To check your Mail Using Web mail "using your internet Browser":

1- To login to your mail through web please go to the link
   http://webmail.yourdoaminname.x
2- Type your full E-mail as your username for ex. and the password
   to login to your mail : anyone@yourdomainnname.x
3- After you login to your mail from the left menu you can click My
   account→Password to change your password
4- You can see your inbox by clicking mail