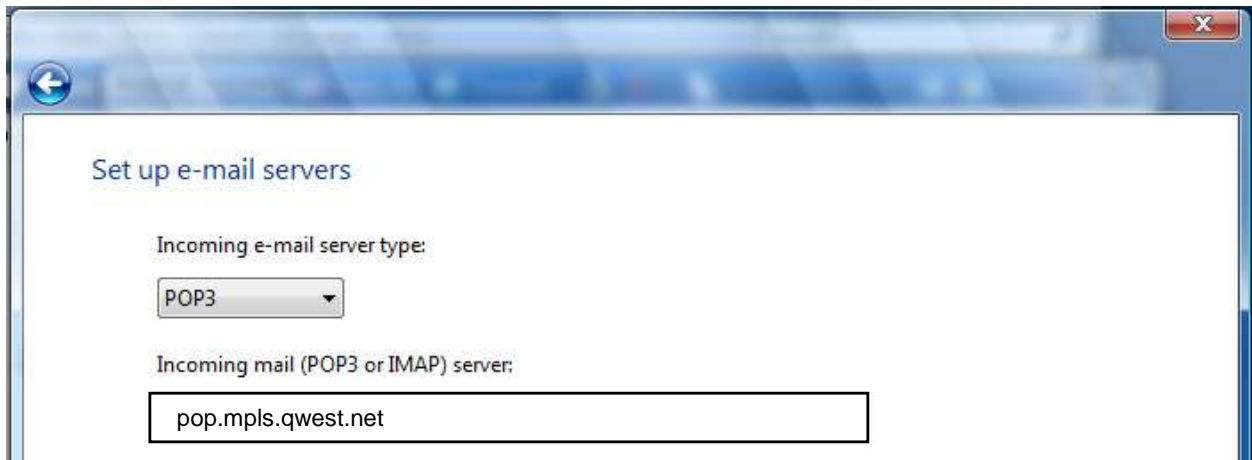
Internet E-mail Address

Your e-mail address is the address other people use to send e-mail messages to you.

E-mail address:

For example: someone@microsoft.com

7. Select POP3 then type **pop.mpls.qwest.net**, or select one from the [Qwest mail server list](#)

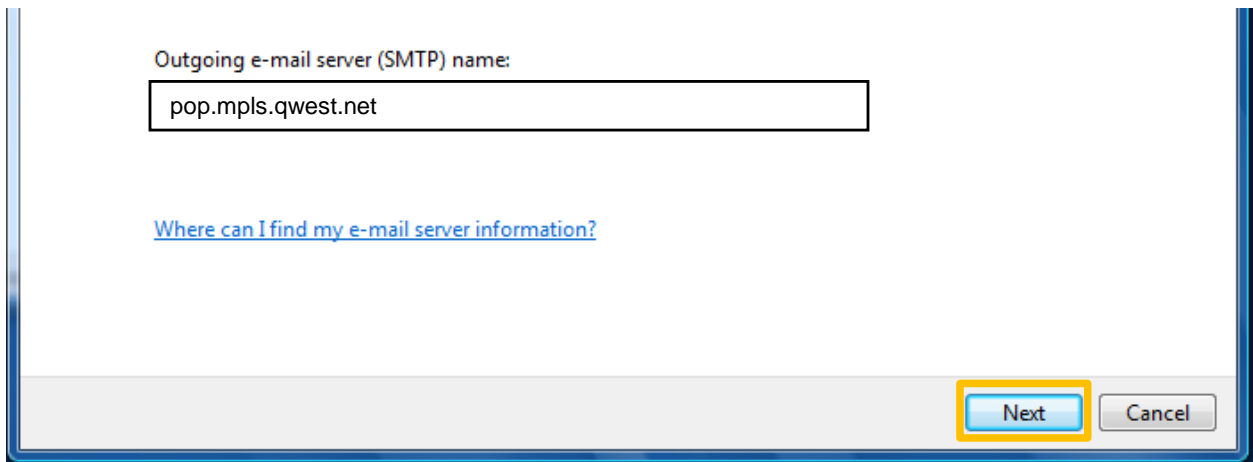


Set up e-mail servers

Incoming e-mail server type:

Incoming mail (POP3 or IMAP) server:

8. Type **pop.mpls.qwest.net**, select **Next**.

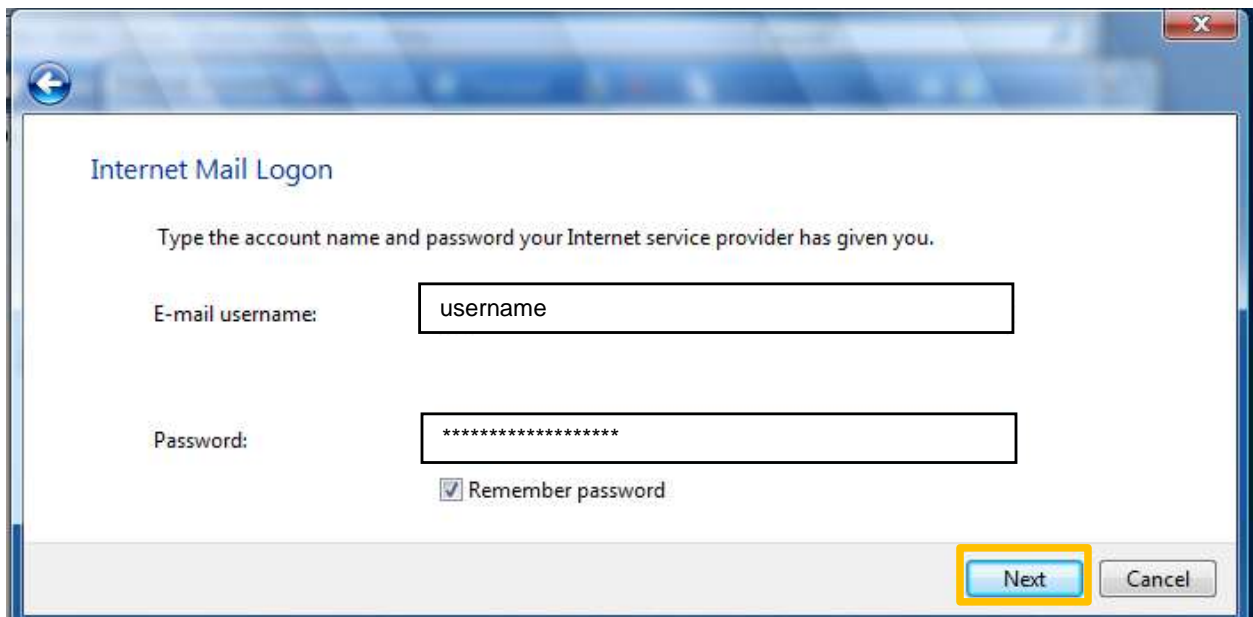


Outgoing e-mail server (SMTP) name:

[Where can I find my e-mail server information?](#)

Next Cancel

9. Enter your username and password, (example: bob@qwest.net, username is **bob**) select **Next**.



Internet Mail Logon

Type the account name and password your Internet service provider has given you.

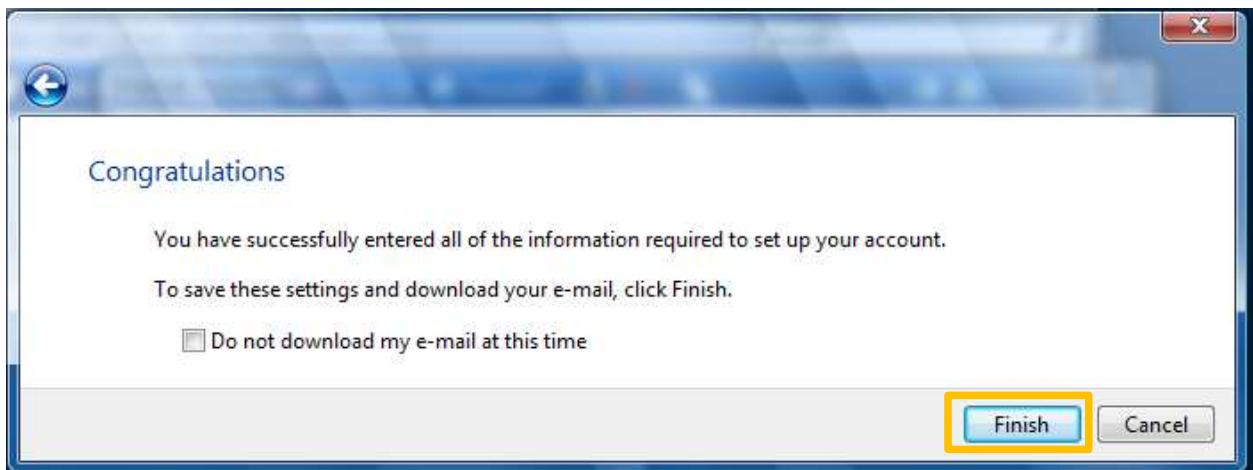
E-mail username:

Password:

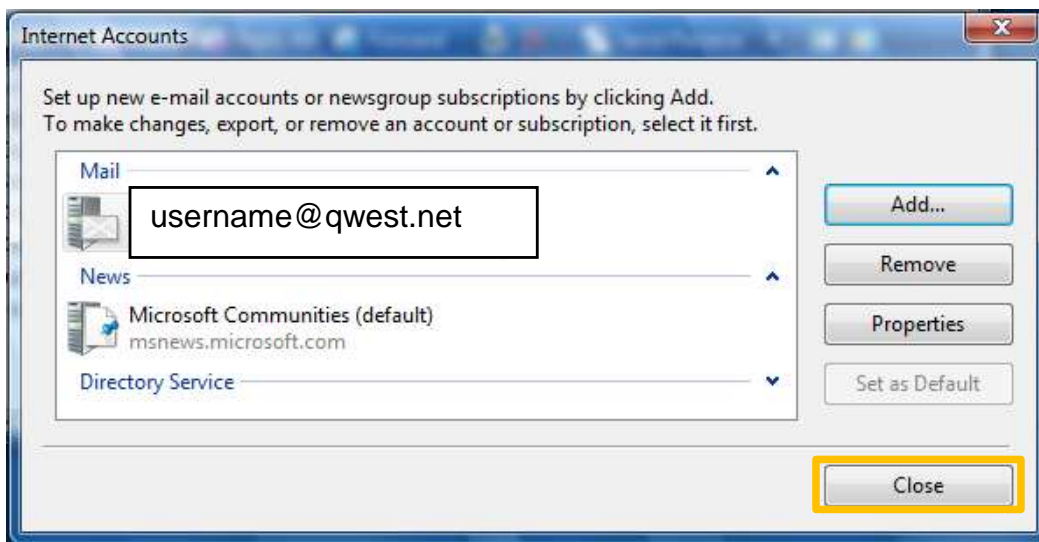
Remember password

Next Cancel

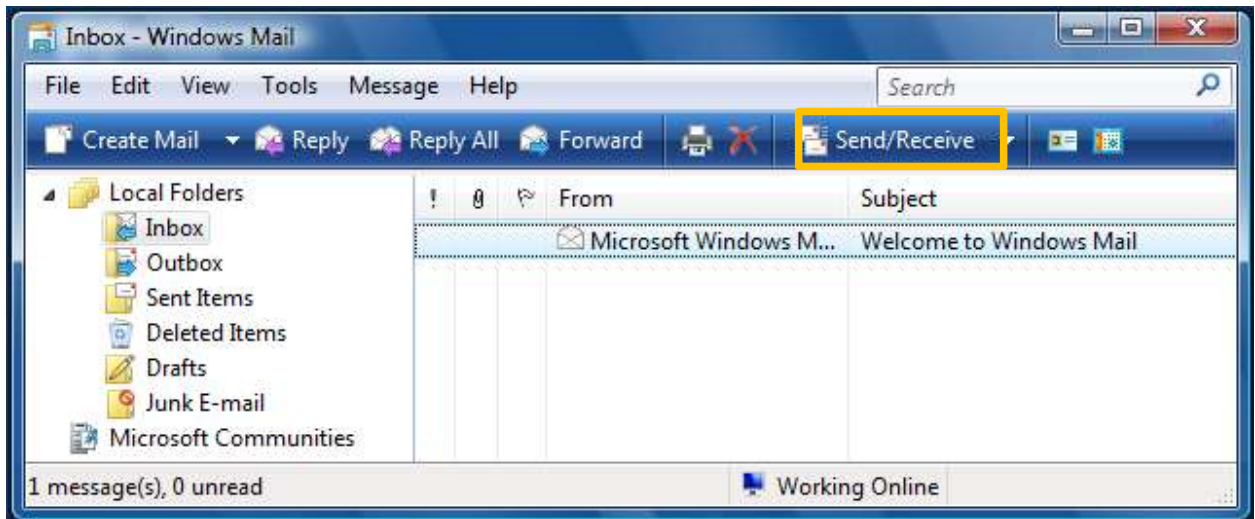
10. Select **Finish**.



11. Select **Close**.



12. Select **Send/Receive** to check your mail.





[← Return to the top](#)

[← Return to step 7](#)

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