

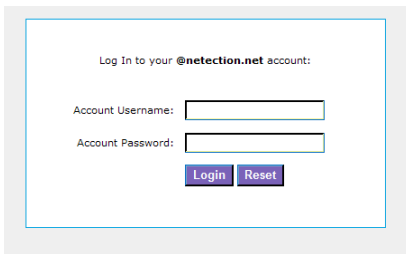
When you use Outlook Express or other email programs, the Gmail server downloads the emails onto your computer. However if you do not set up POP in Google, the emails will not delete off of the Gmail server when they download to your computer, and eventually your Google account will fill and you will not be able to receive further emails.

Enabling POP

You can retrieve your Gmail messages with a client or device that supports POP, like Microsoft Outlook or Netscape Mail.

To enable POP in Gmail:

1. Sign in to Gmail. (Link is on netetection.net home page.)



Log In to your @netetection.net account:

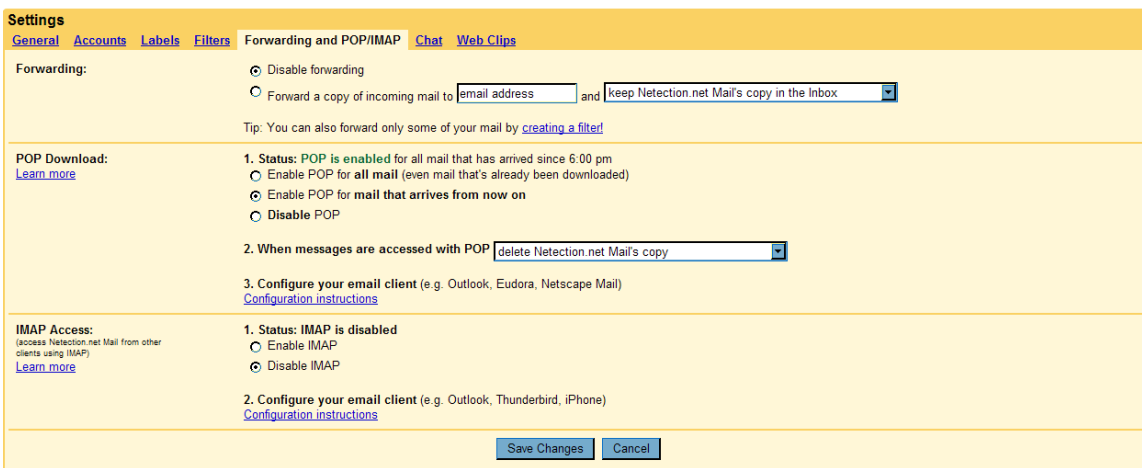
Account Username:

Account Password:

2. Click **Settings** at the top of any Gmail page.



3. Click Forwarding and POP



Settings

General Accounts Labels Filters Forwarding and POP/IMAP Chat Web Clips

Forwarding:

Disable forwarding

Forward a copy of incoming mail to and

Tip: You can also forward only some of your mail by [creating a filter](#)

POP Download: [Learn more](#)

1. Status: POP is **enabled** for all mail that has arrived since 6:00 pm

Enable POP for **all mail** (even mail that's already been downloaded)

Enable POP for **mail that arrives from now on**

Disable POP

2. When messages are accessed with POP

3. Configure your email client (e.g. Outlook, Eudora, Netscape Mail) [Configuration instructions](#)

IMAP Access: (access Netetection.net Mail from other clients using IMAP) [Learn more](#)

1. Status: IMAP is **disabled**

Enable IMAP

Disable IMAP

2. Configure your email client (e.g. Outlook, Thunderbird, iPhone) [Configuration instructions](#)

4. Select **Enable POP for all mail** or **Enable POP for mail that arrives from now on**.
5. Choose the action you'd like your Gmail messages to take after they are accessed with POP. (i.e., delete Netetection.net Mail's copy)
6. Click **Save Changes**.
7. Open your email program (i.e. Outlook Express, Windows Mail) and wait for receive mail to complete.
8. Go back into Gmail, and delete all emails on the server.
9. **You are finished!**