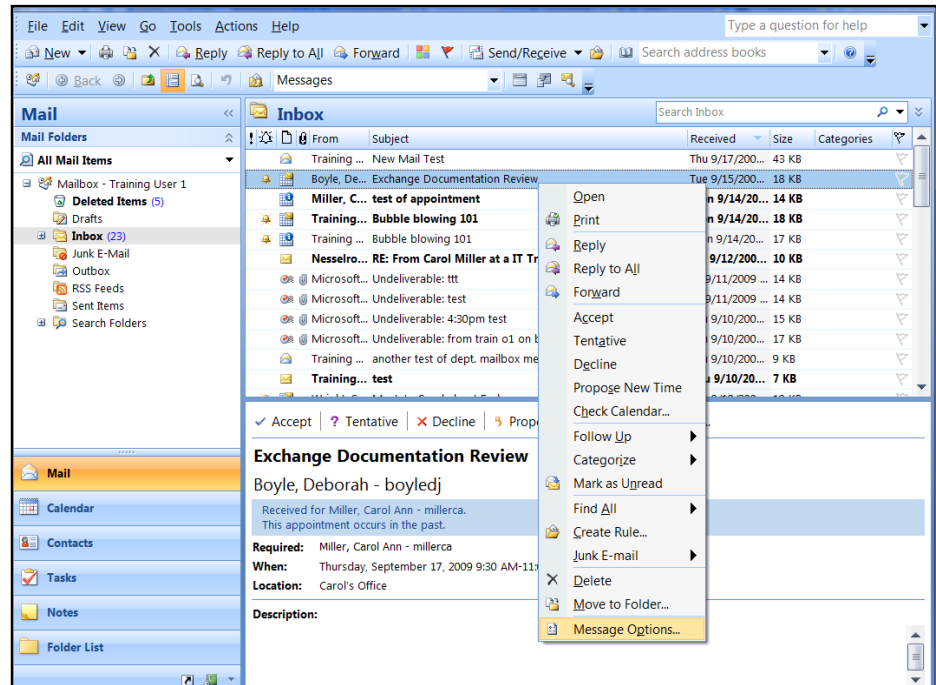


Outlook 2007: Viewing Message Headers

There are times when specific information that appears in the header of an e-mail message needs to be viewed. The following steps enable e-mail users to quickly see a message header.

Viewing Message Headers

1. Open Outlook.
2. In the **Inbox** right-click on a mail message.
3. In the new window, click on **Message Options**.



4. In the **Message Option** window, review the header at the bottom window in the Internet headers portion of the window.
5. If necessary scroll through the header to find the specific information needed.

