

# Email

Use a **secure** and **privacy focused** email provider ([list of suggested providers](#)).

My recommendation:

protonmail-logo.png

## Steps to change your email provider (to protonmail)

### 1. Register a new account.

Think about registering two accounts. One to use for personal and official affairs and one for spam (e.g. registering an account on an untrusted site).

### 2. Forward all incoming emails from your old email address/es to your new email address. (e.g.

[How to forward in Gmail](#))

### 3. Delete all emails saved in your old email account/s. If you want to keep emails, you can either copy/send them manually to your new email address or use the protonmail [Import-Export app](#).

To use the protonmail Import-Export app you need a premium account. The cheapest way is to just upgrade your account to Pro for one month, which will cost you 5€ one time.

### 4. Change all your existing online accounts, newsletter subscriptions and etc. to you use your new email address/es.

I recommend to connect this step with the updating and upgrading of your passwords.

### 5. Delete your old email account/s.

Wait a few weeks/month before doing this. Maybe you forgot to change your email address somewhere important and still need the address active.