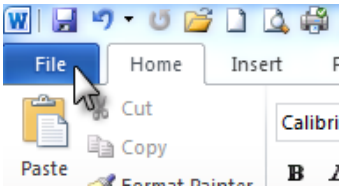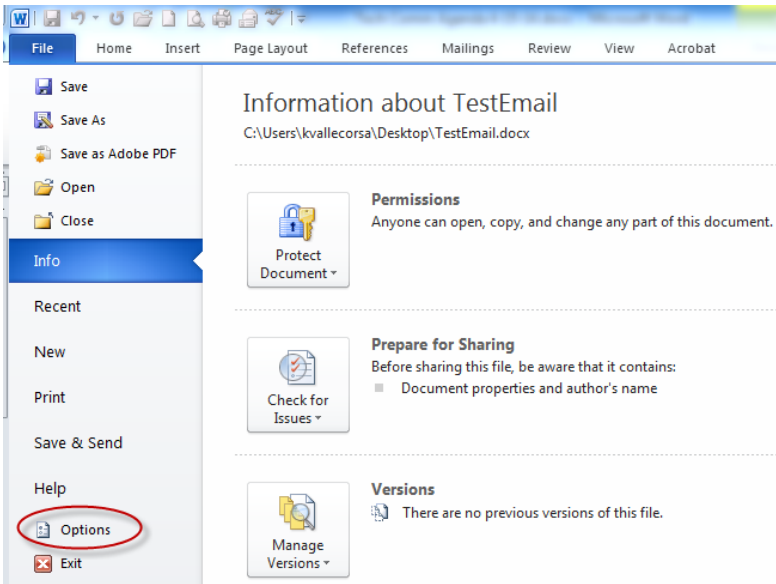# How to Send a Word Document as the Body of an Email Message
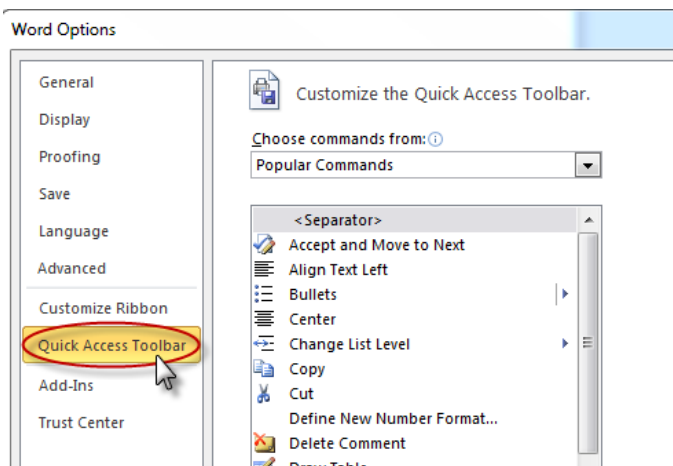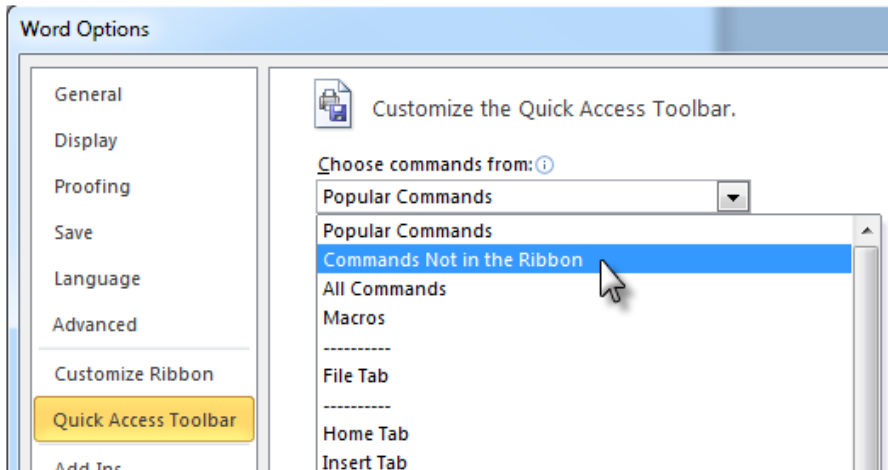
1. Open Word and click the File tab.

2. Click Options in the menu list on the left.

3. On the Word Options dialog box, click Quick Access Toolbar in the menu list on the left pane.

4. On the Quick Access Toolbar screen, select Commands Not in the Ribbon from the Choose commands from drop-down list on the left side of the right pane.


5. Scroll down in the list below the Choose commands from drop-down list and select the Send to Mail Recipient command from the list. Click Add to add it to the list of commands on the Quick Access Toolbar on the right.
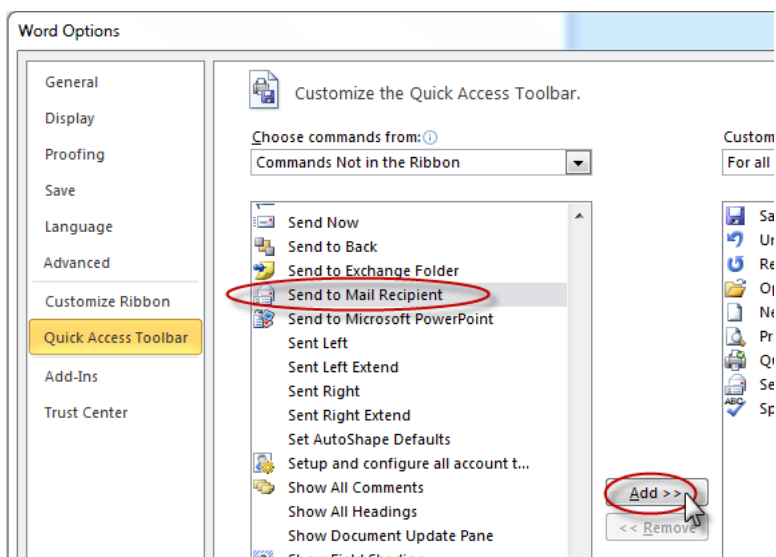

6. Click OK to accept your change and close the dialog box.
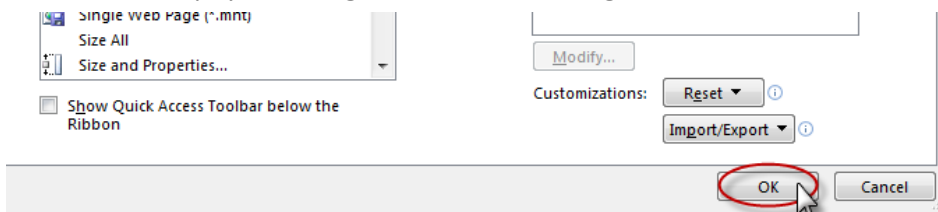
7. The Send to Mail Recipient button is added to the Quick Access Toolbar. Click the button to create an email from the current document.
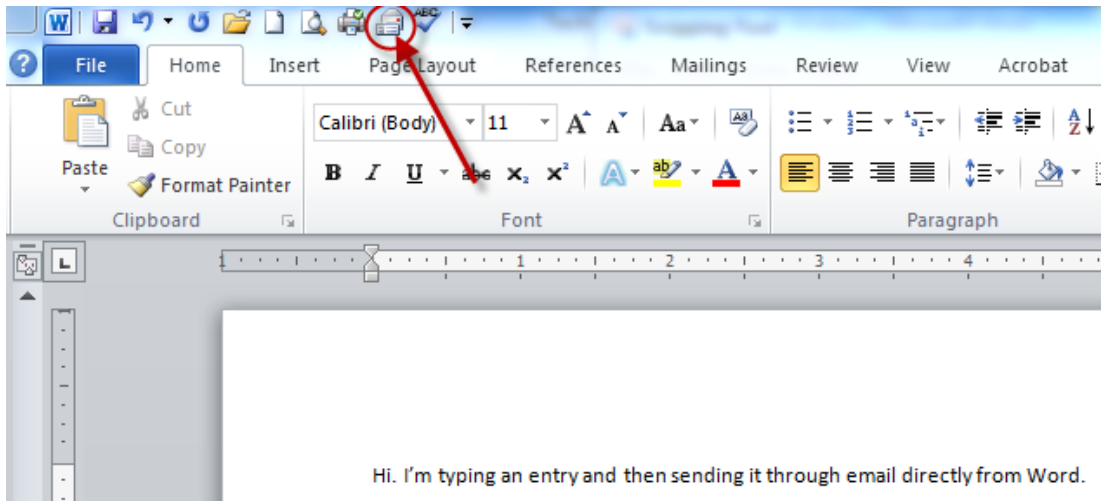

8. A panel opens with a To field, a Cc field, a Bcc field, a Subject field, and an Introduction field. Enter the email address for the recipient of the email in the To field and a subject for the email in the Subject field. Enter a Cc address and an Introduction, if desired.
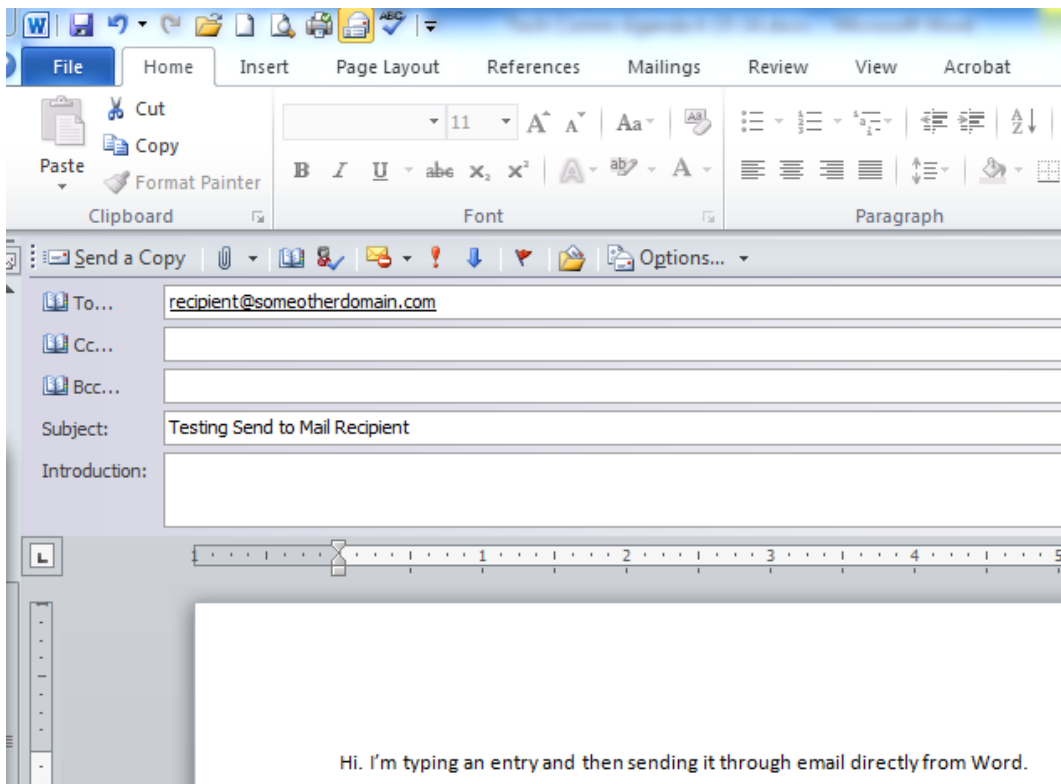
9. If you want your email address to be displayed when the recipient receives the email, click Options and select From from the drop-down menu.
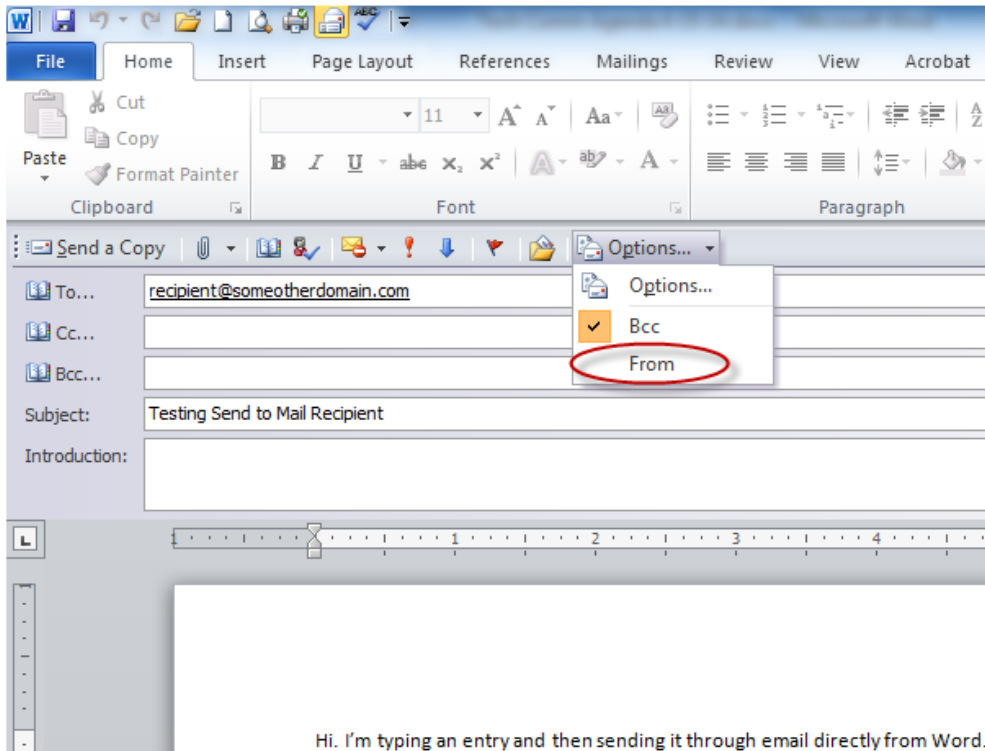
10. Enter your email address in the From field that displays.
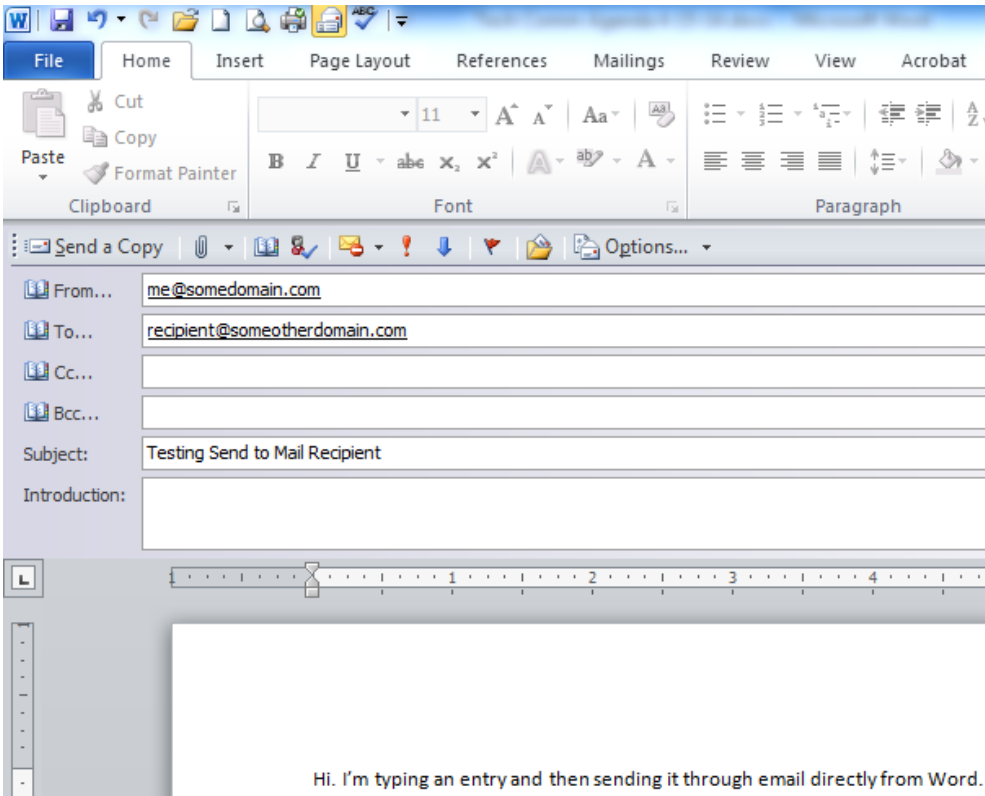
11. Note that there's no real record of your sent email except as a Word document. If you want to keep a copy of the message for yourself in Outlook, enter your email address in the Bcc field.
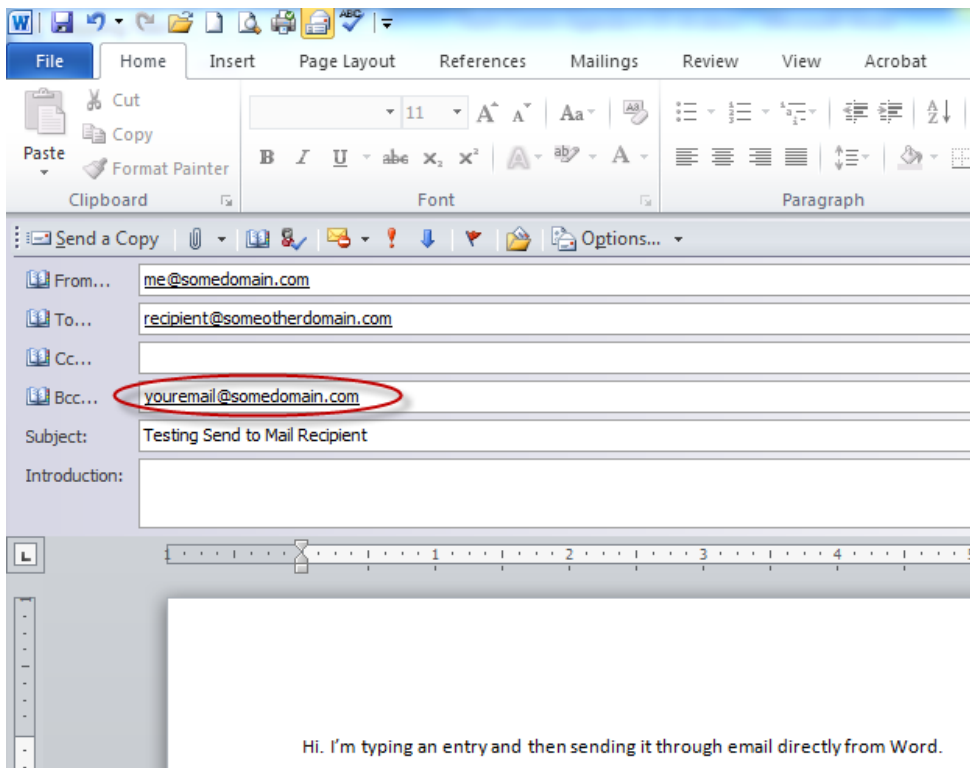
12. To send the email message click Send a Copy.