Guide 4 of 13 · Instantly

A tour of Instantly and your email accounts

Updated Sep 30, 2026

Instantly is the tool that sends Bold's campaigns. Sign in at app.instantly.ai. This tour shows where everything sits, what the numbers on each mailbox mean, and why warmup always stays on. You only look; no setting changes.

6 steps · 4 min · 1 watch-out

Watch it first: a tour of Instantly in one short video

The narrated video of this guide is in the library: https://campus.boldestimations.com/video/instantly-tour-and-email-accounts.mp4

6 steps, each with the screen you will see

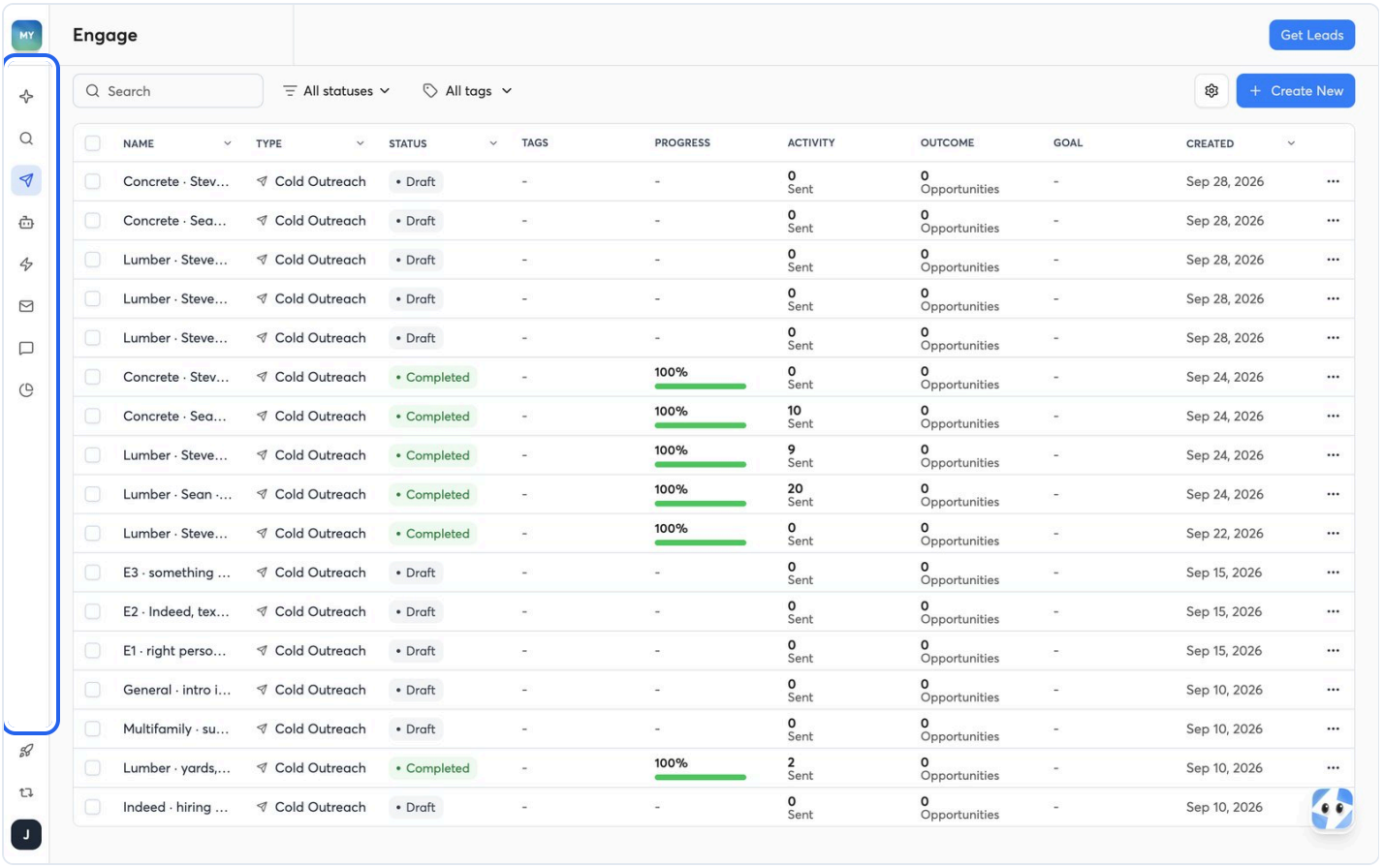
1. The left bar
2. Email Accounts
3. Daily Sent and Health Score
4. The warmup flame
5. A mailbox's warmup
6. A mailbox's campaigns

Screens recorded Sep 30, 2026 in Bold Estimation's Zapmail, Instantly and Google accounts. Names, email addresses and phone numbers of real people are replaced with placeholders or blurred, and typed examples are made up. If a screen looks a little different, the tool has updated: find the same label nearby.

1 The left bar

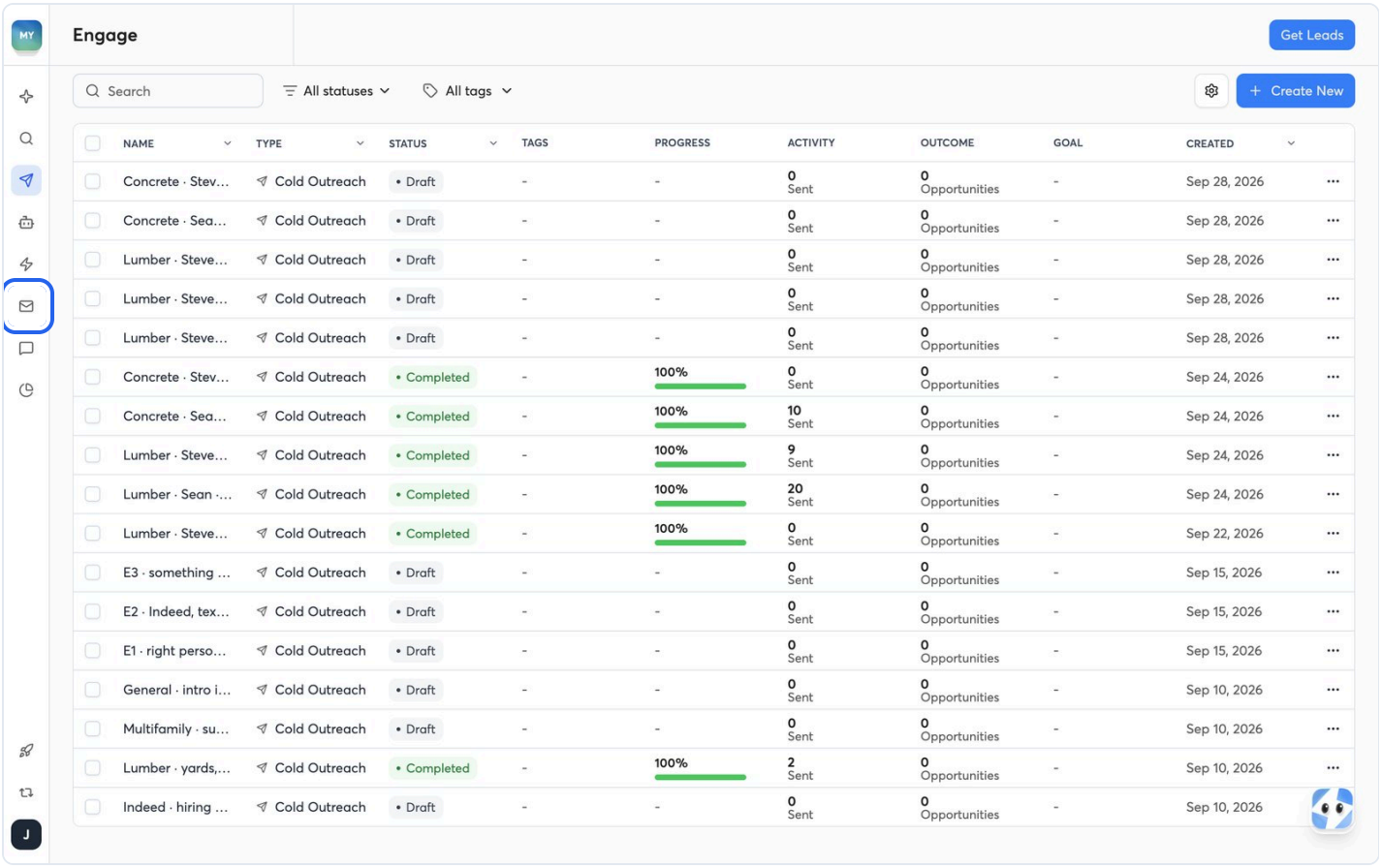
Sign in to Instantly.

The bar on the left holds every part of Instantly. The paper plane is Engage, where the campaigns are. The speech bubble is the Unibox, where replies arrive.



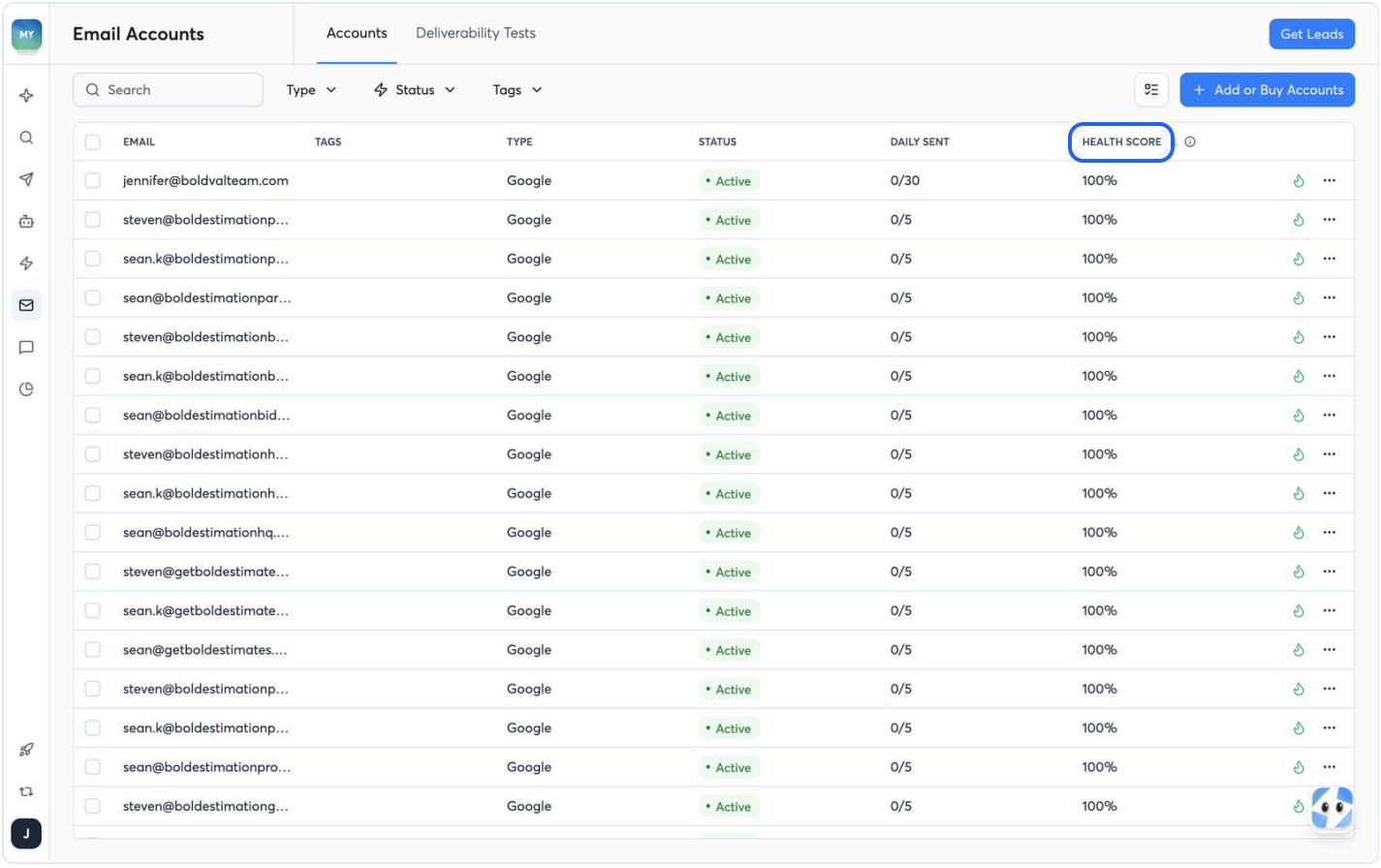
2 Email Accounts

The envelope opens Email Accounts. Each line is one sending mailbox.



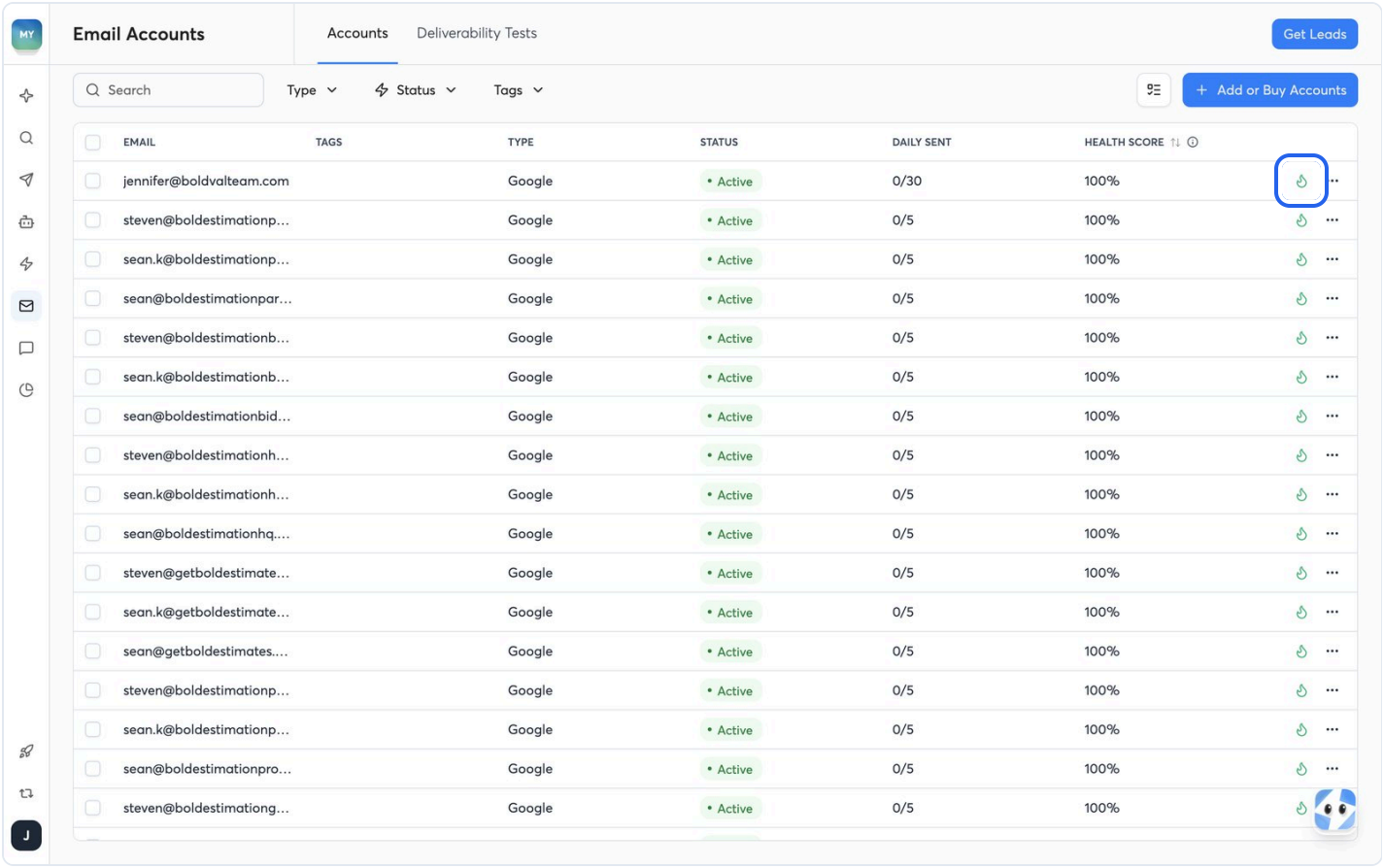
3 Daily Sent and Health Score

Daily Sent shows today's campaign emails against the mailbox's limit, like zero of five. Health Score shows how well its emails land. Healthy is 95 percent or more.



4 The warmup flame

The green flame means warmup is on. Warmup trades friendly emails with other mailboxes, so inboxes learn to trust yours. Leave it on for every mailbox.

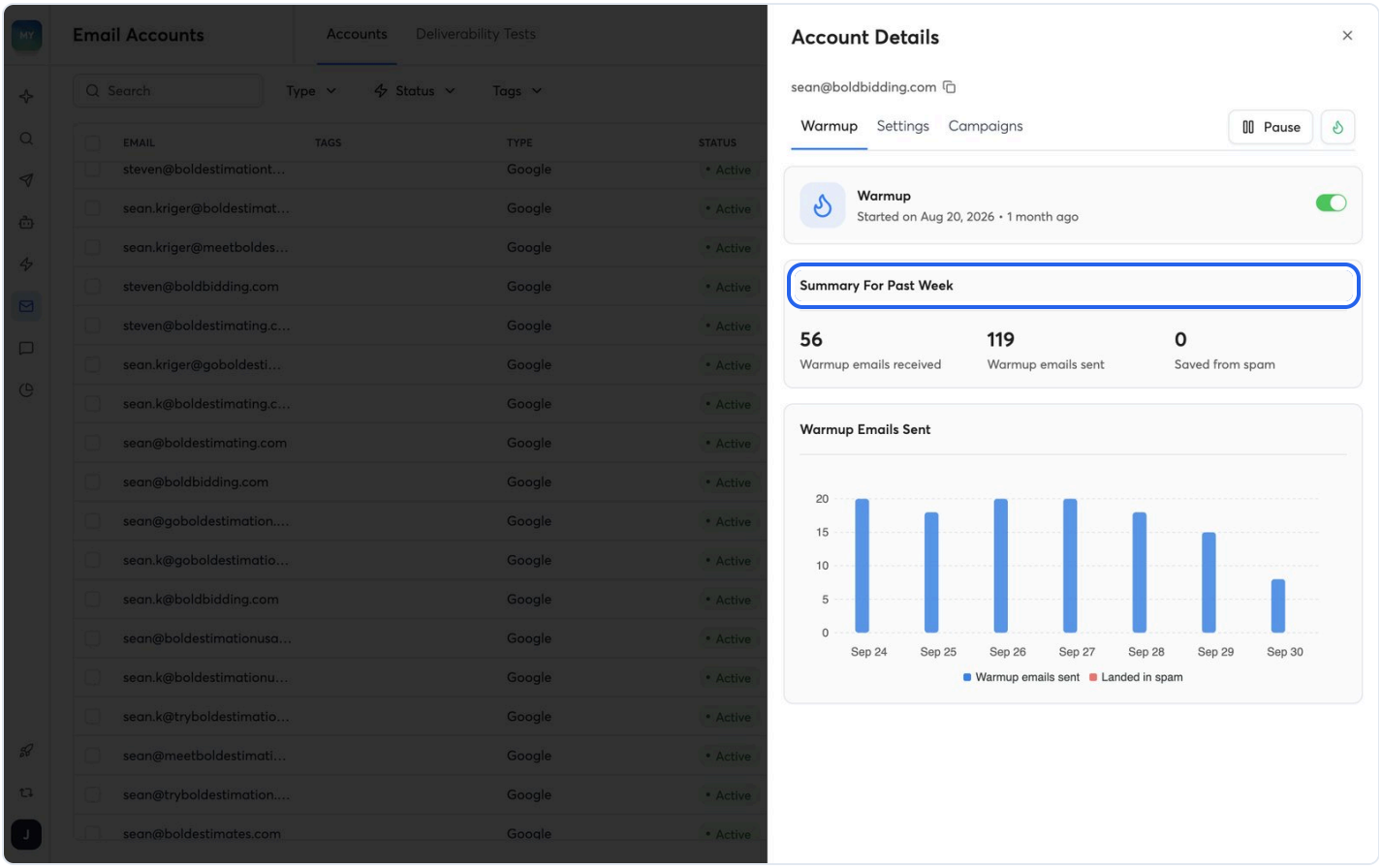


> ⚠ **Watch out.** Never turn warmup off, even on mailboxes that send campaigns. Without it a mailbox loses trust within days and its emails start landing in spam. If a flame is grey, open the mailbox and switch warmup back on in its Warmup tab.

5 A mailbox's warmup

Click a mailbox to open its details.

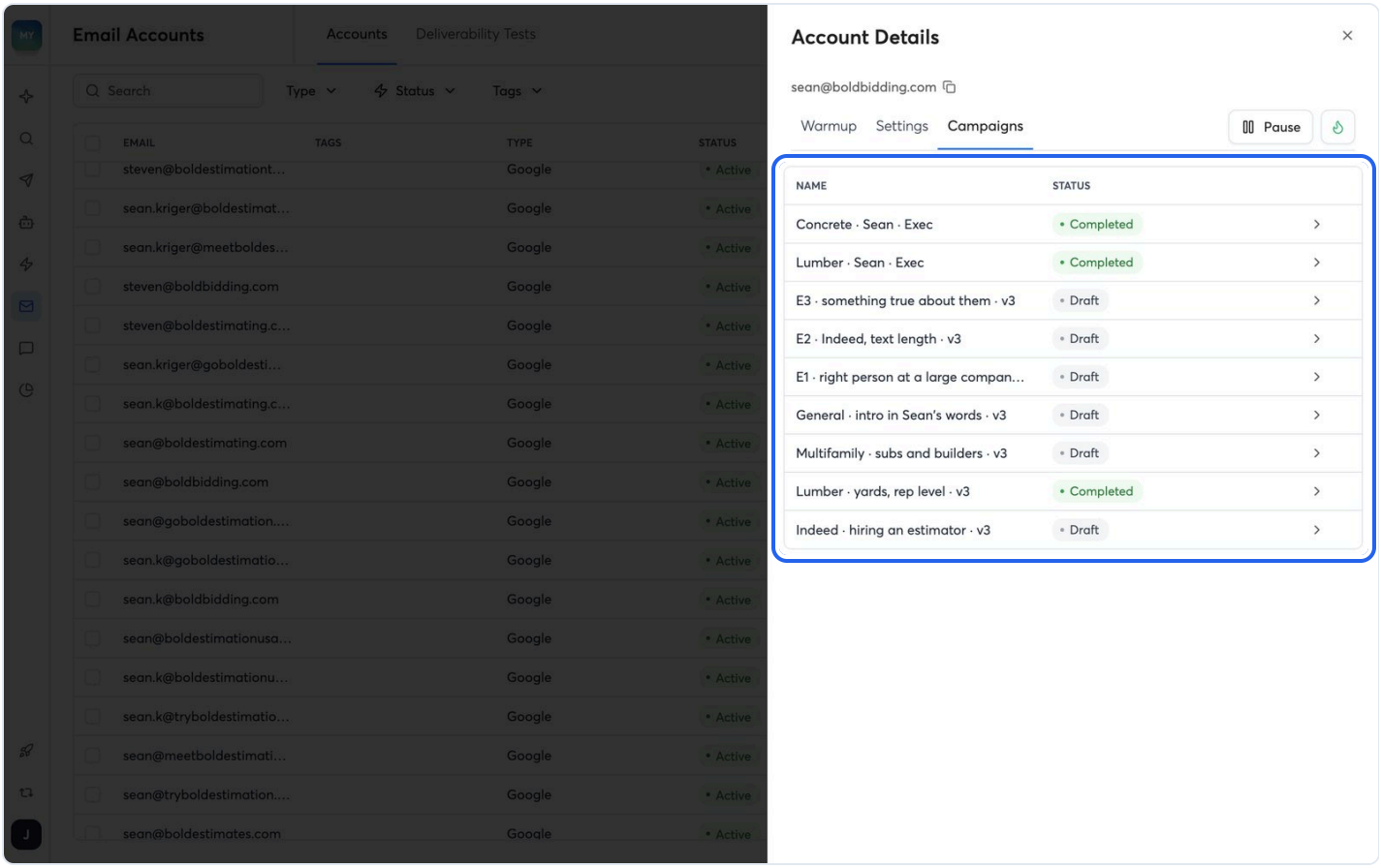
The Warmup tab shows the past week. Saved from spam should stay at zero.



6 A mailbox's campaigns

The Campaigns tab lists every campaign this mailbox sends for.

Press Escape to go back to the list.



1 watch-out to keep in mind Before you click

⚠ Never turn warmup off, even on mailboxes that send campaigns. Without it a mailbox loses trust within days and its emails start landing in spam. If a flame is grey, open the mailbox and switch warmup back on in its Warmup tab.