

How to Export and Import Your Email Address Book

Your Heart Walk website allows you to import address books from personal email provider including Outlook, Outlook Express, Yahoo and others. Please note: AOL does not currently allow its users to export their email address books.

Click on the link below for the email provider you are using:

[Exporting and Importing Using Outlook](#)

[Exporting and Importing Using Outlook Express](#)

[Exporting and Importing Using Yahoo](#)

[Exporting and Importing Using Netscape](#)

[Exporting and Importing Using Lotus Notes](#)

[Exporting and Importing General Directions](#) (for other providers not listed above)

Click on the links below for additional information on the Heart Walk Website email system.

[How to Send Emails to Imported Contacts](#)

[Email Address Book Frequently Asked Questions](#)