Can I use POP3 or SMTP over SSL for secure email?

Yes, if your account was setup after April 1, 2005, then this functionality is available. To configure this in Outlook, go to Properties -> Advanced, and check requires SSL connection. Note that if you use Norton Anitvirus, you may have to disable the Norton outgoing mail scan in order to use SMTP with SSL.
Also, you may receive a warning about the security certificate not matching the POP3 server. You can ignore this, as the shared SSL certificate is used for SSL security.

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