To set up your 123 Reg email in Microsoft Mail (Windows Mail or Outlook), you'll need to manually enter the correct server settings: **IMAP: imap.123-reg.co.uk, SMTP: smtp.123-reg.co.uk, ports 993/465 with SSL enabled**. Then use your full email address and password to authenticate.

Here's a step-by-step guide tailored for you, Ian:

🔧 Preparation

- Make sure you know your **full 123 Reg email address** (e.g., you@yourdomain.co.uk) and its **password**.
- Decide whether you want to use **IMAP** (recommended)

⬇️ Incoming Mail (IMAP/POP3)

- **IMAP server:** imap.123-reg.co.uk
  - Port: **993**
  - Security: **SSL/TLS**
- **POP3 server (optional):** pop.123-reg.co.uk

- Port: **995**
- Security: **SSL/TLS**

⬆️ Outgoing Mail (SMTP)

- **SMTP server:** smtp.123-reg.co.uk

- Port: **465** (SSL) or **587** (TLS)
- Authentication: Required (use same username/password as incoming)

Adding to Microsoft Outlook

If you're using Outlook (desktop):

1. Go to **File > Add Account > Manual setup > POP or IMAP**.
2. Enter the same IMAP/SMTP details above.
3. Test account settings to confirm.

Common Pitfalls

- **Username format:** Always use the *full email address* (not just the part before @).
- **Password resets:** If you recently changed your password, update it in both incoming and outgoing settings.
- **SSL/TLS mismatch:** Ensure encryption is enabled; otherwise, authentication will fail.

Once configured, your 123 Reg email will sync seamlessly with Microsoft Mail or Outlook. If you run into repeated login errors, double-check the server names and ports, or log into 123 Reg webmail to confirm your password works.