

# Email

## What is the difference between POP/IMAP?

When setting up your mail account with our email services, you will inevitably be asked whether you wish to choose POP or IMAP for your email.

Here are the major differences:

**POP (port 110):** Downloads mail from the web server, and then subsequently removes downloaded messages from the server.

**IMAP (port 143):** Synchronizes email with the server, which is especially useful if you use multiple devices to access your email. We generally recommend this option over POP as all your messages are synchronized between all of your devices.

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