

# Creating A Free Email Account

## without having a phone number or backup email address

*Versión en español a continuación*

### Not An Endorsement

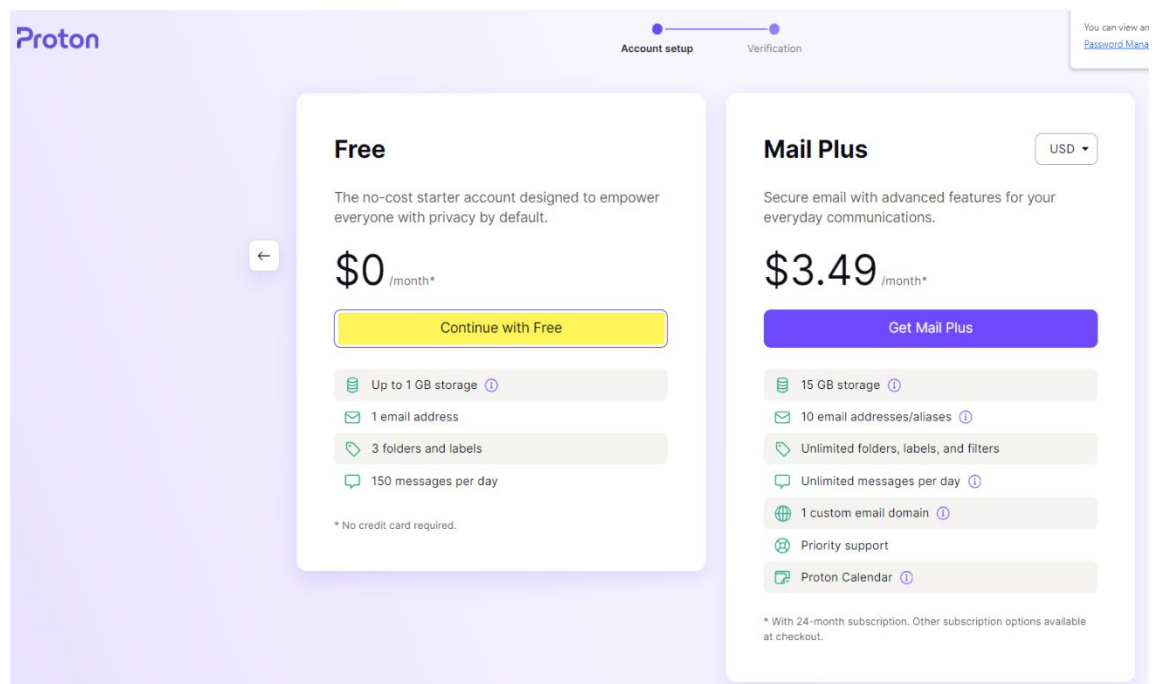
Many websites require an email address and access to that email inbox to verify your registration account. This guide provides instructions on how to obtain a free email account if the reader does not have a phone number or email address for those verification purposes. BHP does not endorse Proton Mail over any other free email service. Proton Mail provides an encrypted email service that does not require a phone number or other email for verification. Other email services such as Gmail, Yahoo, or other free email services, may have similar or preferred options.

**Important!** If you choose not to enter a backup phone number or email and you then lose the password to login, there is NO METHOD for accessing your Proton Mail inbox. It is vital that you **make a note or remember** the password you enter during sign-up.

### Step 1:

In your web browser go to: <https://account.proton.me/mail/signup> or enter "Proton Mail" in your search engine.

**Select, Continue with Free**



## Step 2:

Enter a username and password you would like to use and click, **Create account**.

Again, it is **very important** for you to notate or remember this password.

Account setup      Verification

## Create your Proton Account

to continue to Proton Mail

Username

@proton.me ▾

Password

Repeat password

Create account

Already have an account? [Sign in](#)

By creating a Proton account, you agree to our [terms and conditions](#)

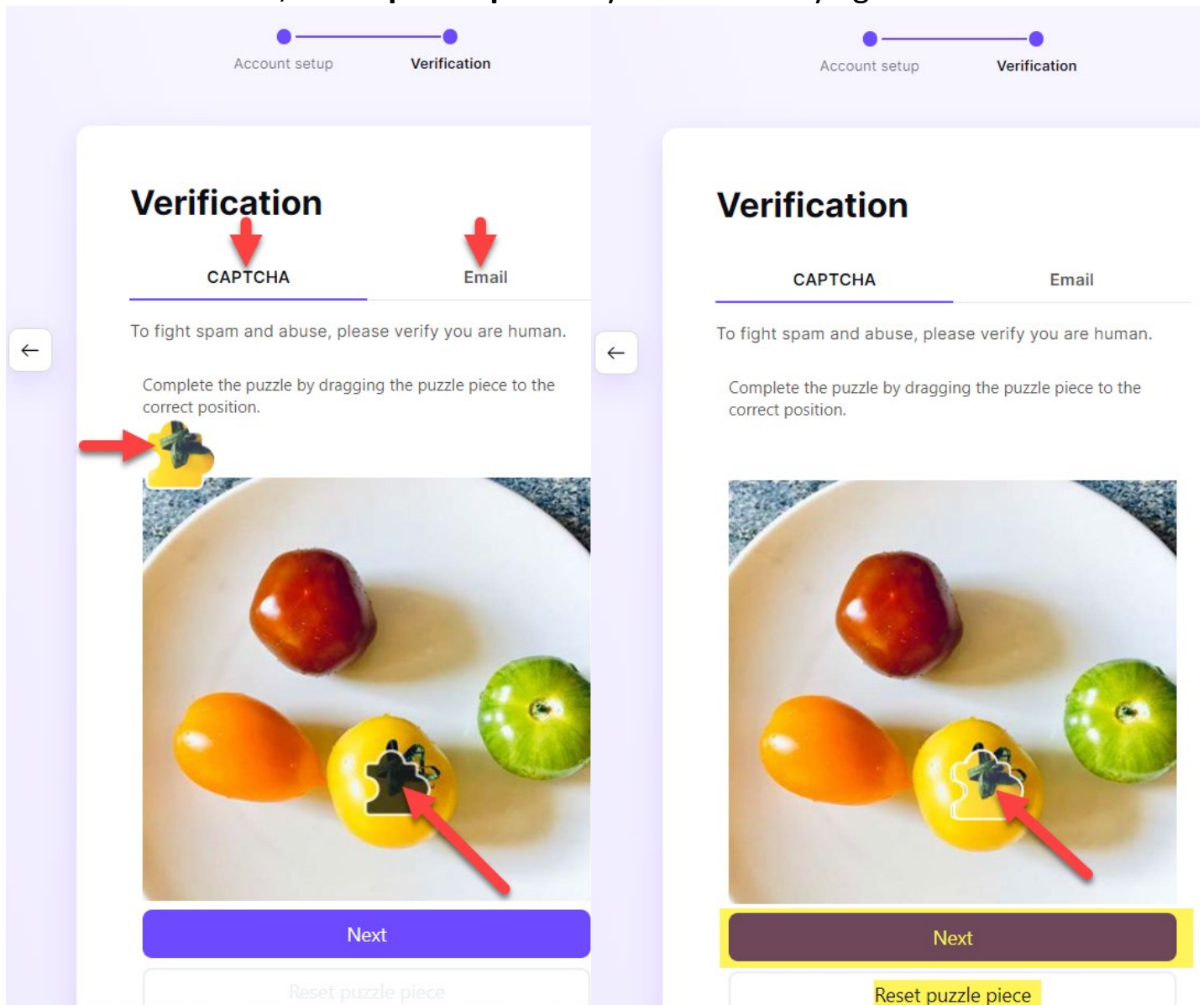


### Step 3:

If you have not added a backup email or phone number, you can choose the CAPTCHA method of verification.

**Click and drag** the puzzle piece into place and click **Next**. You will see “Captcha Complete.”

You can also select, **Reset puzzle piece** if you need to try again.



## Step 4:

Choose a **Display name** and click **Next**. This is the name or phrase that will show when you send an email to someone.

### Congratulations on choosing privacy!

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.

Display name

| Joe Smith

Next

## Step 5:

Save your contact details. Enter a **Recovery phone number** (you can change the country code if your number is not a U.S. number) or **Recovery email address**, or choose to leave these fields blank. If you make an entry, click **Save selected**. If not, click **Maybe later**.

### Save contact details

Save your email address or phone number to use for verification if you need to reset your account.

←

Recovery phone number



+1



Recovery email address

Save selected

Maybe later

## Step 6:

If you did not enter a phone number or email address, you will receive a warning that you did not add a recovery method. Select **Confirm** to continue.

### Warning

You did not set a recovery method so account recovery is impossible if you forget your password. Proceed without recovery method?


**Confirm**

Cancel

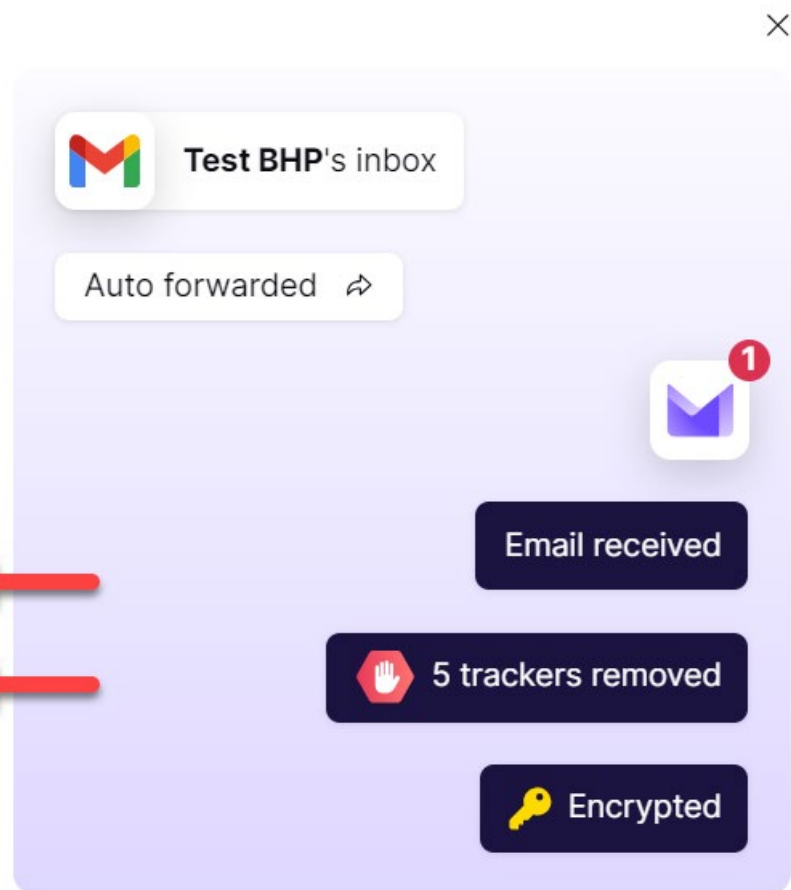
## Step 7:

Proton Mail gives you the opportunity to have your emails forward to Gmail. If you would like, sign into Gmail. Otherwise, click **Skip**.

**Automatically forward** Gmail messages to your inbox

 Sign in with Google

Skip



## Step 8:

Your account has been created and you can click **Next**.



## Welcome to Proton Mail

Where privacy and security meet productivity and ease of use.

Next

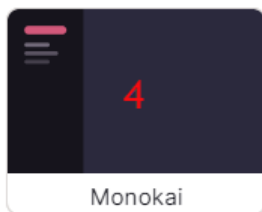
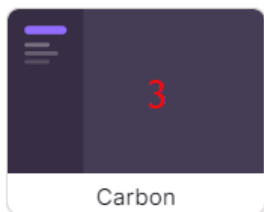
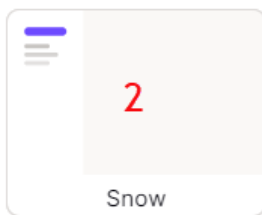
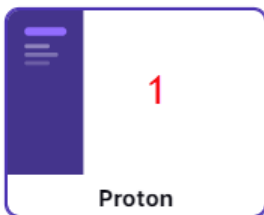


## Step 9:

Select **one of the four styles** that you would like your inbox to look like and click **Next**.

### Select a theme

More theming options are available in your account Settings > Appearance.



Back

Next



## Step 10: Click **Get started**

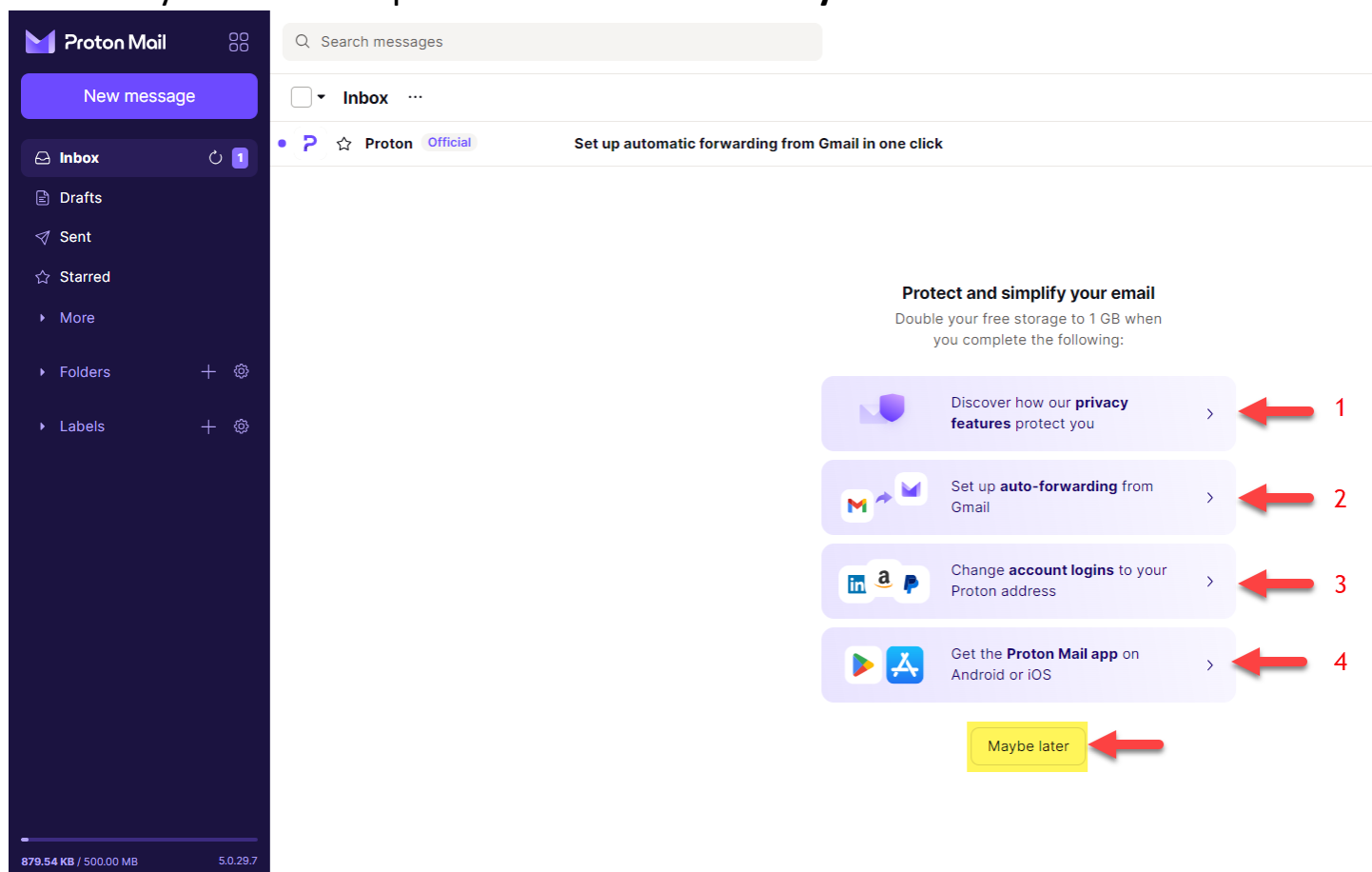


### Discover all Proton services

Use the app selector in the top left to access all Proton services: Mail, VPN, Calendar and Drive.

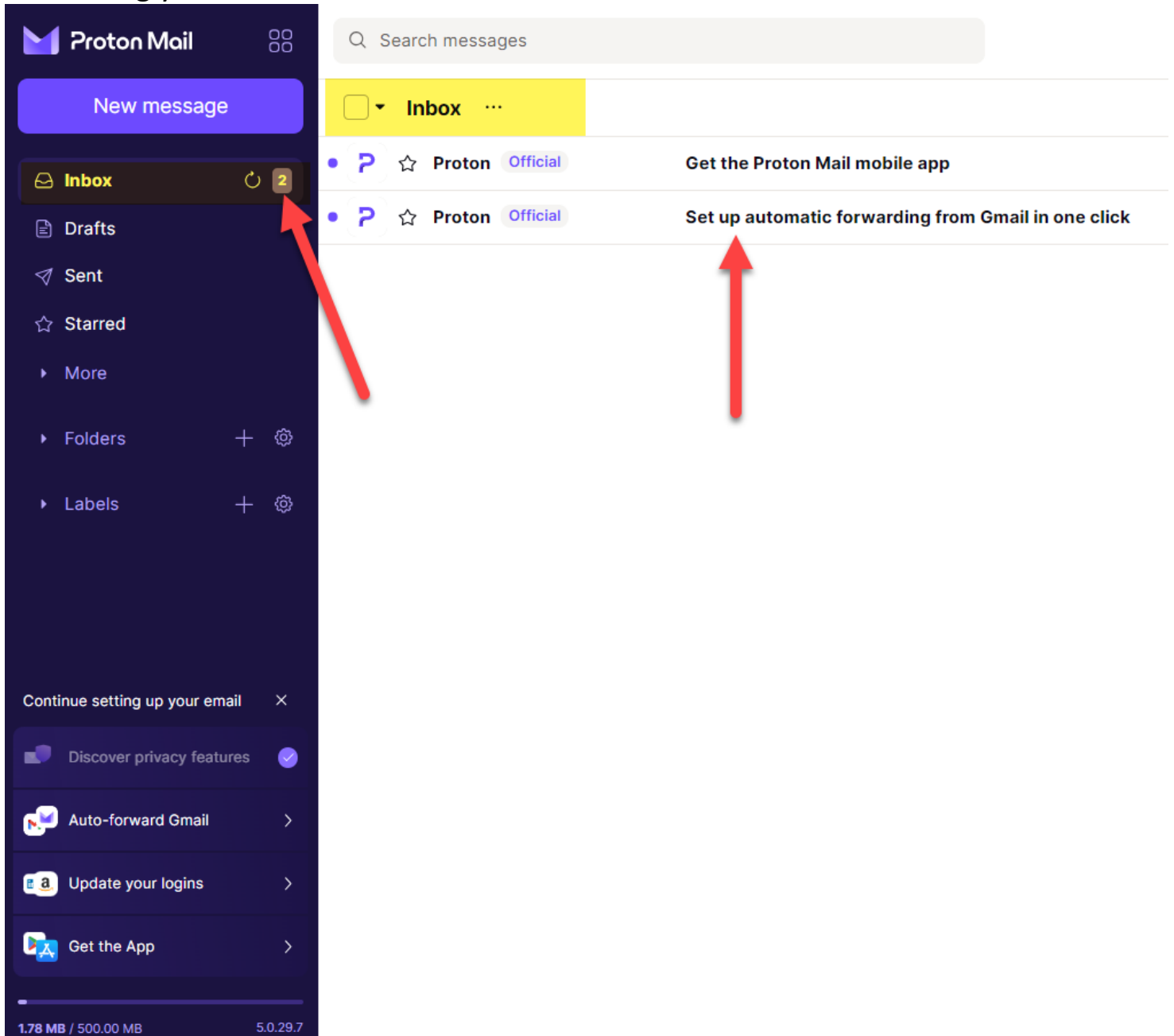


## Step 11: Select any of the four options offered or click **Maybe later**.



## Step 12:

Start using your free Proton Mail account.



## Step 13:

To get back to Proton Mail to sign in, visit: <https://account.proton.me/mail>



## Crear una cuenta de correo electrónico gratuita

Sin tener un número de teléfono o una dirección de correo electrónico de respaldo

### No Es Un Documento con fines Aprobación

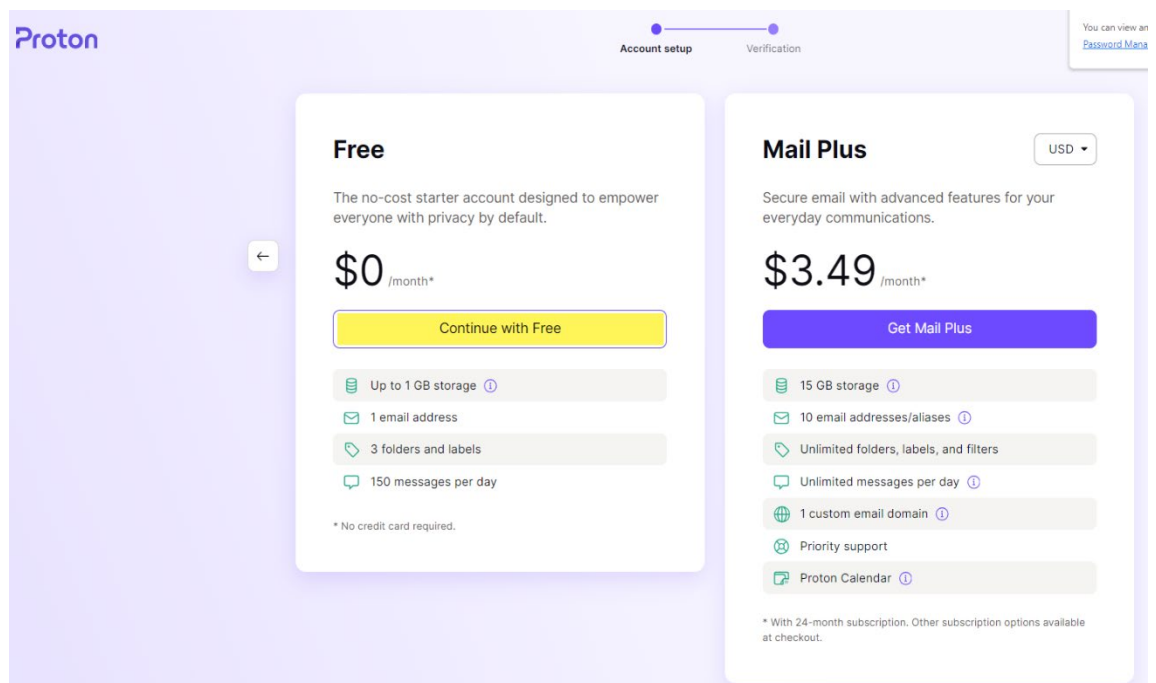
Muchos sitios web requieren una dirección de correo electrónico y acceso a esa bandeja de entrada para verificar su cuenta de registro. Este guía proporciona instrucciones sobre cómo obtener una cuenta de correo electrónico gratuita si el lector no tiene un número de teléfono o una dirección de correo electrónico para esos fines de verificación. BHP no respalda Proton Mail sobre ningún otro servicio de correo electrónico gratuito. Proton Mail proporciona un servicio de correo electrónico cifrado que no requiere un número de teléfono ni otro correo electrónico para su verificación. Otros servicios de correo electrónico como Gmail, Yahoo u otros servicios de correo electrónico gratuitos pueden tener opciones similares o preferidas.

**¡Importante!** Si elige no ingresar un número de teléfono o correo electrónico de respaldo y luego pierde la contraseña para iniciar la sesión, **NO HABRA OTRO MÉTODO** para acceder a su bandeja de entrada de Proton Mail. Es **vital** que tome **nota o recuerde** la contraseña que ingresa durante el registro.

### Paso 1:

En su navegador web, vaya a: <https://account.proton.me/mail/signup> o ingrese "Proton Mail" en su motor de búsqueda.

**Seleccionar,**  
Continuar con  
Gratis (Continue  
with Free en  
inglés)



The screenshot shows the Proton Mail account setup page. It features two main options: 'Free' and 'Mail Plus'. The 'Free' option is highlighted with a yellow button and includes features like 1 GB storage, 1 email address, 3 folders, and 150 messages per day. The 'Mail Plus' option is highlighted with a purple button and includes features like 15 GB storage, 10 email addresses, unlimited folders, and 1 custom email domain. A progress bar at the top indicates 'Account setup' and 'Verification' steps. A small note in the top right corner says 'You can view an Password Mana'.

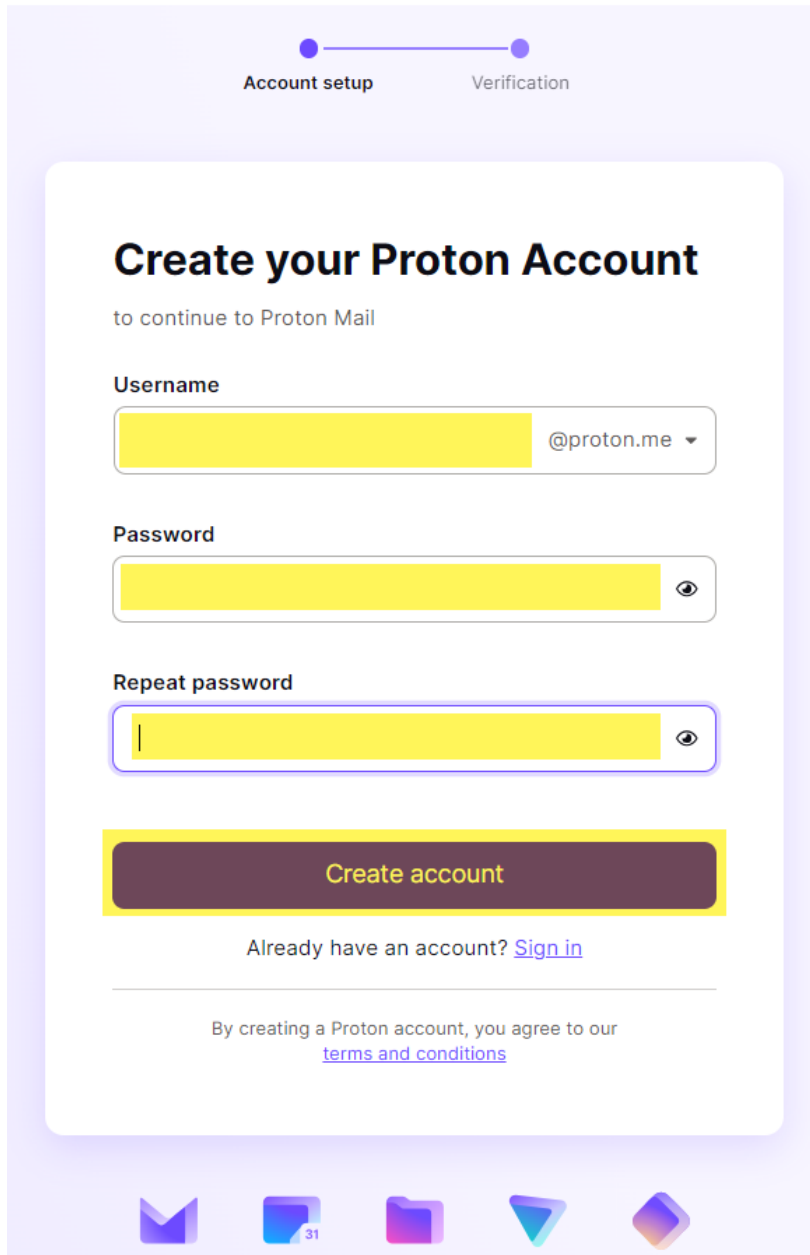
| Plan      | Price          | Key Features   |
|-----------|----------------|--|
| Free      | \$0 /month*    | Up to 1 GB storage, 1 email address, 3 folders and labels, 150 messages per day.   |
| Mail Plus | \$3.49 /month* | 15 GB storage, 10 email addresses/aliases, Unlimited folders, labels, and filters, Unlimited messages per day, 1 custom email domain, Priority support, Proton Calendar. |

\* No credit card required. \* With 24-month subscription. Other subscription options available at checkout.

## Paso 2:

Ingrese el nombre de usuario y la contraseña que le gustaría usar y haga clic en **Crear cuenta** (Create account en inglés).

Nuevamente, es **muy importante** que anote o recuerde esta contraseña.



Account setup      Verification

### Create your Proton Account

to continue to Proton Mail

Username

@proton.me ▼

Password

Repeat password

[Create account](#)

Already have an account? [Sign in](#)

By creating a Proton account, you agree to our [terms and conditions](#)

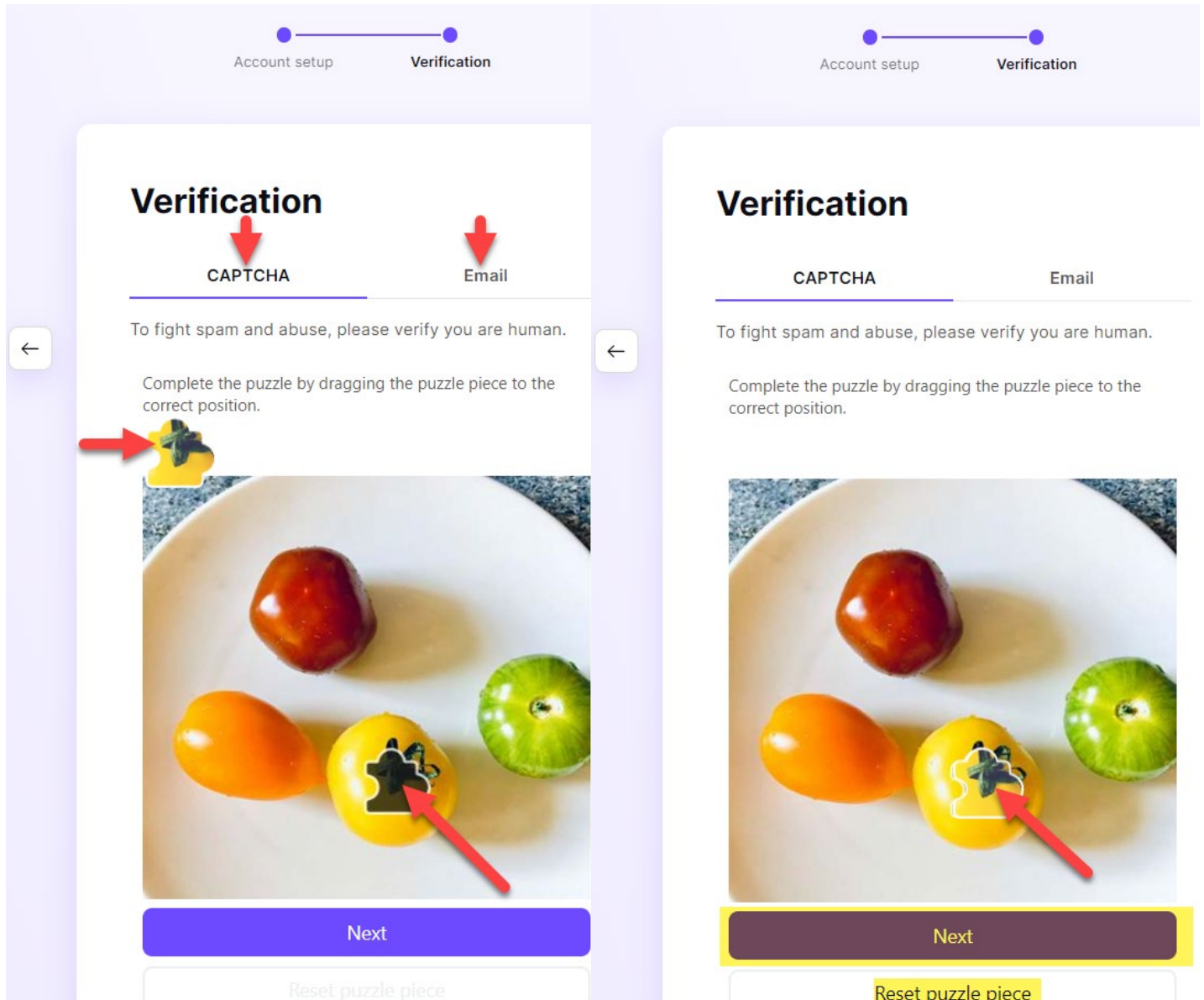


### Paso 3:

Si no ha agregado un correo electrónico o un número de teléfono de respaldo, puede elegir el método de verificación CAPTCHA.

**Haga clic y arrastre** la pieza del rompecabezas a su lugar y haga clic en **Siguiente**. Verás "Captcha Completo" (Captcha Complete en inglés).

También puede seleccionar **restablecer pieza del rompecabezas** si necesita volver a intentarlo.



#### Paso 4:

Elija un **Nombre Para Mostrar** (Display Name en inglés) y haga clic en **Siguiente** (Next en inglés). Este es el nombre o la frase que se mostrará cuando envía un correo electrónico a alguien.

### Congratulations on choosing privacy!

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.

Display name

| Joe Smith

Next

#### Paso 5:

Guarde sus datos de contacto. Ingrese un **Número de teléfono de recuperación** (Recovery number en inglés). Puede cambiar el código de país si su número no es un número de EE. UU. o una **Dirección de correo electrónico de recuperación** (Recovery email address en inglés), o elija dejar estos campos en blanco. Si realiza una entrada, haga clic en **Guardar seleccionado** (Save selected en inglés). De lo contrario, haga clic en **Quizás más tarde** (Maybe later en inglés).

### Save contact details

Save your email address or phone number to use for verification if you need to reset your account.

←

Recovery phone number



+1



Recovery email address

Save selected

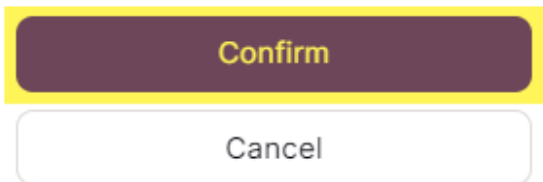
Maybe later

## Paso 6:

Si no ingresó un número de teléfono o dirección de correo electrónico, recibirá una advertencia de que no agregó un método de recuperación. Seleccione **Confirmar** (Confirm en inglés) para continuar.

### Warning

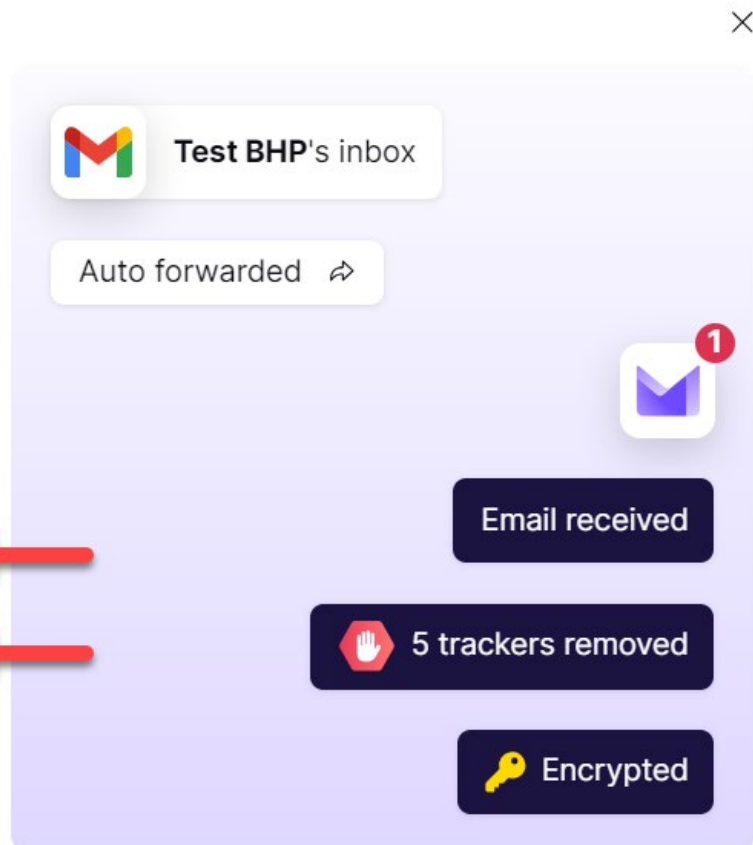
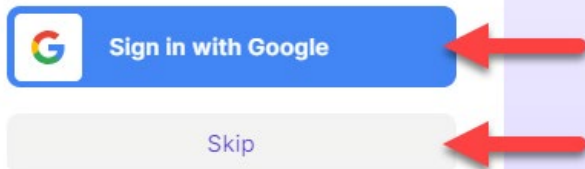
You did not set a recovery method so account recovery is impossible if you forget your password. Proceed without recovery method?



## Paso 7:

Proton Mail le brinda la oportunidad de reenviar sus correos electrónicos a Gmail. Si lo desea, inicie sesión en Gmail. De lo contrario, haga clic en **Omitir** (Skip en inglés).

**Automatically forward** Gmail messages to your inbox



## Paso 8:

Su cuenta ha sido creada y puede darle clic en **“Siguiete”**.



### Welcome to Proton Mail

Where privacy and security meet productivity and ease of use.

Next

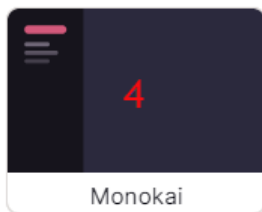
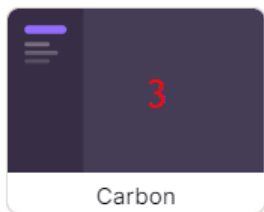
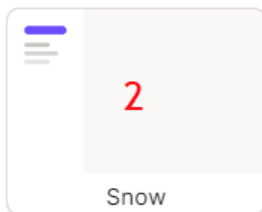
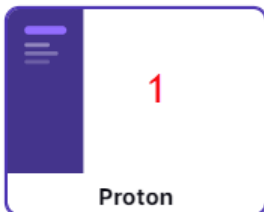


## Paso 9:

Seleccione **uno de los cuatro** estilos que le gustaría que tuviera su bandeja de entrada y haga clic en **Siguiente**.

### Select a theme

More theming options are available in your account Settings > Appearance.



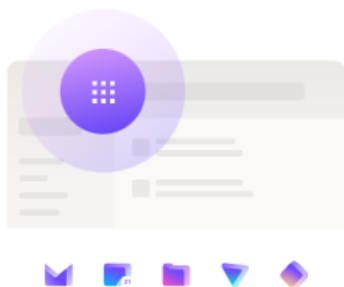
Back

Next



## Step 10:

Haga clic en **Comenzar** (Get started en inglés).



### Discover all Proton services

Use the app selector in the top left to access all Proton services: Mail, VPN, Calendar and Drive.



## Paso 11:

Seleccione cualquiera de las cuatro opciones ofrecidas o haga clic en **Quizás más tarde**.

Proton Mail

Search messages

Inbox

Proton Official Set up automatic forwarding from Gmail in one click

**Protect and simplify your email**  
Double your free storage to 1 GB when you complete the following:

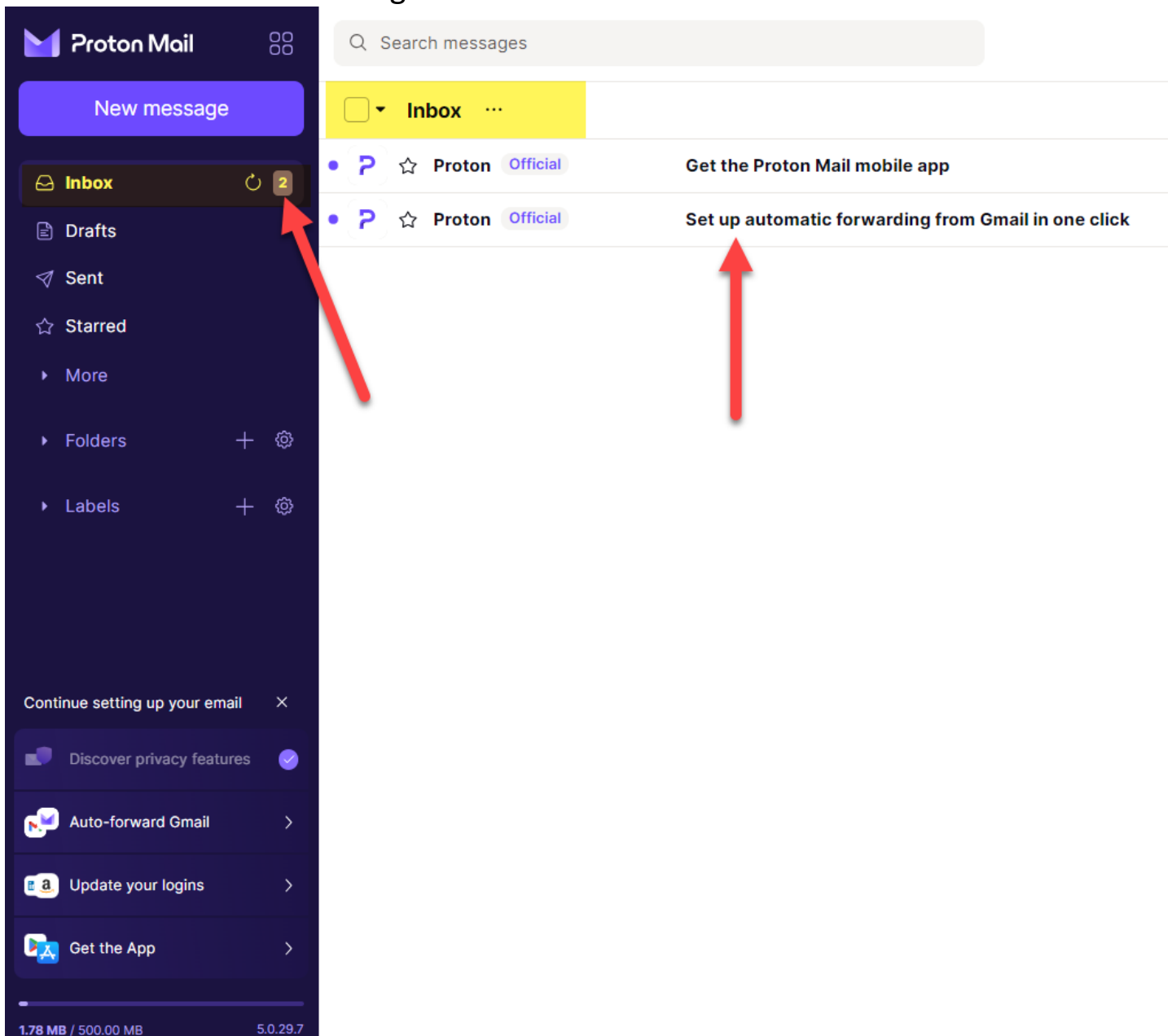
- Discover how our **privacy features** protect you
- Set up **auto-forwarding** from Gmail
- Change **account logins** to your Proton address
- Get the **Proton Mail app** on Android or iOS

Maybe later

879.54 kB / 500.00 MB 5.0.29.7

## Step 12:

Comience a usar su cuenta gratuita de Proton Mail.



## Paso 13:

Para volver a Proton Mail e iniciar sesión, visite: <https://account.proton.me/mail>