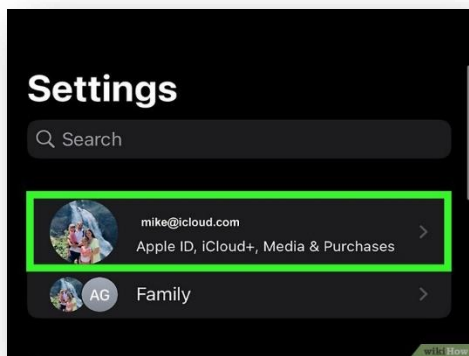


How to back up and restore contacts on iPhone

Backing your iPhone contacts

Open the **Settings** app.



Select your **Apple ID**. It's the section at the top of the menu that contains your name and image.

If you are not already signed in to your Apple ID, select **Sign in to (Your Device)**, enter your Apple ID and password, then **Sign In**.

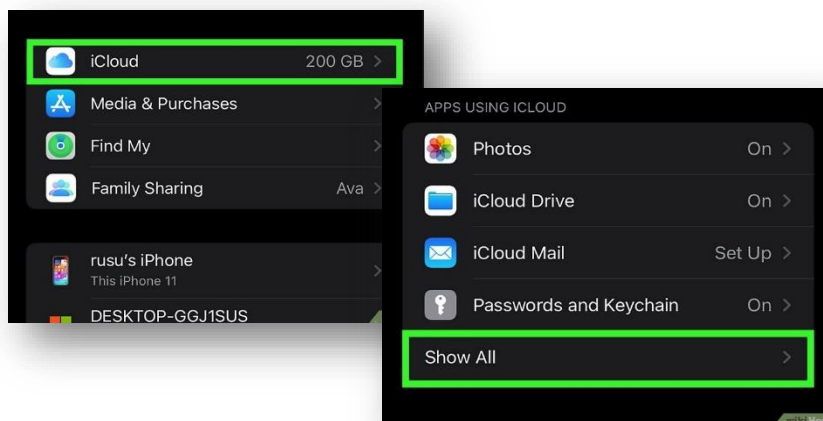


If you are running an older version of iOS, you may not need to do

this step.

Select **iCloud**.

Select **Show All** to expand the list of available apps.

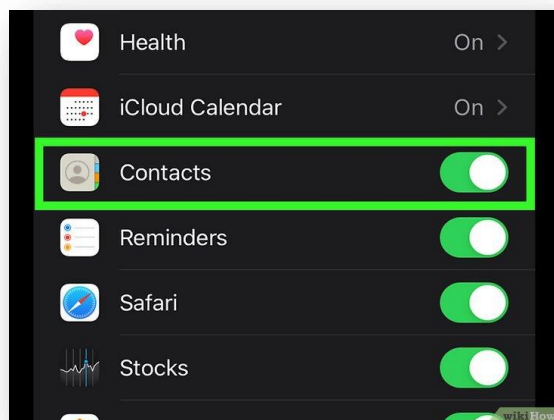


Toggle on **Contacts**.

Your iPhone contacts will now be synced to iCloud.

If you make any changes to the contacts on your iPhone, it will also reflect in iCloud.

*If you have existing contacts in iCloud, you may be prompted to **Merge** to finish syncing.*



You can verify that your iPhone contacts are backed up by checking data recovery (see recover contacts section below) and making sure date/time are available.

You may need to **toggle contacts off and then on** to sync.

Once your Contacts are backed up, you can **toggle contacts off** to avoid syncing while your mailbox is being migrated.

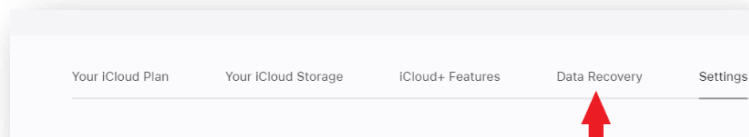
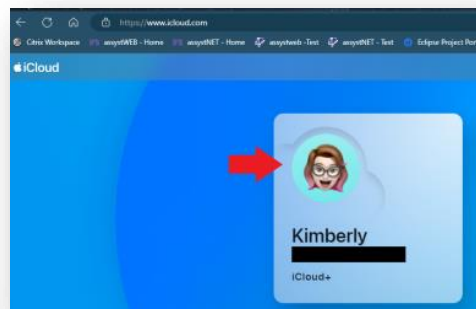
Recovering your iPhone contacts

Restoring your contacts should be done **AFTER** mailbox migration

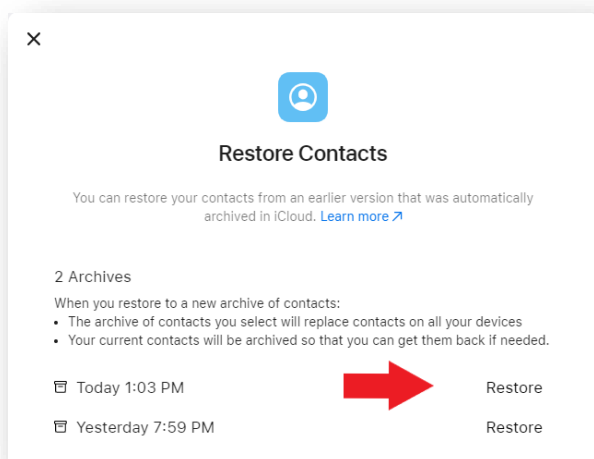
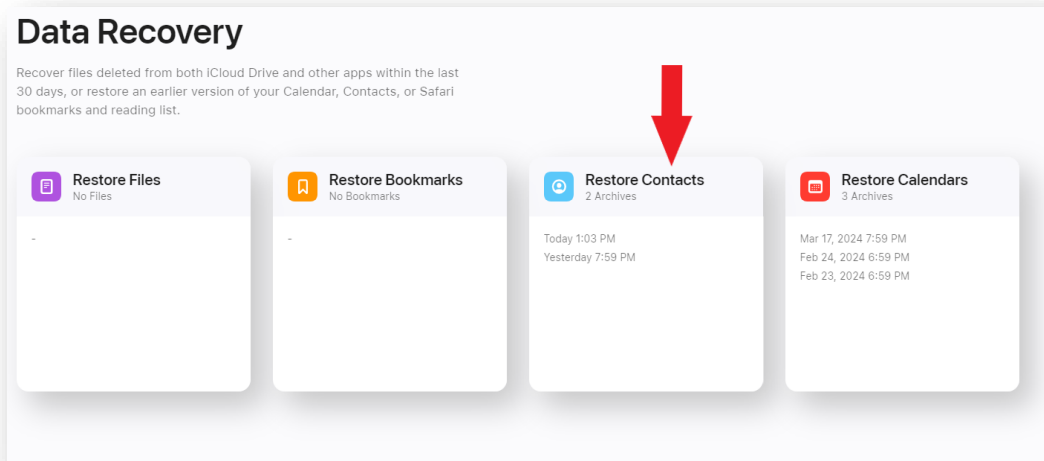
On your PC, go to [iCloud.com](https://www.icloud.com) and **sign in** with your Apple ID.

Click on your profile picture on the top left.

Select Data Recovery from the top menu tabs



Select Restore Contacts



Select **Restore** from the **archive date** you want to restore contacts from > then the **Restore** button

