
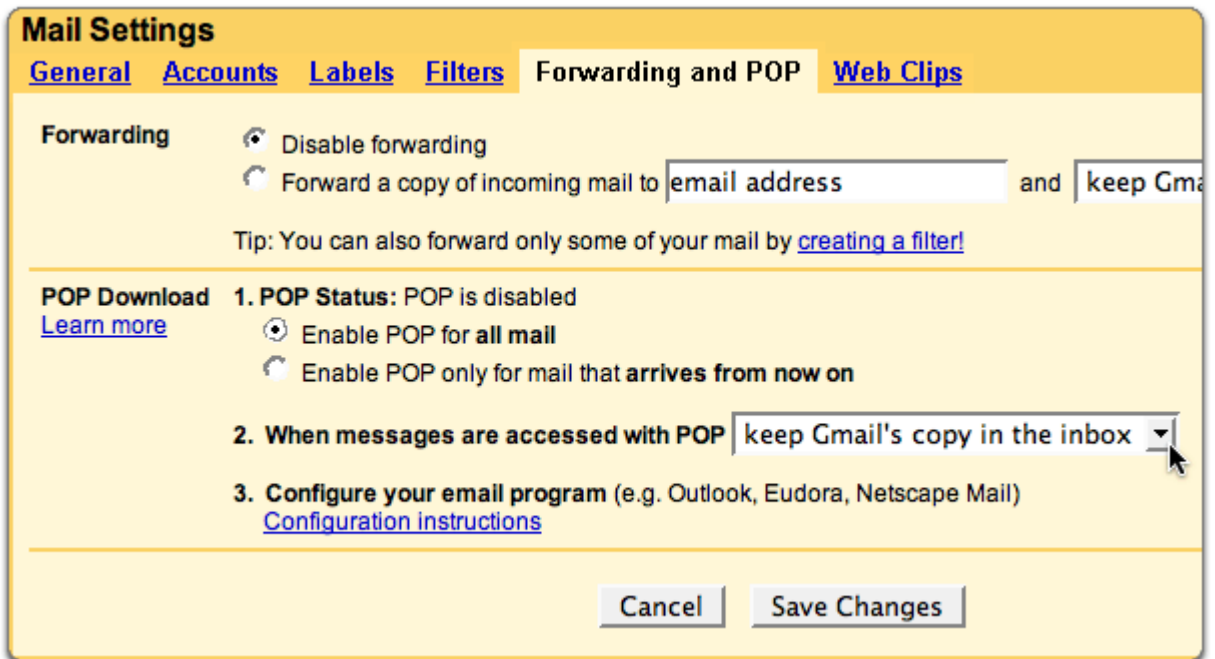


Enabling POP

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

To enable POP¹ in Gmail:

1. Sign in to Gmail.
2. Click the gear icon  in the upper-right and select **Mail settings** at the top of any Gmail page.
3. Click **Forwarding and POP/IMAP**.



The screenshot shows the Gmail Mail Settings interface. The 'Forwarding and POP' tab is selected. Under 'Forwarding', there are two radio button options: 'Disable forwarding' (selected) and 'Forward a copy of incoming mail to [email address] and [keep Gmail's copy in the inbox]'. A tip below states: 'Tip: You can also forward only some of your mail by [creating a filter!](#)'. Under 'POP Download', there is a link '[Learn more](#)'. The 'POP Status' section shows 'POP is disabled' with two radio button options: 'Enable POP for all mail' (selected) and 'Enable POP only for mail that arrives from now on'. The 'When messages are accessed with POP' dropdown menu is set to 'keep Gmail's copy in the inbox'. The 'Configure your email program' section includes '(e.g. Outlook, Eudora, Netscape Mail)' and a link '[Configuration instructions](#)'. At the bottom are 'Cancel' and 'Save Changes' buttons.

4. Select **Enable POP for all mail** or **Enable POP for mail that arrives from now on**.
5. Choose what to do with your messages after your POP client or device receives them.
6. [Configure your POP client](#)* and click **Save Changes**.

*To learn about configuring POP access, visit the [POP client configuration list](#).

1. **POP:** POP (Post office protocol) is a one-way download of your messages that allows you to access your mail with a mail program like Outlook Express or Apple Mail. POP only offers one-way communication, which means that actions you take in the mail program (like marking a message as read) won't be synced to Gmail.