

Export, back up, or restore contacts on Android


You can use your computer to transfer contacts to another email account.

You can back up the contacts stored on your phone or SIM card. If you lose or need to replace your phone, you can restore these contacts on the new phone.

Restoring data varies by phone and Android version. You can't restore a backup from a higher Android version onto a phone running a lower Android version.

If you save your contacts to your Google Account, they automatically show on your phone after you sign in. You won't need to restore contacts this way. [Learn about syncing](#).

Export contacts

1. On your Android phone or tablet, open the Contacts app .
2. At the bottom, tap **Fix & manage** > **Export to file**.
3. Choose one or more accounts to export contacts from.
4. Tap **Export to .VCF file**.

Turn automatic backup off or on

When you first set up your Google Account on your phone, you'll be asked if you want to back up your data. To change this setting:

1. Open your phone's Settings app.
2. Tap **System** > **Backup**.
3. Turn **Back up to Google Drive** on or off.

Restore contacts from backups

Important: You can't restore a backup from a higher Android version onto a device running a lower Android version. [Learn how to check and update your Android version](#).

1. Open your phone's Settings app.
2. Tap **Google**.
3. Tap **Set up & restore**.
4. Tap **Restore contacts**.
5. If you have multiple Google Accounts, to choose which account's contacts to restore, tap **From account**.
6. Tap the phone with the contacts to copy.

7. If you don't want to copy contacts from your SIM card or phone storage, turn off **SIM card** or **Device storage**.
8. Tap **Restore**, then wait until you see "Contacts restored."
9. To avoid duplicates, your phone restores only contacts that it doesn't already have. Your restored contacts also sync to your current Google Account and other devices.

Tip: To restore contacts from other apps, like Outlook or WhatsApp, you'll need to re-install those apps.