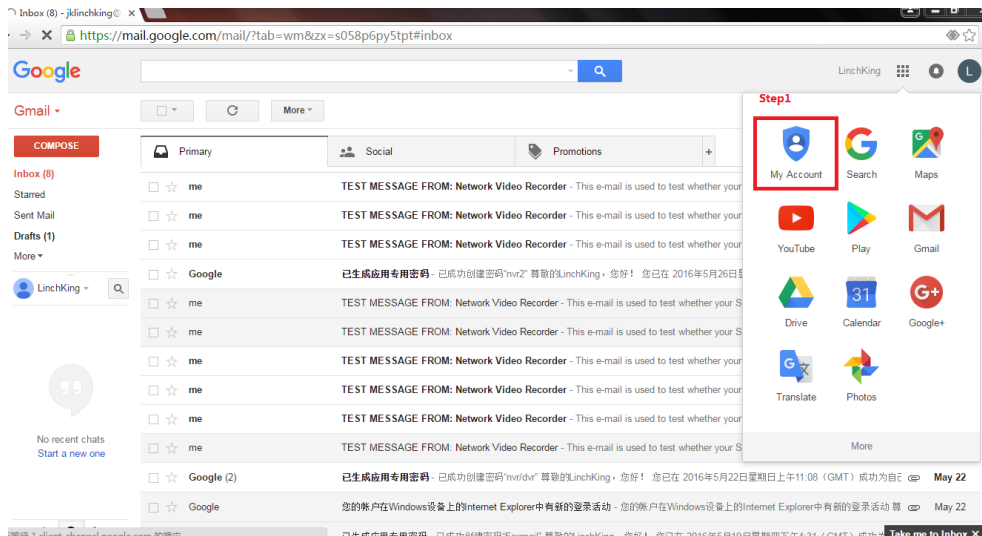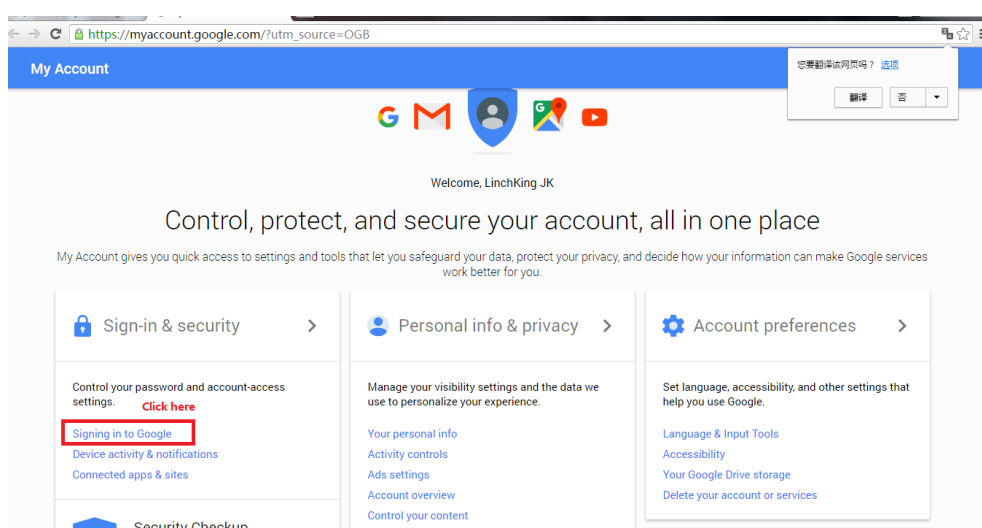Set your gmail account as below:
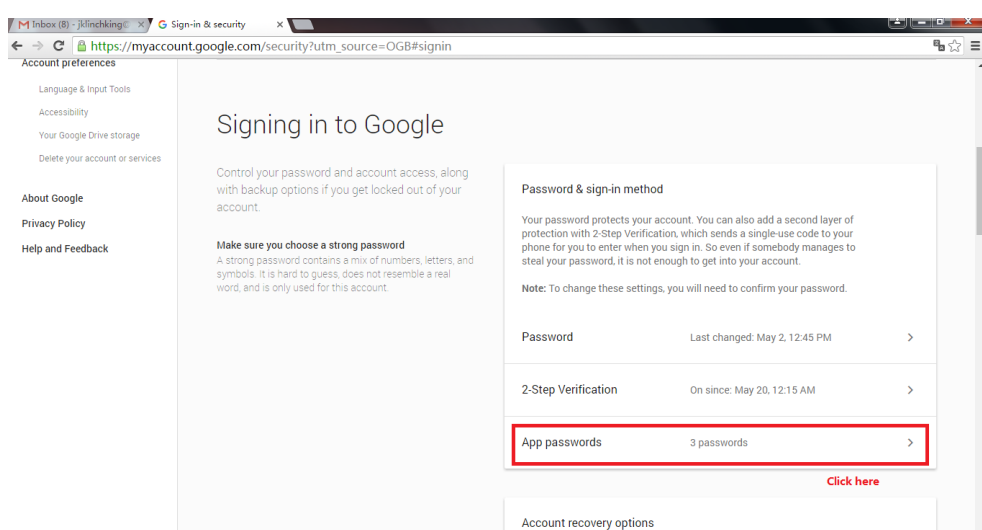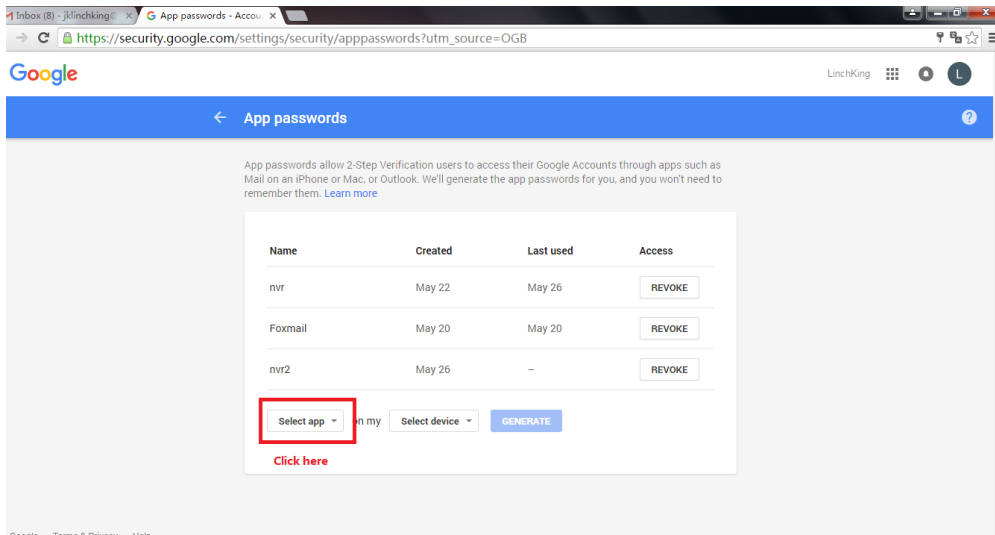
1. Go to **My Account** setting page
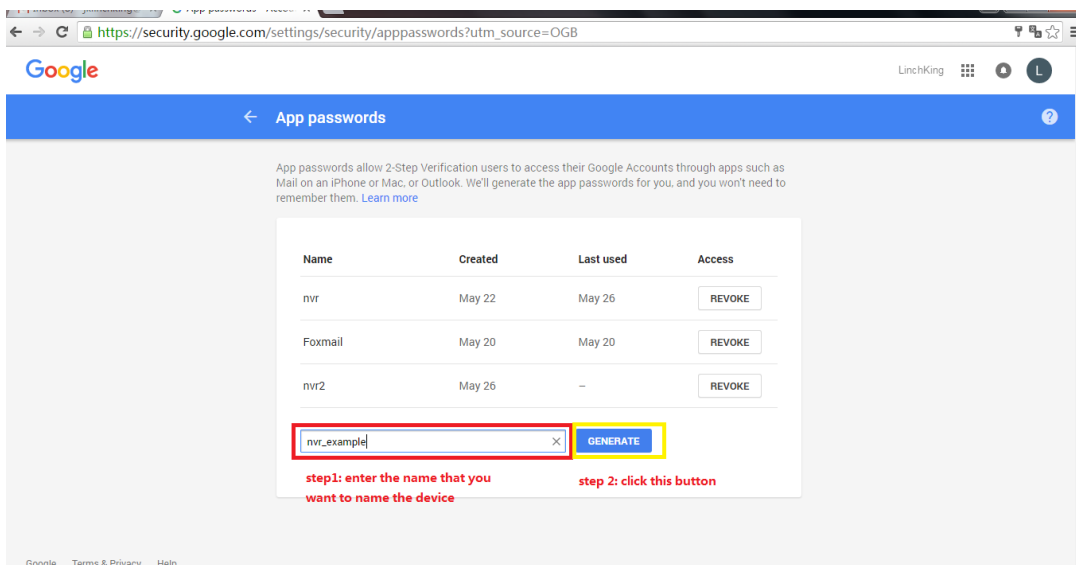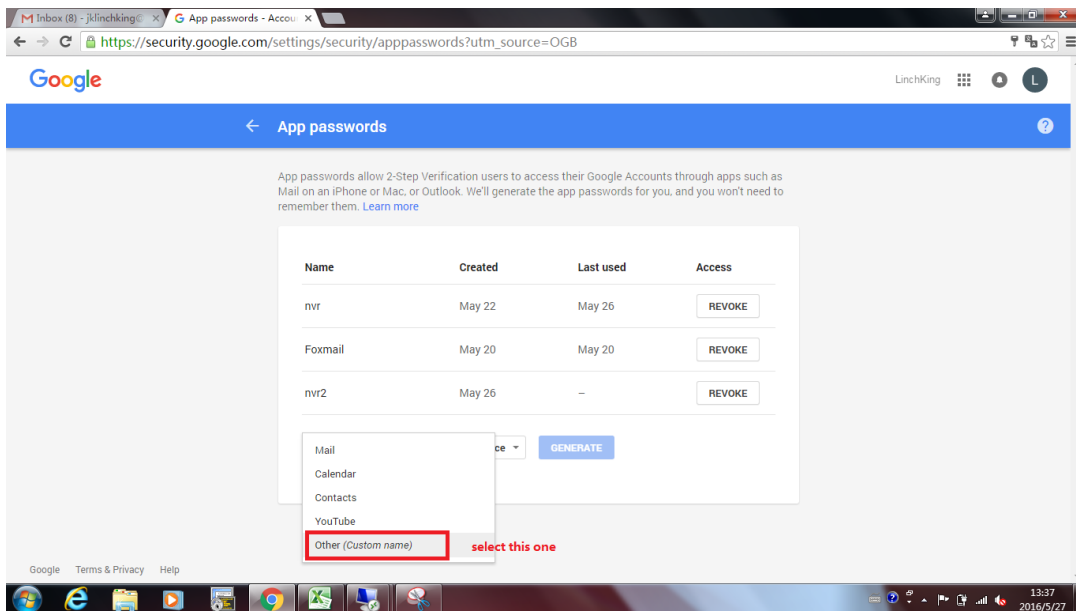

2. Click **Signing in to Google**

3. Click **App passwords** to enter the password setting page

4. Click select app

5. Select *Other(Custom name)* and input a nickname for the NVRDVR, then click *GENERATE*

select this one

step1: enter the name that you
want to name the device

step 2: click this button

6. Use the password generated from gmail for your DVR/NVR email password by going to Menu > Configuration > Network > Email setings.
The other settings can keep as previous setting.