Converting Cable One Emails and Contacts to Gmail
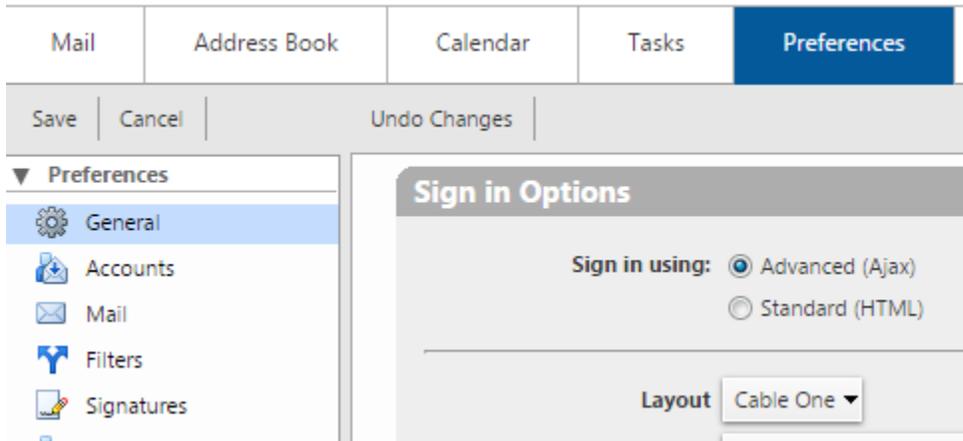
Below is a Simple Guide for transferring emails and contacts from a Cable One's email to a Gmail.
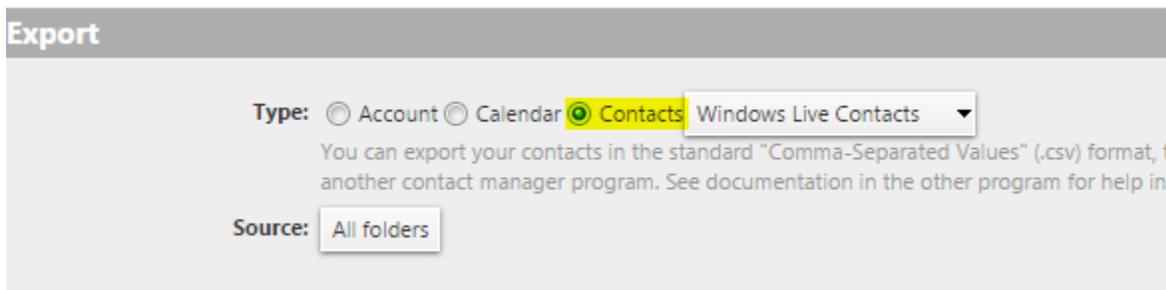
Let's start with exporting contacts. In a Web browser, go to mail.cableone.net and enter your username and password if it does not log you in automatically. Once logged into your cable one email, navigate to the Preferences tab.

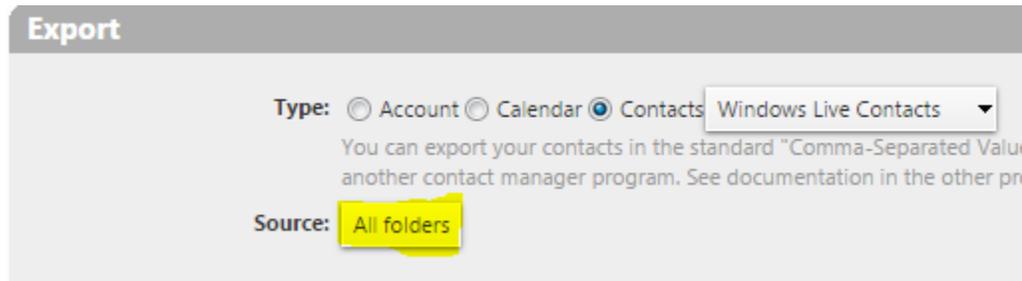Then, on the left hand column select the option "Import / Export."

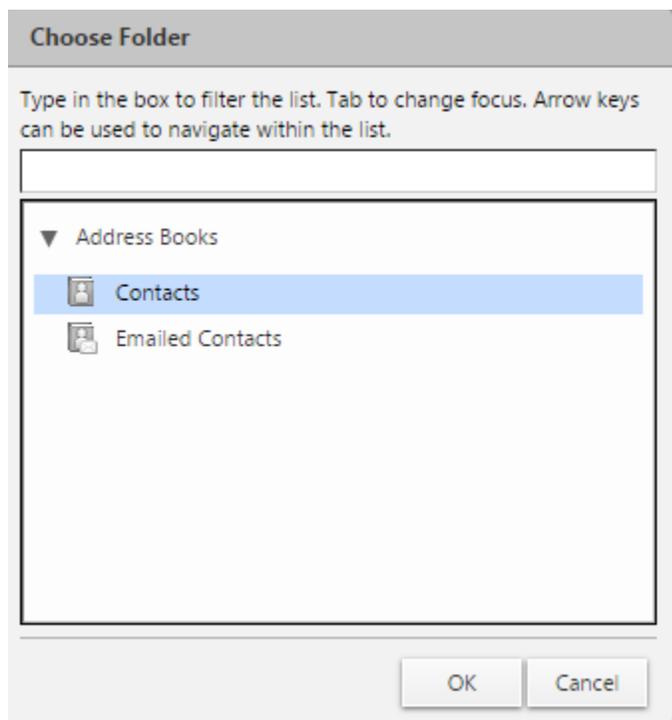Next, make sure the "Contacts" bubble is selected.

Windows Live Contacts should work fine as the format. Notice that the source says "all folders". We have to change this otherwise it will not work.
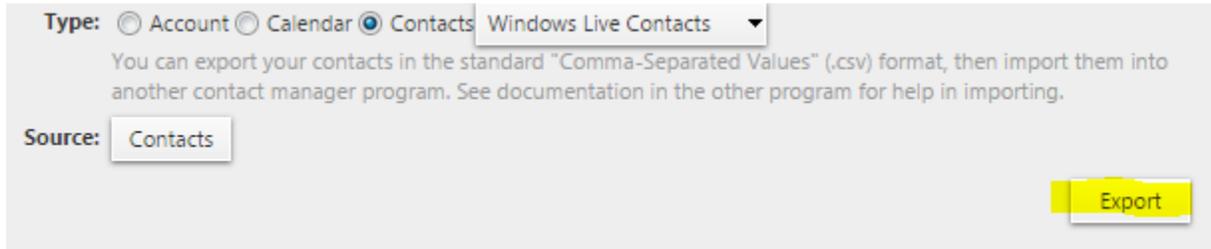
Click on All Folders to see the different options.

Export

Type: ○ Account ○ Calendar ● Contacts Windows Live Contacts ▼
You can export your contacts in the standard "Comma-Separated Value another contact manager program. See documentation in the other pro

Source: All folders

Select the contacts folder you wish to export by clicking on the name.

Choose Folder

Type in the box to filter the list. Tab to change focus. Arrow keys can be used to navigate within the list.

▼ Address Books
    Contacts
    Emailed Contacts

OK   Cancel

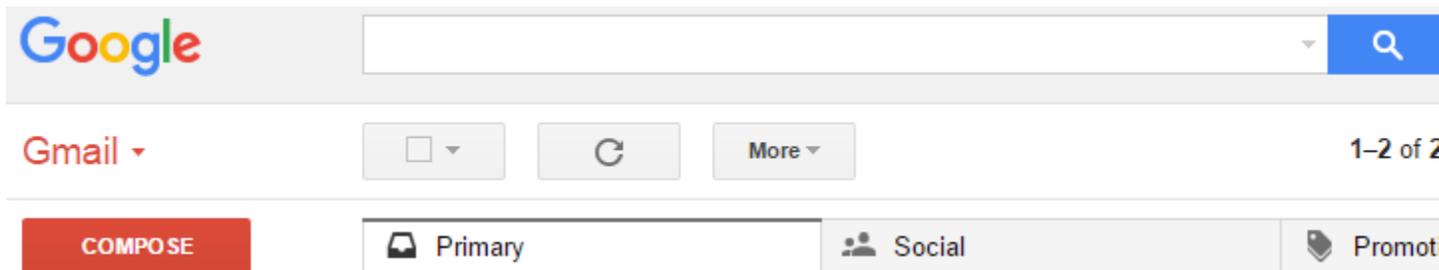Then press ok.

Now hit the "Export" button to the right.

It should down download a .CSV file that holds your contacts that we can use to import from later on.

If you have more than one contact folder you have to do these steps for each folder one at a time.
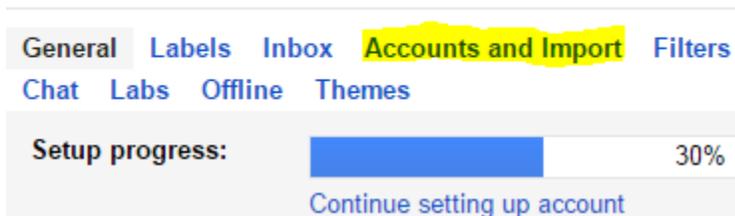
Now let's import info into Gmail.
If you do not have a Gmail and would like help creating one please contact our support or a computer tech. Once you have logged into your Gmail in the top right click on the gear icon for settings.

Select "Settings" from the menu that opens up from clicking the gear icon.
It will take you to General Settings, we want to select Accounts and Import.

On the Accounts and Import page navigate down to Check Mail from other accounts (using POP3) and click "add a POP3 Mail account you own."

Check mail from other accounts (using POP3):
Learn more

scctest@cableone.net
Last checked: 35 minutes ago. View history Check mail now

Add a POP3 mail account you own

edit info delete

You will first need to type in your Cable One email address. Hit Next.

Add a mail account you own

Enter the mail settings for example@cableone.net. Learn more

Email address: **example@cableone.net**
Username: example
Password:
POP Server: mail.cableone.net   Port: 110
☑ Leave a copy of retrieved message on the server. Learn more
☐ Always use a secure connection (SSL) when retrieving mail.
Learn more
☑ Label incoming messages: example@cableone.net
☐ Archive incoming messages (Skip the Inbox)

Cancel   « Back   **Add Account »**

Now you need to fill out the account info page as shown above. Username is your Cable One email before the @ symbol.
Password is your Cable One email Password.
POP Server should automatically be correct at mail.cableone.net
Port you will need to change to 110
For the check mark boxes just have checked "leave a copy" and "label incoming messages" and make sure to uncheck "Always use a secure connection SSL.
Click Add Account and it should start grabbing emails from your Cable One email account.

Next let's import the contacts we exported earlier.
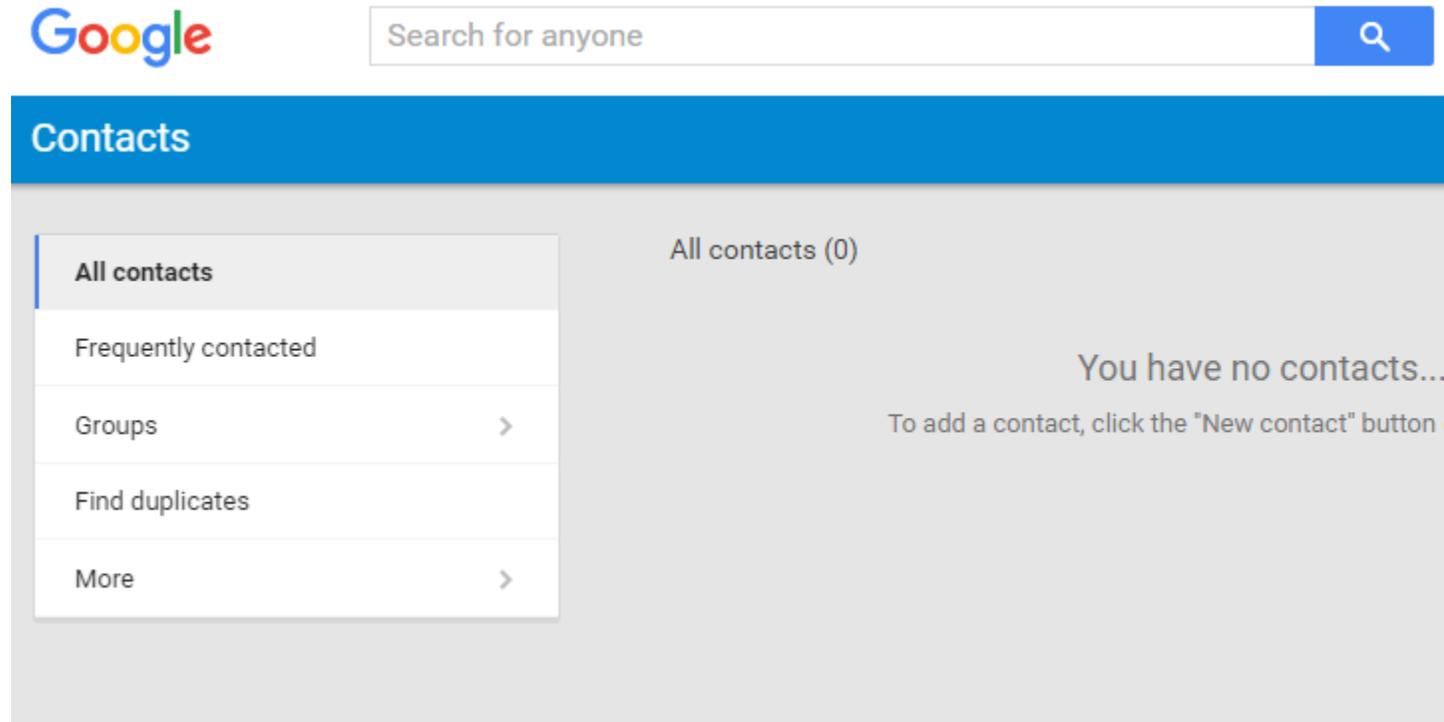Click on where it says Gmail in the top left hand corner

Google

Then click Contacts.

It should open a new tab and show your current contacts (you may have none if you are new to gmail).
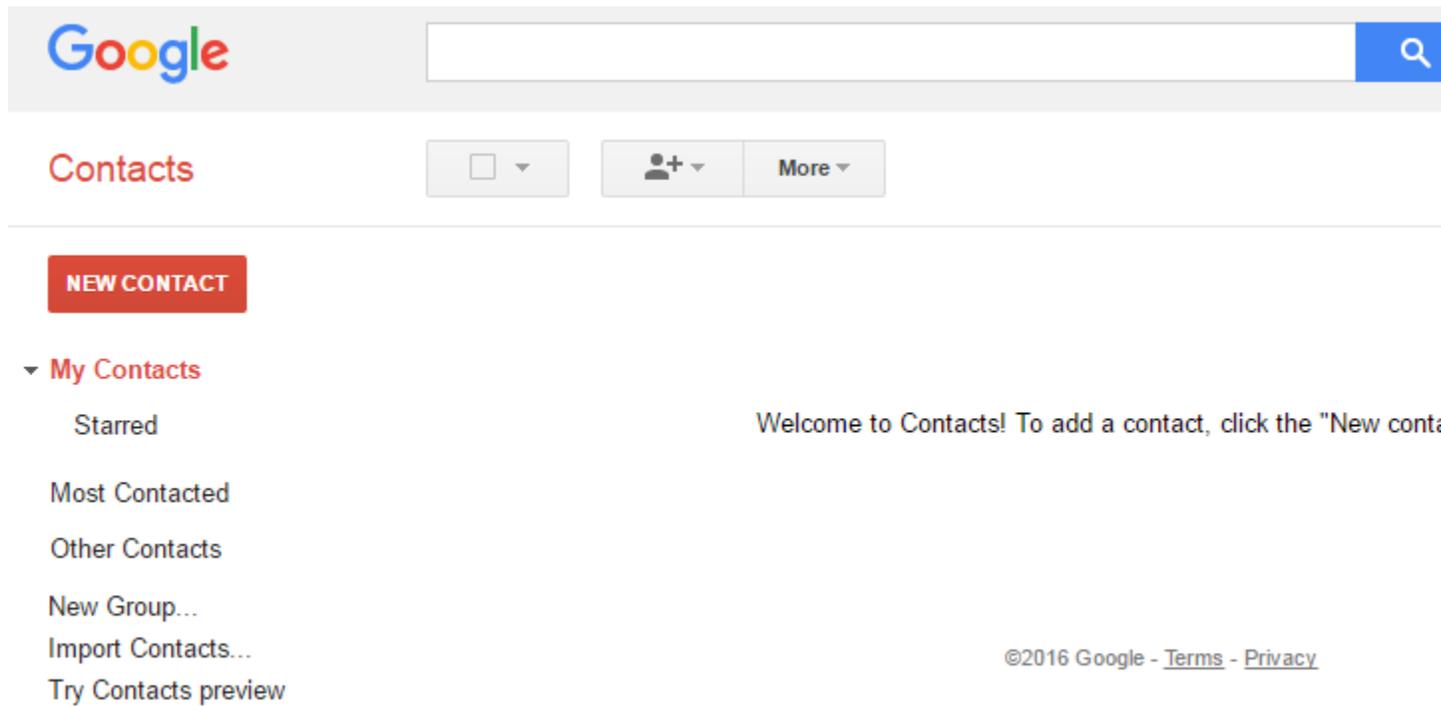
If your contact looks like this

Google

Search for anyone   🔍

Contacts

All contacts

Frequently contacted

Groups   >

Find duplicates

More   >

All contacts (0)

You have no contacts...

To add a contact, click the "New contact" button

Then you are on the preview version of google contacts and this will not let us import contacts properly yet.
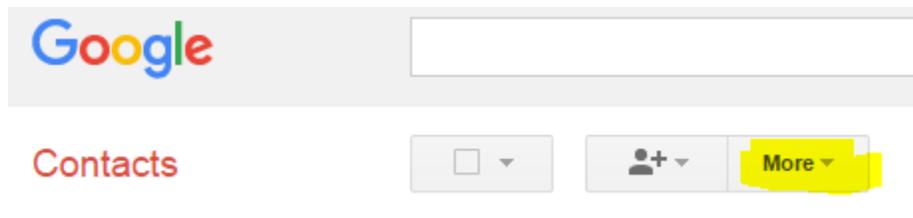
Instead click on "more" then Leave the contacts preview.

All contacts

Frequently contacted

Groups   >

Find duplicates

More   ⌄

Settings

Import

Export

Print

Other Contacts

Restore contacts

Leave the Contacts preview

Send feedback

Help

Now it should reload the page to the old google contact page and should look like this:

Now we can import contacts.
Click the "More" button at the top.

Then select "import."

It should pop up a window giving you the option to upload a CSV file. Click Choose File.

Import contacts

We support importing CSV files from Outlook, Outlook Express, Yahoo! Mail, Hotmail, Eudora and some other apps. We also support importing vCard from apps like Apple Address Book. Learn more

Please select a CSV or vCard file to upload:
Choose File No file chosen

Import   Cancel

Make sure to locate and select the file we exported earlier, most commonly found in your downloads folder. Then click open

Name	Date modified	Type	Size
Contacts.csv	6/20/2016 10:31 AM	Microsoft Excel C...	1 KB

ne: Contacts.csv   ▼   All Files

Open ▼   Car

Finally click Import.

Import contacts

We support importing CSV files from Outlook, Outlook Express, Yahoo! Mail, Hotmail, Eudora and some other apps. We also support importing vCard from apps like Apple Address Book. Learn more

Please select a CSV or vCard file to upload:
Choose File   Contacts.csv

Import   Cancel

And it should now download your contacts and show them to you.
That completes the importing section for Gmail!