

Get a professional e-mail address

Original article by: [Michael Tam](#)

When you are contacting other health workers in a professional capacity, ***foxygirl@hotmail.com*** is not going to cut it any more.

Get a professional e-mail address

Now, many workplaces will allocate you one (e.g., *lastname.firstname@hospital.nsw.gov.au*) and though this is reasonable within your particular health organisation, it lacks permanence. For example, when you are seconded in 6 months time to the country, will you still be able to access that e-mail account?

Furthermore, organisational e-mail is ***not*** confidential and your managers can monitor your e-mail. In fact, you should expect it.

For all these reasons, I strongly recommend that you obtain a professional e-mail address that you use for the purposes of professional correspondence. For the free e-mail providers, I strongly recommend, [GMail](#) or the Google Web Based E-mail service. It provides essentially limitless storage and furthermore, gives POP3 access to the account (meaning that you will be able to use the account with a desktop e-mail client like [Outlook](#) or [Mozilla Thunderbird](#)).