How To: Migrate Blocked/Allowed Senders and Domains List from Proofpoint to Office365

This document is related to the migration from Proofpoint to Office 365 for suspicious or spam emails.

Export/Copy Safe Senders

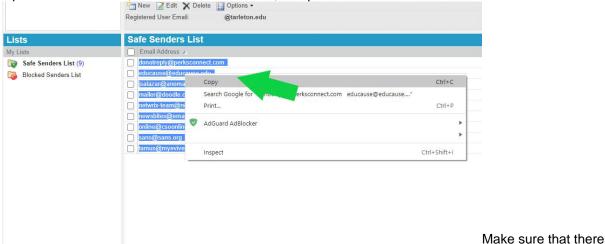
- 1. Open the Microsoft Outlook desktop application or OWA (Outlook through the web).
- 2. Search for an email from spam_digest@lynn.edublocked URL.
- 3. Click on Manage My Account.
- 4. Go to Lists on the Left toward the bottom.
- 5. Select Safe Senders List.
 - a. Highlight all email addresses/domains.
 - b. Right-click and click copy.
 - c. Open Microsoft Word, create a new document, and paste the text.
 - d. Ensure there is only one email address or domain name per line.
 - e. Go to the File Menu and click "Save As".
 - i. Under the file format pull-down menu, select the Plain Text (.txt) file type.
 - ii. Name the "SafeSenders" file and save it to a location you can find it in (Ex. Desktop).

Export/Copy Blocked Senders

- 1. Open the Microsoft Outlook desktop application or OWA (Outlook through the web).
- 2. Search for an email from spam_digest@lynn.edublocked URL.
- 3. Click on Manage My Account.
- 4. Go to Lists on the Left toward the bottom.
- 5. Select Blocked Senders List.

d.

- a. Highlight all email addresses/domains.
- b. Right-click and click copy.
- c. Open Microsoft Word, create a new document, and paste the text.



is one email address or domain name per line.

- e. Go to the File Menu and click "Save As".
 - i. Under the file format pull-down menu, select the Plain Text (.txt) file type.
 - ii. Name the "BlockedSenders " file and save it to a location you can find it in (Ex. Desktop).

Import Using Outlook Desktop Application (Bulk Import supported using a txt file)

1. Open the Microsoft Outlook desktop application.

2. Go to Home Tab > Junk > Junk E-mail Options.



- 1. To import Safe Senders using the Safesenders.txt file that you created earlier, click the "Import from File" button.
 - a. Click on the Safe Senders Tab.
 - b. Find and select your file, then click open.
 - c. The addresses should appear in the Safe Senders list now. Click Apply. Then click ok.
 - d. Your Safe Senders list has now been imported.



- 1. To import Blocked Senders using the BlockedSenders.txt file that you created earlier, click the "Import from File" button.
 - a. Click on the Blocked Senders Tab.
 - b. Find and select your file, then click open.
 - c. The addresses should appear in the Safe Senders list now. Click Apply. Then click ok.
 - d. Your Blocked Senders list has now been imported.

Import using OWA (Manual entry one by one)

- 1. Open OWA using a web browser on a computer by going to outlook.office.com
- 2. Log in with your Lynn username and password
- 3. Once logged in, click the gear in the upper right-hand corner.
 - a. In the search field, enter Junk. Select Safe senders and domains from the search results.
 - b. On the "Junk email" page under Safe senders and domains, click +Add.

- c. Copy the first address in your Safe Senders List file and paste it into the empty field. Make sure there are no spaces at the end of the address.
- d. Press enter to add the address to the list.
- 4. Repeat for the remaining addresses.
 - a. If you need to edit an address you have already entered, select it from the list and click the Pencil icon.
 - b. If you need to delete an address you have already entered, select it from the list and click the Trash Can icon.



- 1. Continue this process to import addresses into the Blocked Senders list.
 - a. In the search field, enter Junk. Select Blocked senders and domains from the search results.
 - b. On the "Junk email" page under Blocked senders and domains, click +Add.
 - c. Copy the first address in your Blocked Senders List file and paste it into the empty field. Make sure there are no spaces at the end of the address.
 - d. Press enter to add the address to the list.
- 2. Repeat for the remaining addresses.
 - a. If you need to edit an address you have already entered, select it from the list and click the Pencil icon.
 - b. If you need to delete an address you have already entered, select it from the list and click the Trash Can icon.

