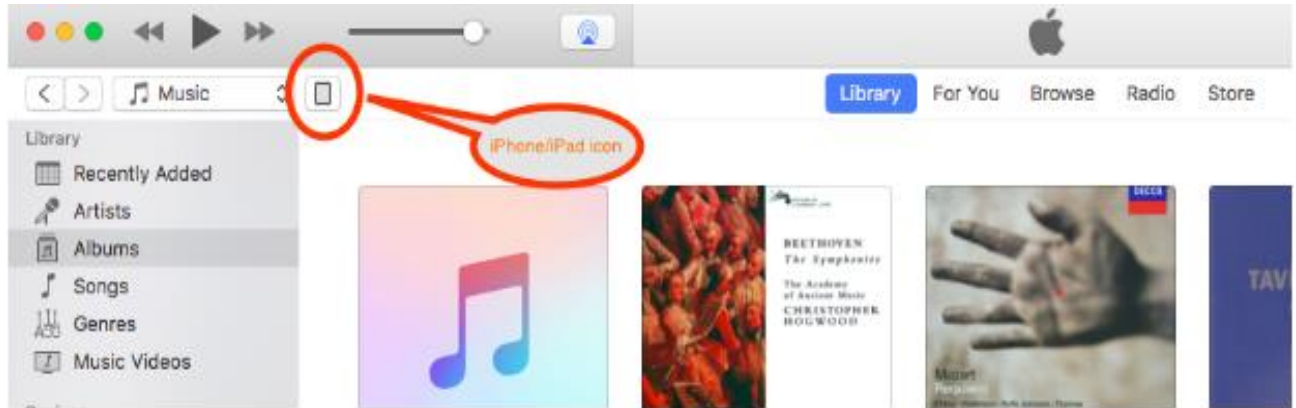# How to backup an iPhone using iTunes

1. Connect phone to computer and open the ITunes application.

Click here

2. Click the "phone" icon near the top left

3. Under backups, select the option that says this computer. Next you hit the backup now button. A complete backup of your phone should now take place. Selecting the encrypt IPhone option will also ensure all passwords, such as email are saved on the phone.