

## How To Create an Email Account

Having an email account is important for staying in communication with friends, family, and medical providers. Many websites and services also require an email address to create an account and access features.

In general, to create an email account, you'll need to:

1. Go to an email service provider's website to begin
  - (Common sites: Gmail.com, Outlook.com, Yahoo.com)
2. Click "Create Account" or "Sign Up"
3. Enter your full name and choose a unique username
4. Create a strong password (include a mix of letters, numbers, and special characters for security)
5. Enter a valid phone number for account recovery and security
6. Accept the terms of service

Although emails can be secure, please **do not share sensitive information** such as Social Security numbers or credit card information over email.

Use QR code below to get a step-by-step guide for setting up a Gmail account.

**How to use a QR code:** Open the camera on your phone and point it at the QR code. A link will appear. Tap on the link.



### Need more help?

For more resources like this and one-on-one digital navigation and tech help, visit [www.linktocarewa.org](http://www.linktocarewa.org) or call our hotline at 866-757-1832

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