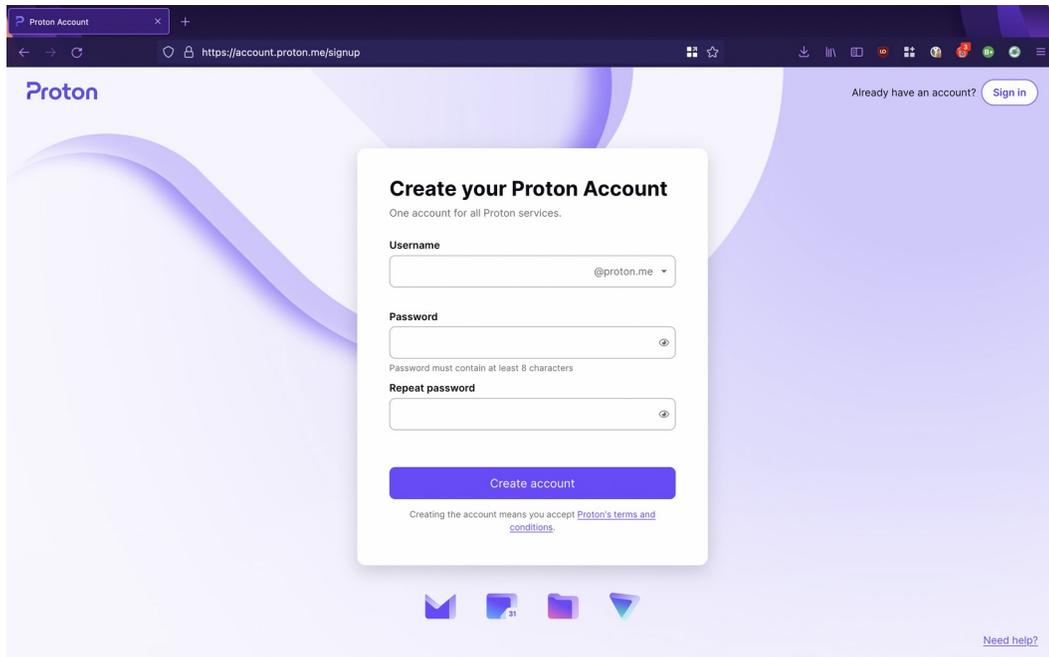


# Creating a Free ProtonMail Account

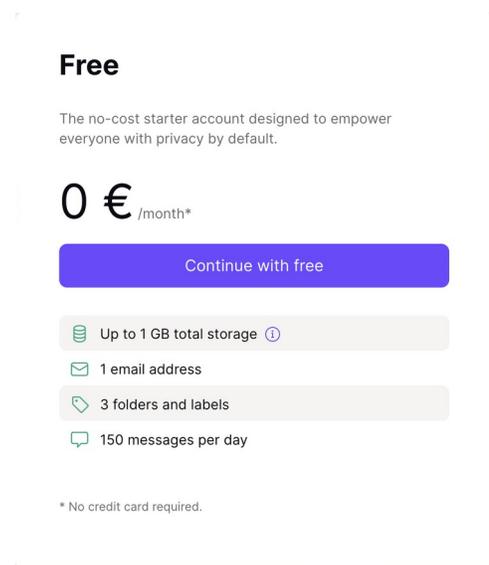
1. Open the [ProtonMail](https://account.proton.me/signup) sign-up page in your browser.



Enter the user name you want to use for your Proton email address over **Username** box. Type the password you wish to use for logging in to ProtonMail over **Password** box and confirm login password on the **Repeat password** box then click the **Create account** button.

Make sure to remember this password. If you lose it, you won't be able to access your emails.

2. Click the **Continue with free** button to create a free account.



**Free**

The no-cost starter account designed to empower everyone with privacy by default.

0 € /month\*

Continue with free

- Up to 1 GB total storage
- 1 email address
- 3 folders and labels
- 150 messages per day

\* No credit card required.

3. Click the **I am human** tick box then follow the verification instructions.

The screenshot shows the 'Verification' screen with three tabs: CAPTCHA, Email, and SMS. The CAPTCHA tab is selected. Below the tabs, there is a text prompt: 'To fight spam and abuse, please verify you are human.' Underneath, there is a checkbox labeled 'I am human' which is currently unchecked. To the right of the checkbox is the reCAPTCHA logo and links for 'Privacy' and 'Terms'.

4. After you have verified you're human, Proton will create a new email address for you. Enter your full name on the **Display name** box.

The screenshot shows a 'Congratulations on choosing privacy!' screen. It includes a text prompt: 'To get started, choose a display name. This is what people will see when you send an email, invite them to an event, or share a file.' Below this is a text input field labeled 'Display name' containing the text 'My Name'. At the bottom of the screen is a large blue button labeled 'Next'.

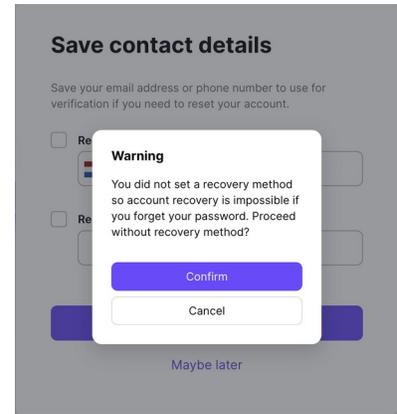
5. Click the **Recovery email address** tick box and enter an existing email address you own, over **Recovery email address** box.

**We strongly suggest that you provide a recovery email address.** Most people forget their password because they seldom access their Proton account.

Click **Save selected** button.

The screenshot shows the 'Save contact details' screen. It has a text prompt: 'Save your email address or phone number to use for verification if you need to reset your account.' There are two options: 'Recovery phone number' (unchecked) and 'Recovery email address' (checked). The 'Recovery phone number' option has a dropdown menu showing '+31' and a text input field containing '6 12345678'. The 'Recovery email address' option has a text input field containing 'my@gmail.com'. At the bottom, there are two buttons: a large blue 'Save selected' button and a smaller blue 'Maybe later' button.

6. If you did not provide any Recovery contact detail, you will see a warning window. Just click the **Confirm** button.



7. Click the Proton Mail button to access your Proton Mail account.

