**Accessing an external account** typically refers to gaining access to a digital account or service that is not directly associated with your primary account or device. This might involve:

- Logging in with a separate username and password: For example, accessing your personal email account from your work computer.
- **Using a third-party application or service:** Connecting your social media account to a game or app to share content.
- **Granting permissions to another device or account:** Allowing your phone to access your bank account through a mobile app.

Do you have a specific external account you're trying to access? If so, I can provide more tailored instructions.