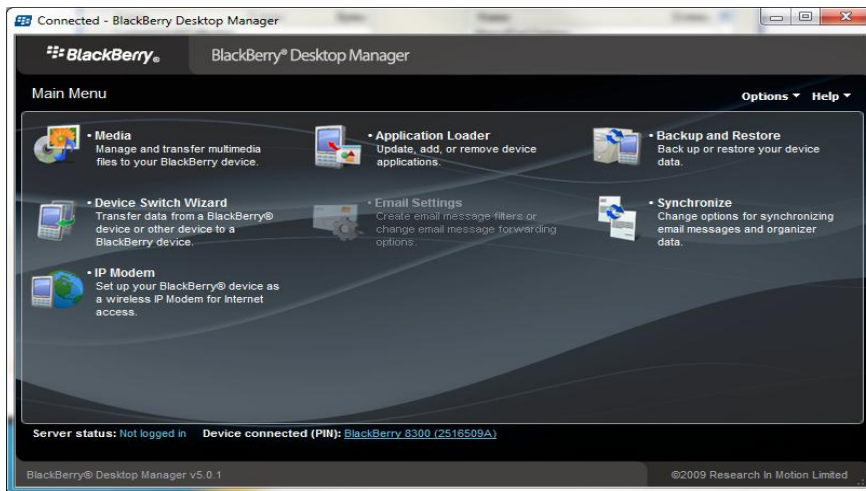
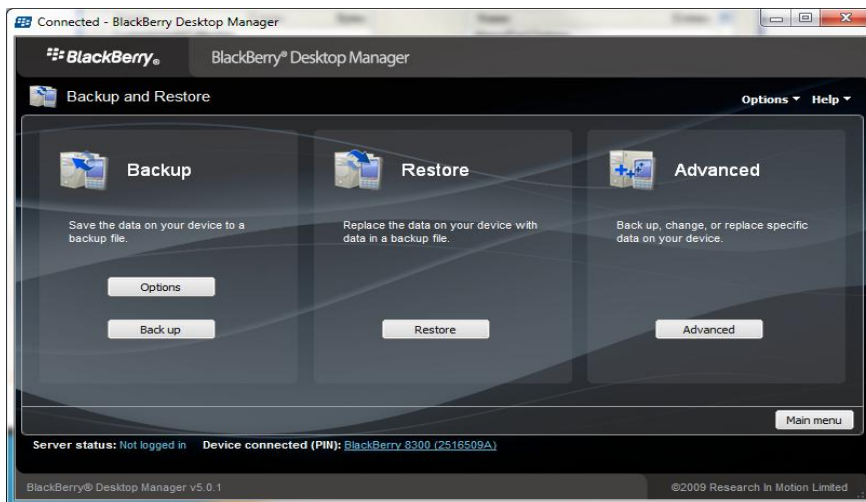


Backup and Restore your Data

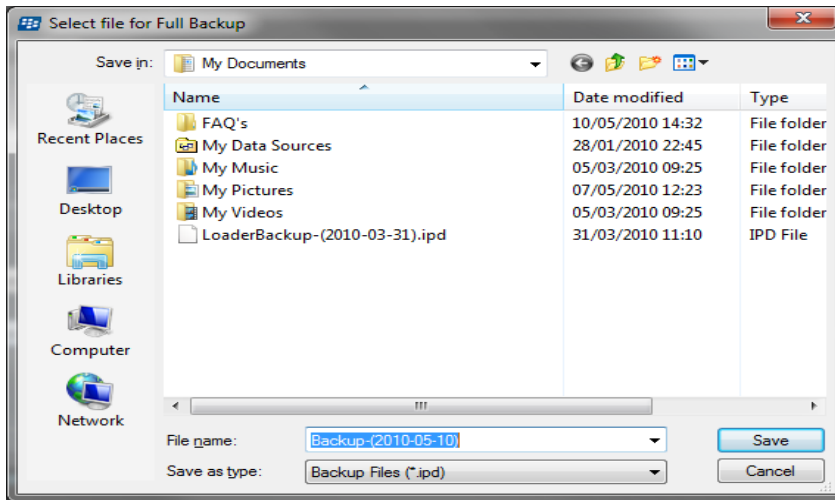
1. Make sure your BlackBerry is connected to your computer via the USB cable. Open BlackBerry Desktop Manager. If you do not have the program you can install it from your BlackBerry CD or download it from www.blackberry.com
2. Select **Backup and Restore**



3. Click **Backup**

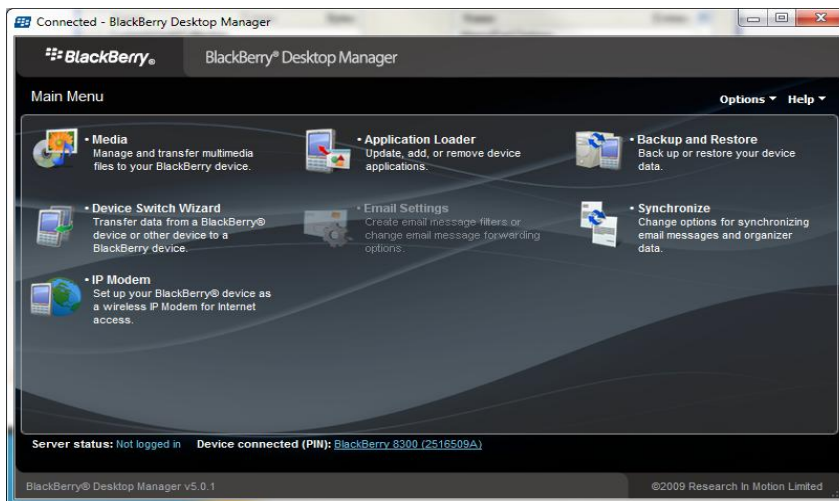


4. Choose a location to save the **Backup data**

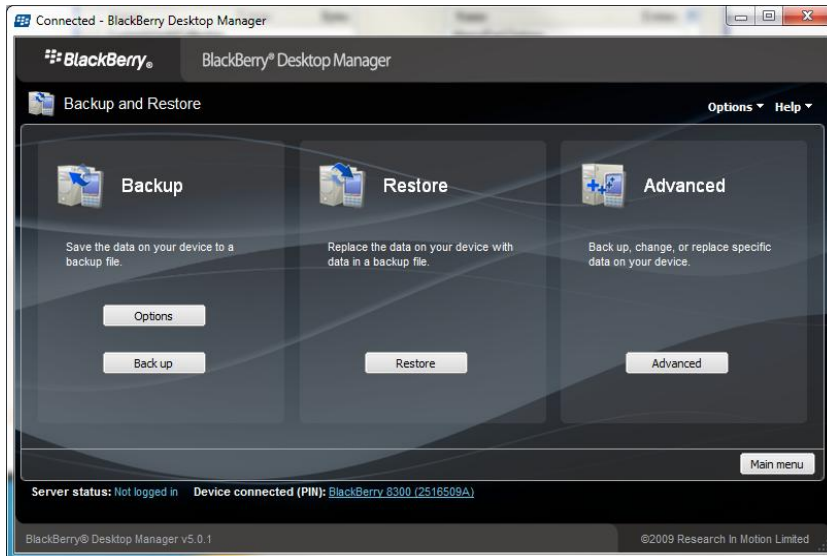


Allow for the data to backup to your location and wait for confirmation that it was successful.

5. To restore your data, select the **Backup and Restore**



6. Click **Restore**



7. Then locate the Backup File to restore your data

