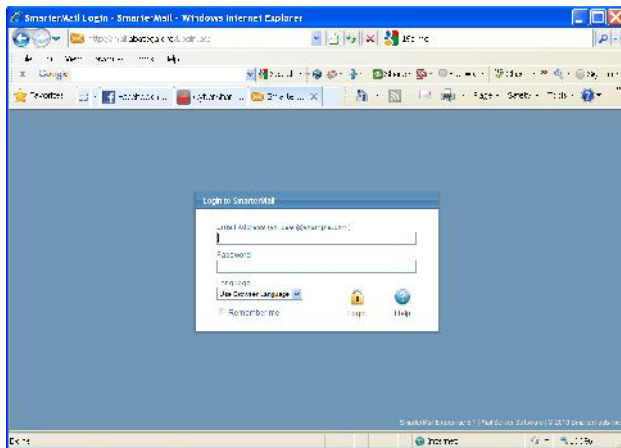


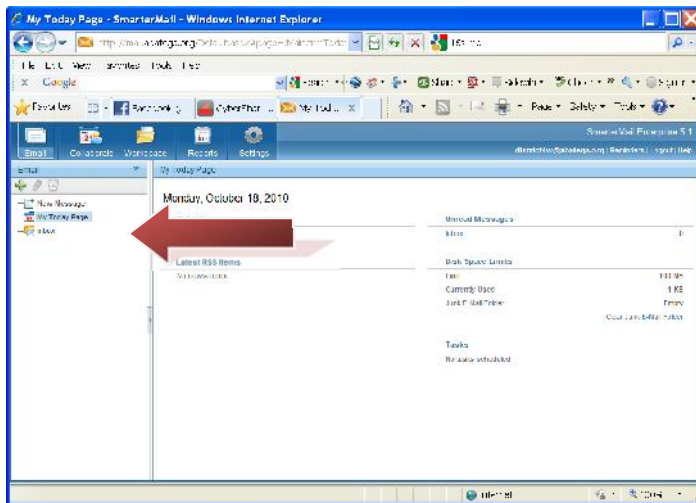
EMAIL INSTRUCTIONS

Got to

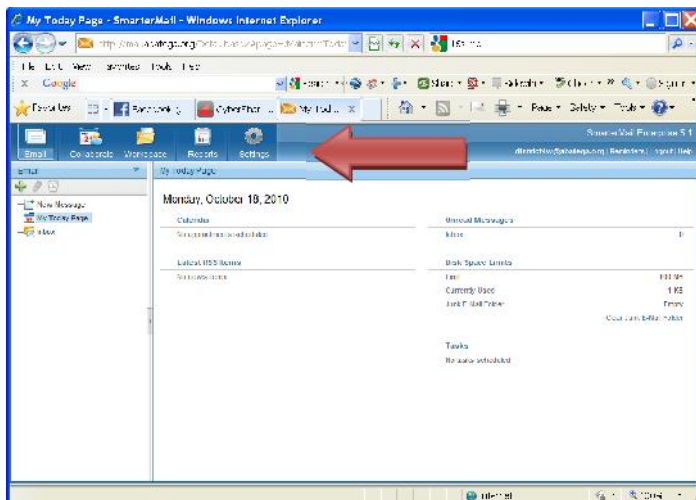
www.mail.abatega.org Type in your username and password



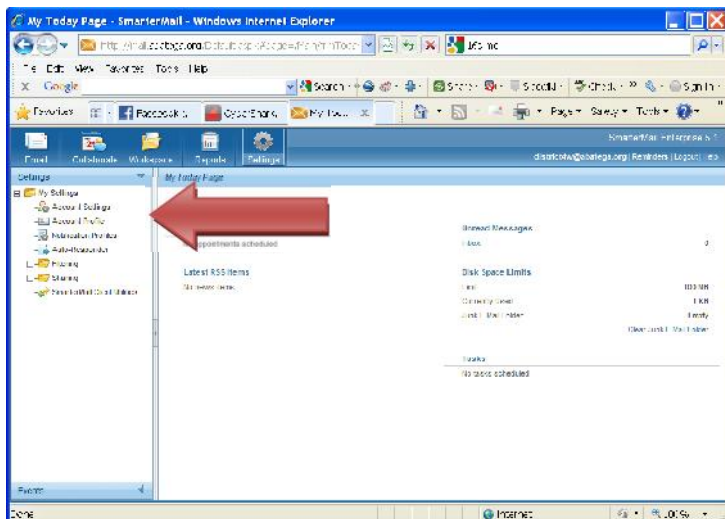
To access your mail go to Inbox



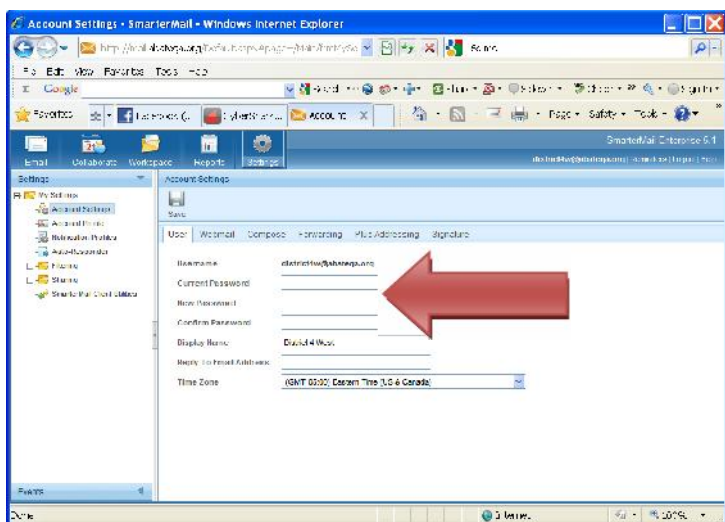
To change your password got to settings



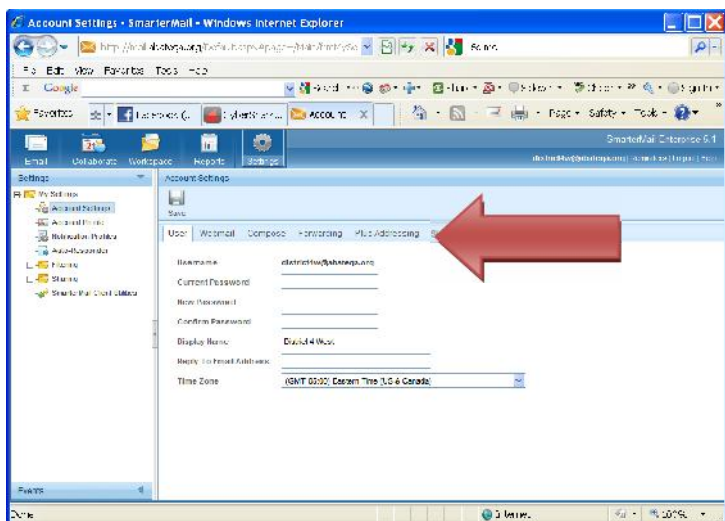
Now goto Account Settings



Change your password and save



To forward your mail to your personal email box got to forwarding



Type your personal email address and save

