

## Re: Initial Setup of e-mail

**Source:** <http://www.tech-archive.net/Archive/Exchange/microsoft.public.exchange.setup/2004-02/1162.html>

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There's no built-in way to download POP mail into Exchange. POP is a client/server protocol, not a server/server one.

You would need third party software to download your POP mail, and it is not recommended practice...it is liable to cause you lots of problems down the road. Much better to host your own mail & avoid having to use a POP connector.

See [http://www.swinc.com/resource/exch\\_smtp\\_diatribes.htm](http://www.swinc.com/resource/exch_smtp_diatribes.htm)

For Exchange 2000, see <http://www.msexchange.org/tutorials/MF002.html> for instructions on how to get Exchange to receive Internet mail sent via SMTP, the way it's meant to do – for Exchange 5.5, see <http://www.exchangeadmin.com/Articles/Index.cfm?ArticleID=15729>

You can do this even with dialup/ISDN (get an ISP who supports ETRN) .

If you have broadband but with a dynamic IP (such as a cable modem/ADSL account):

You can use a dynamic DNS host such as [www.dyndns.org](http://www.dyndns.org) – you set up an account, such as [yourcompany.dnsalias.com](http://yourcompany.dnsalias.com), and whomever hosts your public DNS should set your primary MX record to point to [yourcompany.dnsalias.com](http://yourcompany.dnsalias.com). Open up port 25 inbound in your firewall or router, direct all traffic to your internal IP for the Exchange server.

You run a service on your server (software available for download from the [dyndns](http://dyndns.org) website) and set it up to update [dyndns](http://dyndns.org) with your current dynamic IP.

bruce@wealthkare wrote:

- > *Our website is already setup for e-mail and hosted by our web firm in*
- > *CA.....All we want to do is to pick up those e-mails the same as we*
- > *did before, but thru exchange..*
- >
- > *THANKS,*
- >
- > *BRUCE*
- > *investorsc@aol.com*