



Using Outlook to Send and Receive Text Messages

How to Send & Receive Text Messages in Microsoft Outlook

The following procedures can be useful for those needing to reach someone via text while not wanting to share their personal mobile number.

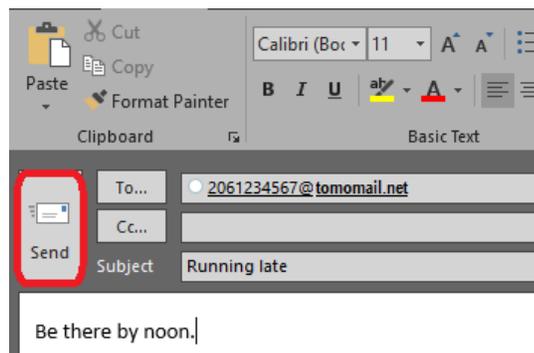
Prerequisites:

1. Before sending a text message to somebody you will need to know their mobile phone number and the SMS gateway that their carrier uses.
2. To find the SMS gateway you will need to know the person's mobile phone carrier (i.e. ATT, Tmobile, etc). If you don't know the person's carrier, use a Carrier Lookup service such as: <https://phonecarriercheck.com/>
3. Once you have the carrier name, use it to look up the SMS Gateway using the reference list at the end of this [document](#) or online at https://en.wikipedia.org/wiki/SMS_gateway

Tip: An alternate way to get both the carrier name and SMS Gateway is to ask the person you want to text, to send a text to your email address. When you receive it, it will show their full texting address.

Addressing your Message:

1. Open a new email in Microsoft Outlook
2. In the "To" field enter the 10-digit mobile phone number followed by the @ sign and the SMS Gateway, for example if the person's carrier was T-Mobile it would look something like this: 2061234567@tmomail.net
3. Enter a subject for your message in the Subject field (this can be "hello" or anything you want. (Whatever you put in the subject field will appear bold when the text message is received.)
4. Enter the rest of your message in the body of the email. Keep in mind, a standard text message can contain up to 160 characters. If you include more than 160 characters many carriers will still deliver the message but certain carriers may cut it short at 160.
5. Press Send

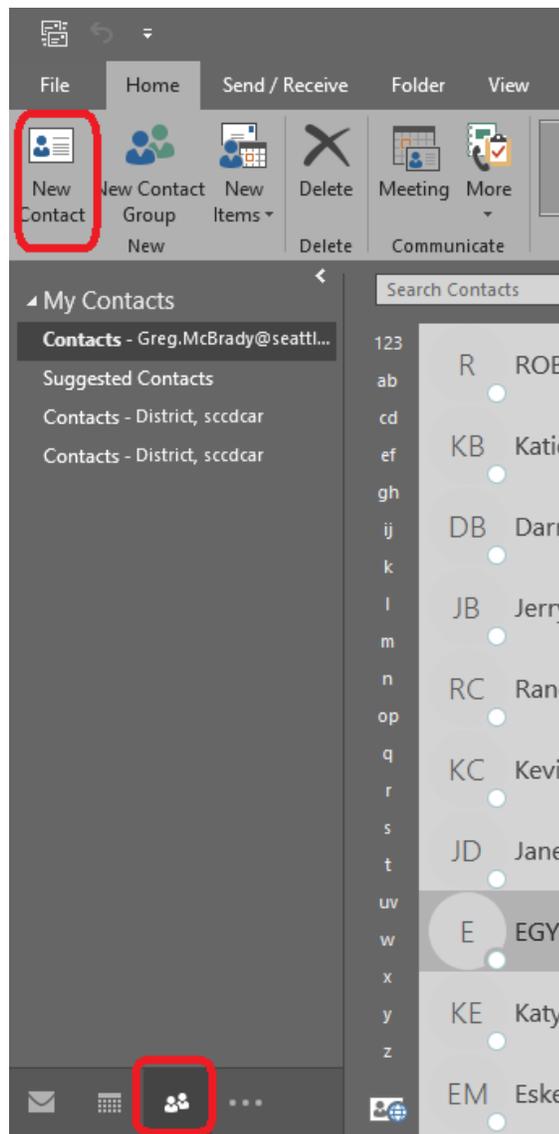


6. When your recipient replies to your text message it will arrive in your Outlook Inbox.

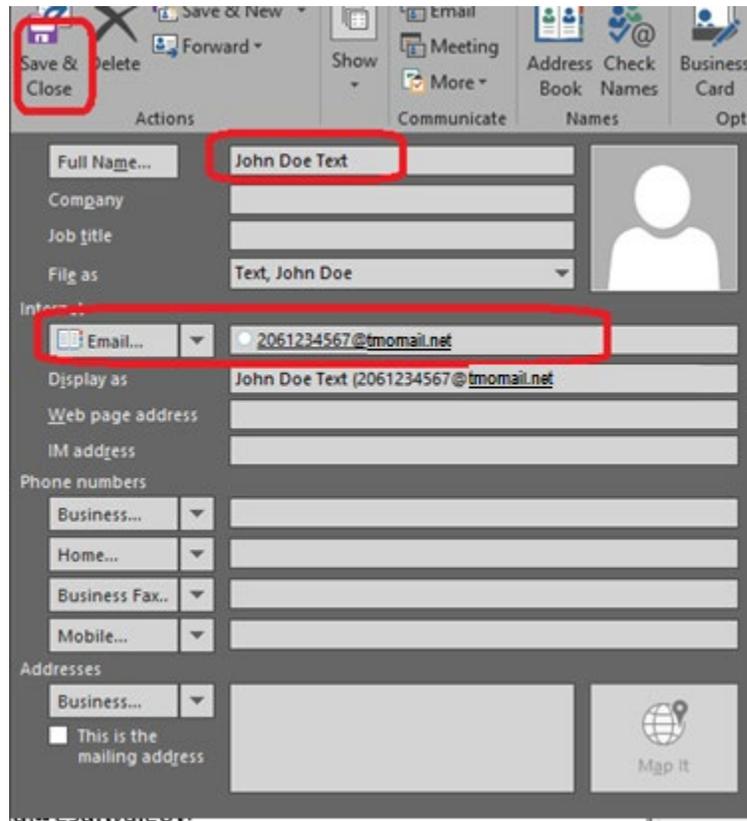
Simplifying the Addressing Task

You can simplify the task of sending text messages by setting up texting contacts in Outlook, so that you don't have to enter the long, complicated address every time. Here's how:

1. In Microsoft Outlook, select the "Contacts" option by clicking the "people" icon at the lower right of the Outlook window. Then click the "New Contact" option:



2. Then enter a unique name. If you already have a normal contact for this person add “Text” to the name to differentiate it from the other contact entry, for example “John Doe Text”. Then enter the contact’s text address (phonenumber+@+smsgateway and click Save & Close:



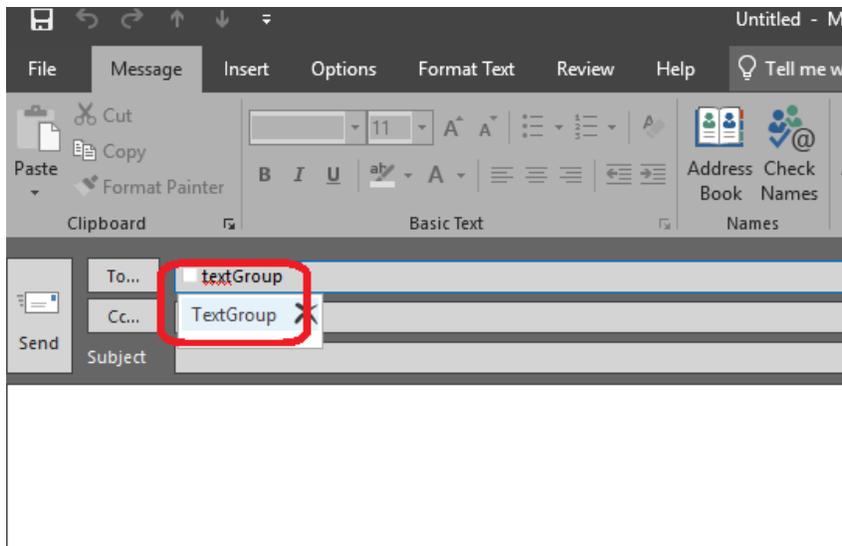
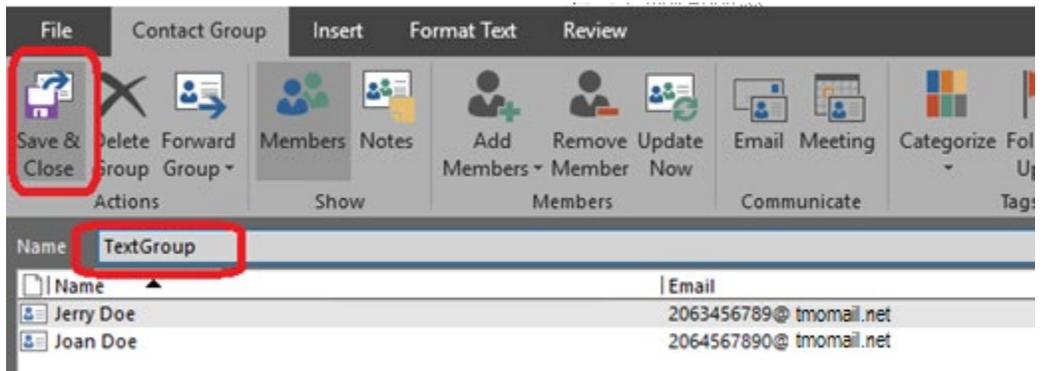
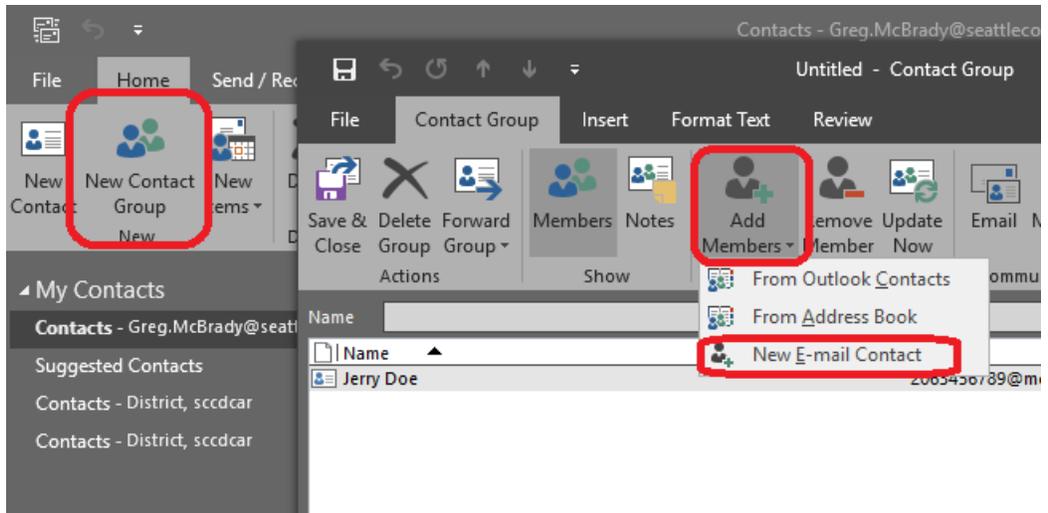
Now whenever you want to send a text to this recipient just open a new email and type the contact name in the “To” field.

How to send text messages to multiple phones at once:

Note: This texting method is not intended for sending mass messages. Your group should have no more than 40 members...

Create a Contact Group

1. Click the “People/Contacts” icon at the lower right of the Outlook window and choose “New Contact Group” (see picture below). Then select “Add Members” and choose “New E-mail Contact”. Repeat to add additional contacts to the group...



A video tutorial describing the procedures in this document can be found here:
<https://www.youtube.com/watch?v=K0LGjAdfX6s>

SMS gateways for US-based carriers:

| Mobile carrier | SMS gateway domain | MMS gateway domain |
|---|---------------------------|-------------------------|
| <u>Alltel</u> ^[1] | sms.alltelwireless.com | mms.alltelwireless.com |
| <u>AT&T</u> ^[2] | txt.att.net | mms.att.net |
| <u>Boost Mobile</u> ^[1] | sms.myboostmobile.com | myboostmobile.com |
| <u>Cricket Wireless</u> | mms.cricketwireless.net | mms.cricketwireless.net |
| <u>Google Fi</u> ^[3] | | msg.fi.google.com |
| <u>MetroPCS</u> | mymetropcs.com | mymetropcs.com |
| <u>Republic Wireless</u> ^[4] | text.republicwireless.com | |
| <u>Sprint</u> ^[1] | messaging.sprintpcs.com | pm.sprint.com |
| <u>T-Mobile</u> ^[1] | tmomail.net | tmomail.net |
| <u>U.S. Cellular</u> ^[1] | email.uscc.net | mms.uscc.net |
| <u>Verizon Wireless</u> ^[5] | vtext.com | vzwpix.com |
| <u>Virgin Mobile</u> ^[1] | vmobl.com | vmpix.com |

SMS gateways for Canadian carriers:

| Mobile carrier | SMS gateway domain |
|--|----------------------|
| <u>Bell Canada</u> ^[6] | txt.bell.ca |
| <u>Bell MTS</u> ^[7] | text.mts.net |
| <u>Fido Solutions</u> ^[8] | fido.ca |
| <u>Freedom Mobile</u> ^[9] | txt.freedommobile.ca |
| <u>Koodo Mobile</u> ^[10] | msg.telus.com |
| <u>PC Mobile</u> ^[11] | mobiletxt.ca |
| <u>Rogers Communications</u> ^[12] | pcs.rogers.com |
| <u>SaskTel</u> ^[13] | sms.sasktel.com |
| <u>Telus</u> ^[14] | msg.telus.com |

