To import Outlook for Windows mail data (.pst):

1. Click on the "File" tab.

2. Click Open/Export and click Import/Export.

3. The Import/Export Wizard appears.
   In the What do you want to do? box, click Import from another program or file, and then click Next.
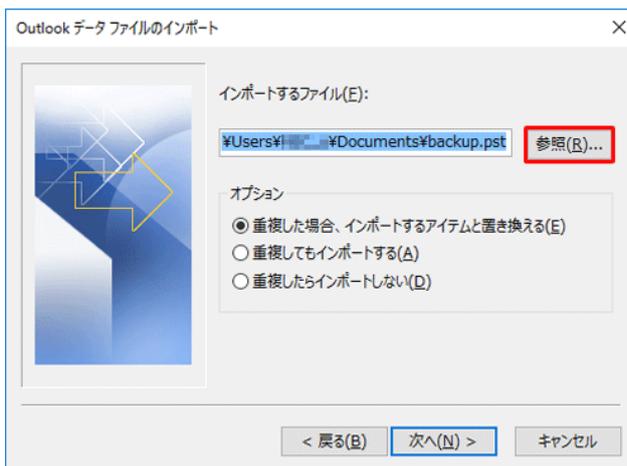
4. The "Import Files" window will appear.

   Click "Outlook Data Files（.pst)" from the Select the file type to import box, and then click Next.
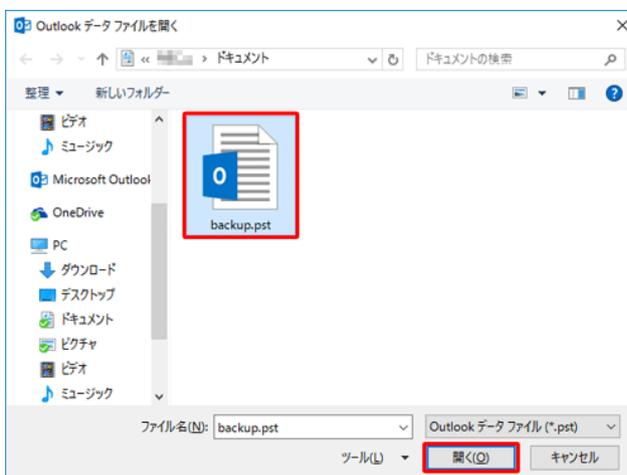

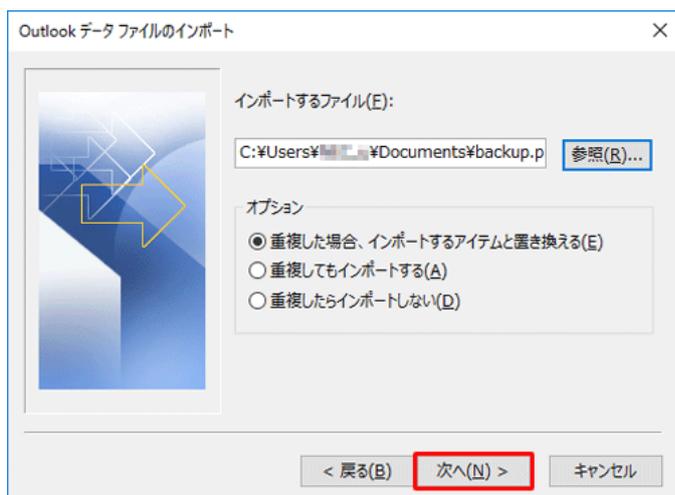5. When the Import Outlook Data File dialog box appears, click [Browse].

6. Open Outlook Data File is displayed.

   Click the file you previously exported, and then click Open.

7. When the Import Outlook Data File screen returns, click Next.

This completes the operation.

Verify that the exported data has been captured.