Emails on Phone

Android:

https://support.google.com/work/android/answer/9412194?hl=en

iPhone:

https://support.microsoft.com/en-us/office/set-up-an-outlook-account-on-the-ios-mail-app-7e5b180f-bc8f-45cc-8da1-5cefc1e633d1

Use your email address and usual log on password.

Tap Settings.
Tap Passwords & Accounts.
Tap Add Account.
Tap Exchange.

Tap Email and key in your email address - ..@..co.uk
Tap Password and key in the password for your email account. -
Tap Description and key in the required name - Company
Tap Next.

Tap Server and key in the server address -
Tap Domain and key in the domain name - *leave blank*
Tap Username and key in your username for the server - ...
Tap Password and key in the password for your email account -
Tap Next.

Tap the indicator next to the required data type to turn synchronisation for the specific data type on or off.
Tap Save.