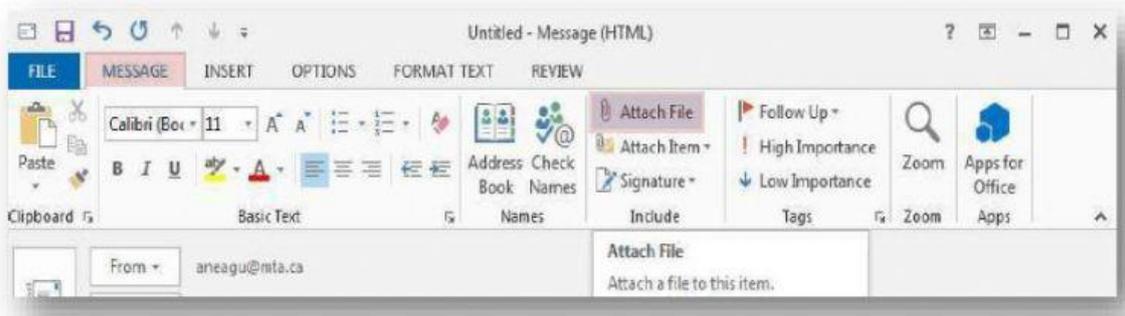


## Lesson 8      Attaching a File to a Message

In this lesson you will learn how to attach a file to an email.

A convenient way to distribute a file such as a **PowerPoint presentation, Excel Workbook, Word document** or a **picture**, is by attaching the file to an *email message*. *Message* recipients can *preview* or *open* the file from the **Reading Pane**, open it from the message window, *forward* it to other people, or save it to the computer.

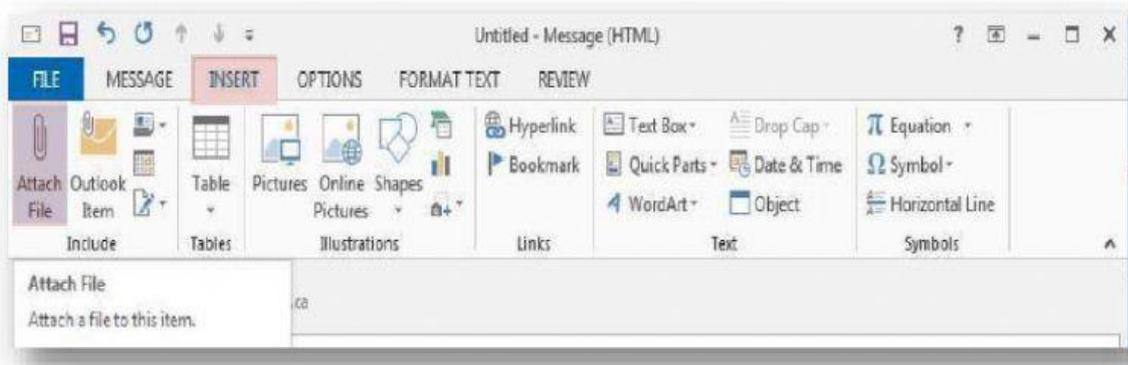
1. In the *message window*. Click the **Message** tab on the **Ribbon**, and click **Attach** File button in the include group. The **Insert File** dialog box appears.**1**
2. *Navigate* to and *select* the file you want to **insert** and click **Insert**, or ( *in some cases the word open will appear then click on that.*) The selected file is attached to the message.



### 1

#### Other Ways to Attach a File

In the **Message** window, click the **INSERT** tab on the **Ribbon** and *click* the **Attach File** button in the *include group*. **2**



2

You can also attach other items to a new Mail message, such as another email, an appointment or a contact's Business card.

1. In the Message window, click the MESSAGE tab on the Ribbon and click the Attach item button in the include group.

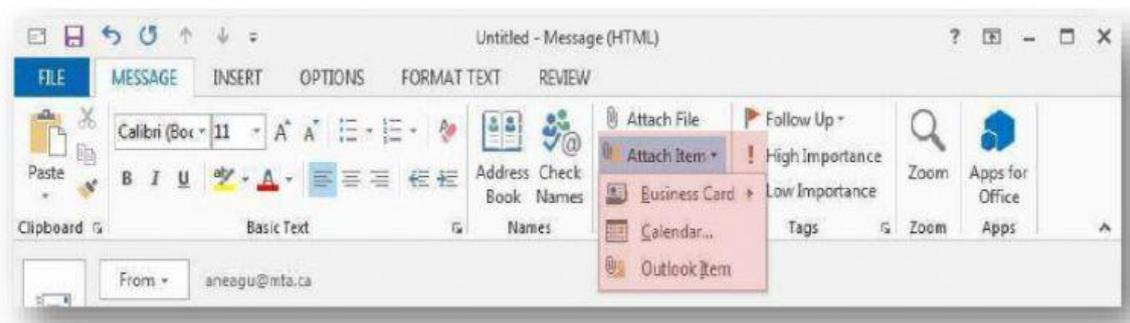
A list of items appears including:- 3

**Business Card**-select this option to include a Business Card from your contact list.

**Calendar** – Select this option to include your free/ busy information.

**Outlook item**- Select this option to include an Outlook item, such as an e-Mail, appointment, or task.

2. Select the type of item you want to attach and follow the prompts if necessary.



3

## Questions

**1. What type of files can you attach to a message?**

**2. Describes the steps you use to attach a file?**

**3. Can you attach other files? Name 2.**