

## Enabling IMAP

You can retrieve your Gmail messages with a client or device that supports IMAP, like Microsoft Outlook or Apple Mail.

To enable IMAP<sup>1</sup> in Gmail:

1. Sign in to Gmail.
2. Click the **gear icon**  in the upper right, then select **Settings**.
3. Click **Forwarding and POP/IMAP**.
4. Select **Enable IMAP**.
5. [Configure your IMAP client](#) and click **Save Changes**.

**Note:** At this time, it's not possible to enable IMAP while using the [basic HTML](#) interface. Please use the standard view to see this option.

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1. **IMAP:** IMAP (Internet message access protocol) lets you download messages from Gmail so you can access your mail with a program like Outlook Express or Apple Mail. IMAP syncs the actions you take in Outlook Express or Apple Mail with Gmail so if you read a message in your mail client, it'll be marked as read in Gmail.

updated 04/06/2012