

Outlook 2007 Import PST to Exchange Account

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1. Go to File > **Import and Export**
2. Select **Import from another program or file** and click **Next**
3. 3. Select **Personal Folder File (.pst)** and click **Next**
4. Browse to the location of your most recent PST file backup, select **Do not import duplicates**, and click **Next**
5. Select **Personal Folders**, and check the **Include subfolders** box. Select **Import items into the same folder in:**, then choose your Exchange account (if it is not displayed by default) in the drop-down box. Click **Finish**. The importation process may take several minutes to complete depending on the amount of mail, contacts, appointments, etc. being imported.