For security purposes, upon your initial login, you will be prompted to **change your default password** as shown below.

3. Choose a secret question and answer that will be easy for you to remember.
   - Provide an alternate email address to which a new password can be sent.
   - Provide additional information along with your secret answer that can be used to verify your identity and help to reset your password.

   **NOTE:** We highly encourage that you choose a different login so you can easily reset your password. The safest way to reset your password is via an alternate email address.

   **At this point, you have successfully completed the initial login and password setup.**

4. Complete all the information on the final screen in order to perform future password resets without having to contact your local campus helpdesk.

   **In the future, if you forget your password and would like to reset it, follow the instructions below:**
   1. At the login screen, click on "Forgot your password?"
   2. Provide your login ID and the security code from the screen.
   3. Either choose ‘Use my location information and secret answer to verify my identity’ or ‘Send password reset instructions to me in e-mail.’
Welcome to LIVE@CUNY!

You are now part of CUNY, the largest urban university system in the United States. As a CUNY student, you can take advantage of the resources available to you through the LIVE@CUNY email services.

Why use LIVE@CUNY?

LIVE@CUNY offers significant advantages over the current e-mail services provided to students throughout CUNY, such as:

1. **Large storage space:** You now have a mail-filing capacity for your e-mail messages.
2. **New features:** The new LIVE@CUNY is hosted on servers managed by Microsoft to provide the highest levels of reliability and performance.
3. **Send files:** You can send 10 MB message attachments, including up to 10 MB attachments, and up to 30 attachments.
4. **Attach files:** Your e-mail is hosted on a new 3.0 e-mail system with an improved and customizable desktop client and web.

Connect your e-mail to more devices!
Many of your e-mail devices will be using LIVE@CUNY, so you can use the Web-based collaborative tools such as shared calendars, notes, and meeting requests to coordinate both academic and non-academic activities.

Control spam and viruses through AntiSpy.

Multiple users can use your LIVE@CUNY account to access or exchange e-mail, phone, and other services offered by Microsoft including Windows Live Messenger, Spanes, SkyDrive and Windows Live for Mobile.

Quick steps for initial login & password reset for your LIVE@CUNY account

Log on to http://ops.cuny.edu/spalive, read all the information, and click on the LIVE@CUNY Login button as it is indicated in the red circle below.

After clicking on the LIVE@CUNY Login button, you will be prompted to the CUNY login screen, where you will be required to enter your e-mail credentials.