How to Configure Microsoft Outlook 2003 for qwest.net E-mail
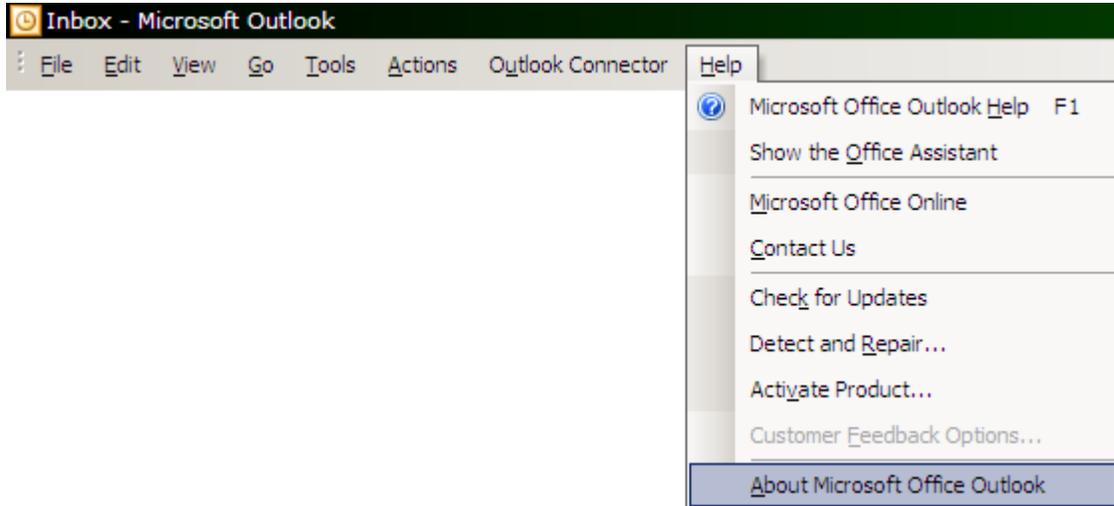
Email Type:
@qwest.net

Use this document if:
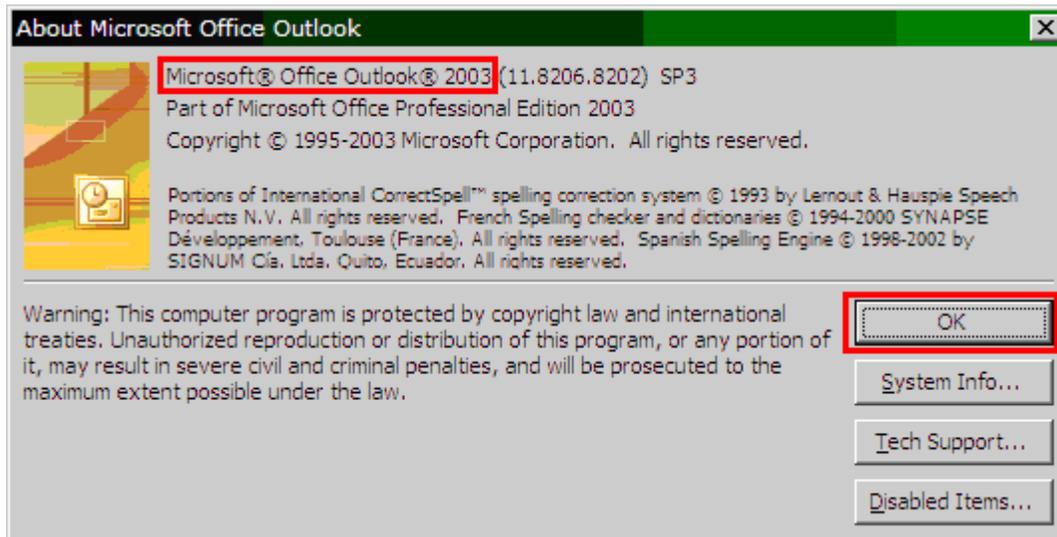- You need to configure Microsoft Outlook 2003 for qwest.net e-mail.

This document assumes:
- You know your qwest.net e-mail address and password.
- You have a genuine activated copy of Microsoft Outlook 2003.
- You have a working Internet connection.

This document only applies to Microsoft Outlook 2003. To find out what version you are using, Select **Help**, then **About Microsoft Office Outlook**.
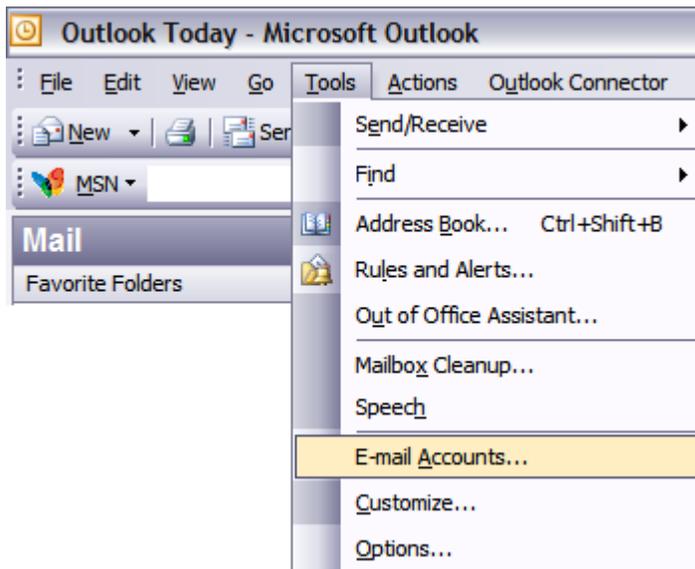

If the 'About' screen says 2003 like in the picture below, continue reading.
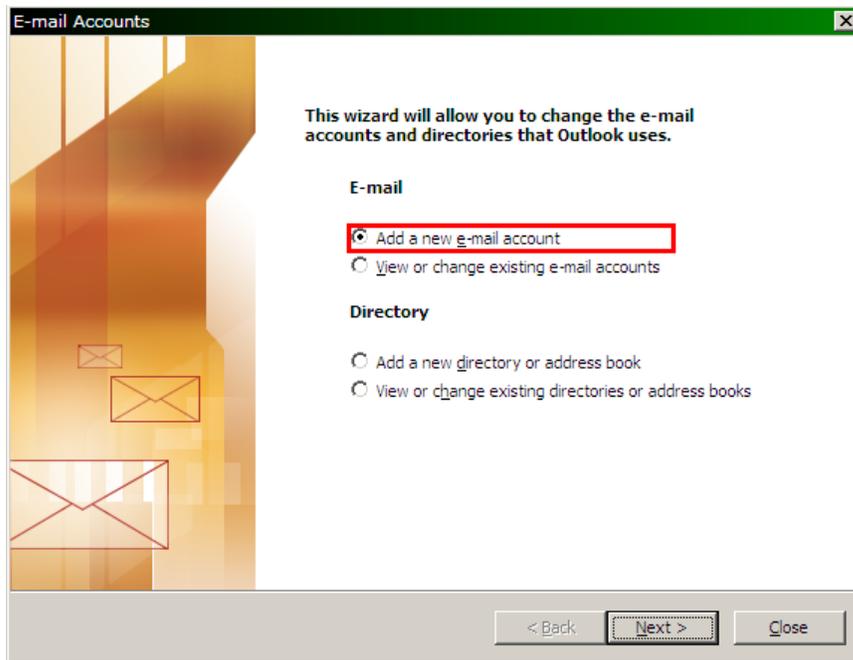
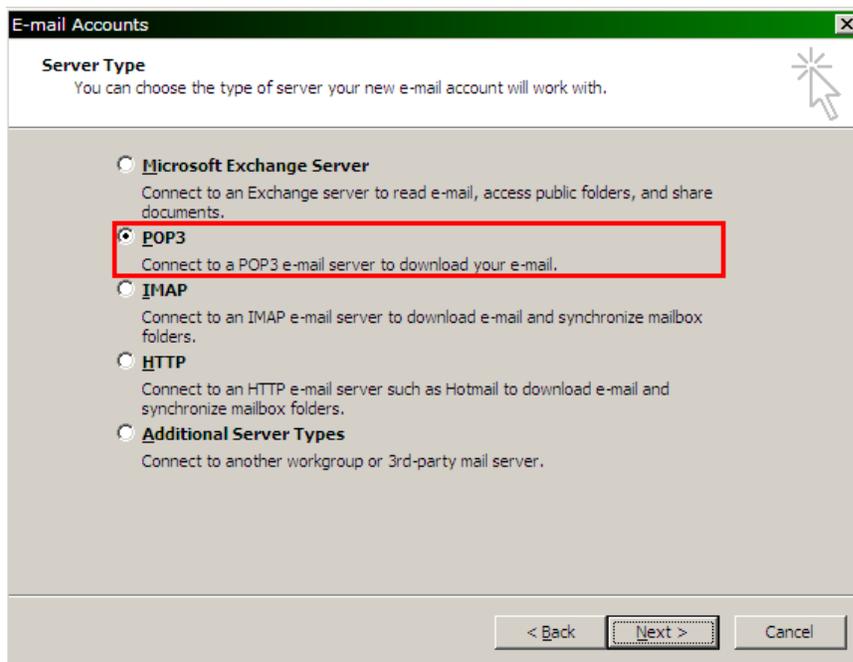1. Open Outlook using the icon on your desktop or Start menu.

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

3. In the 'E-mail Accounts' dialog box, select **Add a new e-mail account** and select **Next**.

4. Select **POP3** and select **Next**.

5. Fill in the following information:

- **Your Name**: Your name as you would like it to appear on outgoing mail (personal name, company name, etc.)
- **E-Mail address**: Your full qwest.net e-mail address.
- **Incoming mail server (POP3)**: Enter this according to the list at the end of this document.
- **Outgoing mail server (SMTP)**: Enter this according to the list at the end of this document.
- **User Name**: Your full qwest.net e-mail address.
- **Password**: Your qwest.net password. (Remember, passwords are CaSe SeNSiTiVE.) (*Note*: Check the **Remember Password** box to have Outlook automatically sign you in to your e-mail. Otherwise, you will need to type your password each time you start Outlook.).
- Do *not* check the **Log on using Secure Password Authentication (SPA)** box.

6. Select **Next**, then **Finish** to complete the process.

7. Congratulations, you have configured Outlook 2003 for your qwest.net e-mail.

Qwest Mail Servers

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/St. Paul- 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