Microsoft 365 backup and restoration

Exchange Online | SharePoint Online | OneDrive for Business | Microsoft Teams

Exchange Online backup

- **Exchange Online backup**

  Back up your entire Exchange Online tenant, including all emails, calendar entries, contacts, journals, notes, posts, and tasks.

- **Item-level restoration**

  Restore individual items such as a single email or calendar event to any backed-up state.

- **Incremental backups**

  Accelerate the backup process by backing up only the changes since the last backup cycle.

- **Export mailbox data to PST**

  Export the contents of an entire mailbox or just specific items to PST format for secure archival.

- **Cross-user restoration**

  Restore backed-up mailbox items to the same mailbox, to a different mailbox, or even to a mailbox in a different tenant/organization.

- **Cross-platform restoration**

  Restore a backup of an on-premises mailbox to a mailbox in your Exchange Online tenant and vice-versa.

- **Restore preview**

  Preview backed-up items to ensure the right value is restored.

- **Scheduled backups**

  Schedule your backups to happen at non-business hours to ensure there's minimal disruption to users.

- **Multiple storage options**

  Store your backups within your premises in local repositories, NAS, or cloud repositories like Azure Blob Storage, Azure Files, AWS S3, or Wasabi as per your needs.

- **Immutable backups**

  Insure against ransomware by storing backups in immutable cloud repositories like Azure Blob Storage, AWS S3, or Wasabi.

- **Retention policy**

  Define a custom retention policy to specify how long backups will be held in your repository.

- **Compression and encryption**

  Compress backups to save storage space and encrypt them with AES-256.

SharePoint Online backup

- **SharePoint Online backup**

  Back up all SharePoint Online site collections, sites, lists, and document libraries.

- **Item-level restoration**

  Restore individual list items or a single document to the backed-up state.

- **Incremental backups**

  Accelerate the backup process by backing up only the changes since the last backup cycle.

- **Complete site restoration**

  Restore entire SharePoint Online sites to the backed-up state.

- **Restore to a different SharePoint Online site**

  Restore backed-up list items to the same SharePoint Online site or to a different site.

- **Restore preview**

  Preview backed-up items to ensure that the right document is restored.

- **Scheduled backups**

  Schedule your backups to happen at non-business hours to ensure there's minimal disruption to users.

- **Multiple storage options**

  Store your backups within your premises in local repositories, NAS, or cloud repositories like Azure Blob Storage, Azure Files, AWS S3, or Wasabi as per your needs.

- **Immutable backups**

  Insure against ransomware by storing backups in immutable cloud repositories like Azure Blob Storage, AWS S3, or Wasabi.

- **Retention policy**

  Define a custom retention policy to specify how long backups will be held in your repository.

- **Encryption**

  Secure your SharePoint Online backups with AES-256 bit encryption standard.

- **Compression**

  Compress backups of SharePoint Online items to save storage space.

OneDrive for Business backup

- **OneDrive for Business backup**

  Back up and restore all files and folders in your OneDrive for Business environment.

- **Item-level restoration**

  Restore individual items like individual files or folders to their backed-up state.

- **Incremental backups**

  Accelerate the backup process by backing up only the changes since the last backup cycle.

- **Complete site restoration**

  Restore the entire OneDrive for Business site to the backed up state.

- **Restore to a different OneDrive for Business site**

  Restore backed-up files and folders to the same OneDrive for Business site or to a different site.

- **Restore preview**

  Preview backed-up items to ensure that the right file is restored.

- **Scheduled backups**

  Schedule your backups to happen at non-business hours to ensure there's minimal changes made to the OneDrive for Business site when it's being backed up.

- **Multiple storage options**

  Store your backups within your premises in local repositories, NAS, or cloud repositories like Azure Blob Storage, Azure Files, AWS S3, or Wasabi as per your needs.

- **Immutable backups**

  Insure against ransomware by storing backups in immutable cloud repositories like Azure Blob Storage, AWS S3, or Wasabi.

- **Retention policy**

  Define a custom retention policy to specify how long backups will be held in your repository.

- **Encryption**

  Secure your OneDrive for Business backups with AES-256 bit encryption standard.

- **Compression**

  Compress backups of OneDrive for Business files and folders to save storage space.

Microsoft Teams

- **Microsoft Teams backup**
  Back up all channels, posts, and files in Microsoft Teams.

- **Incremental backups**
  Accelerate the backup process by backing up only the changes made since the last backup cycle.

- **Scheduled backups**
  Schedule your backups to happen at nonbusiness hours to ensure there's minimal disruption to users.

- **Multiple storage options**
  Store your backups within your premises in local repositories, NAS, or cloud repositories like Azure Blob Storage, Azure Files, AWS S3, or Wasabi as per your needs.

- **Immutable backups**
  Defend against ransomware by storing backups in immutable cloud repositories like Azure Blob Storage, AWS S3, or Wasabi.

- **Retention policy**
  Define a custom retention policy to specify how long backups will be held in your repository.

- **Compression and encryption**
  Compress backups to save storage space and encrypt them with AES-256.

System requirements

Processor: 3GHz

Number of cores: 6

RAM: 16GB

Disk space: This requirement varies based on the number of backed-up Exchange Online mailboxes, the size of your SharePoint Online, OneDrive for Business, and Microsoft Teams sites, and the retention period that you set for your backups. RecoveryManager Plus typically compresses backups to a third of their original size.

If the total size of the mailboxes, SharePoint Online, OneDrive for Business, and Microsoft Teams sites is 1TB, make sure that you have 1TB of free disk space to store the full backup and all subsequent incremental backups.

Supported browsers:
- Mozilla Firefox
- Microsoft Edge
- Google Chrome
- Internet Explorer 10 and above

ManageEngine
RecoveryManager Plus

About RecoveryManager Plus

ManageEngine RecoveryManager Plus is a comprehensive enterprise backup and recovery solution for Active Directory, Microsoft Entra ID, Microsoft 365 (Exchange Online, SharePoint Online, OneDrive for Business and Microsoft Teams), Google Workspace, on-premises Exchange and Zoho WorkDrive environments. With its incremental backups, flexible retention policies, backup immutability and multiple modes of restoration—such as domain controller recovery and object-, item- and attribute-level restoration—RecoveryManager Plus delivers a holistic solution for minimizing downtime and ensuring seamless business continuity by backing up all application's data.

For more information, visit www.manageengine.com/ad-recovery-manager.

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