

Setting up ChatGpt or others with Proton Email_v01

Can you help me sign up for a \$20 Chat Gpt account? I don't want to use my gmail account. Do you have a suggestion for another free email acct I can use?

Outlining steps to sign up for ChatGPT Plus without gmail.

I can't create the account for you, but I can walk you through it. It only takes a few minutes.

For the email, two good free options:

Outlook.com (Microsoft) is probably the easiest. It's free and reliable, and ChatGPT has a "Continue with Microsoft account" button, so you can sign in with it directly instead of making a separate password. You can sign up at outlook.com.

Proton Mail is the better choice if privacy matters to you. It's a Swiss company with encrypted email and no ad-tracking, and the free tier is plenty for a sign-up address. You can sign up at proton.me. Yahoo, Zoho Mail, and Tuta are also free, but I'd go with one of the two above.

Then for ChatGPT:

1. Go to chatgpt.com and click **Sign up**.
2. Enter your new email address, or click "Continue with Microsoft account" if you chose Outlook. Then create a password.
3. Check that inbox for a verification email and click the link.
4. Enter your name and birthdate. It may also ask for a phone number to verify you're a real person.
5. Once you're in, click your profile icon or the **Upgrade plan** option and choose **Plus**. Then enter your card details. The price has been \$20/month, but confirm it on the checkout screen, since pricing can change.

The subscription renews monthly until you cancel it in Settings, so put a reminder on your calendar if you're just trying it out.

If you get stuck at any step, tell me what you're seeing on the screen and I'll help you through it.

Perfect. I will create a Proton acct. Do you have any best practices suggestions?

Recalled memory

Good choice. Here are the practices worth adopting from day one:

Password and recovery

- **Use a strong, unique password**, something you don't use anywhere else. A passphrase of four or five random words is strong and easier to remember.
- **Save the recovery phrase**. During setup, Proton offers a recovery phrase. Write it down on paper and keep it somewhere safe. Proton encrypts your mailbox, so if you lose both your password and the recovery phrase, they *cannot* get your old emails back for you.
- **Add a recovery email or phone** in Settings as a second fallback.

- **Turn on two-factor authentication** in Settings → Account and password. An authenticator app such as Proton's own or Aegis on Android is better than text messages.

Keeping it organized

- **Keep Proton on the personal side.** Open it in Firefox, bookmark it there, and use it with your personal accounts. This fits your Firefox-for-personal, Chrome-for-nonprofit split. It's worth adding to your best practices list.
- **Decide what this address is for.** Many people use a Proton address for sign-ups and subscriptions like ChatGPT, which keeps that traffic out of their main inbox.
- **Skip the free trial pitches.** Proton will offer paid upgrades. The free tier is plenty for this.

Security habits

- **Watch for phishing.** Real Proton emails won't ask for your password. If a message urges you to "verify your account" through a link, go to proton.me directly instead of clicking it.
- **Log in at least every few months.** Proton may deactivate free accounts that sit unused for a long time.

On Linux Mint

Proton works fine in Firefox, so you don't need to install anything. There's also a Proton Mail desktop app for Linux if you'd ever prefer a standalone window, but the browser is simpler.

Once the Proton account is set up, you're ready for the ChatGPT sign-up steps from before.