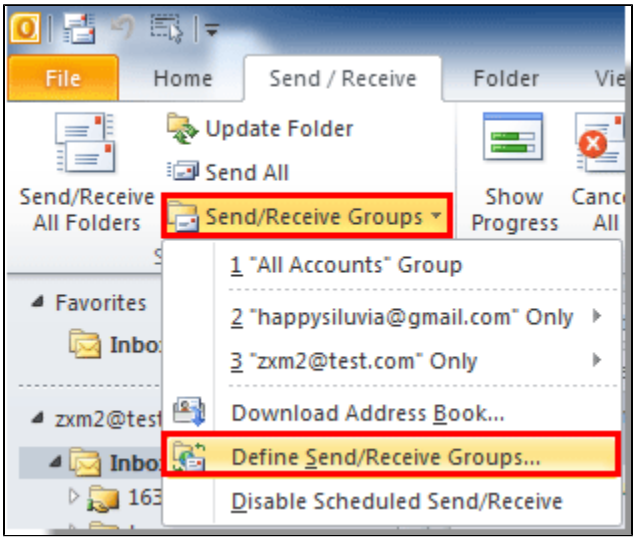
I unchecked "Schedule an automatic Send or Receive every X minutes" under the options menu, but Outlook seems to automatically be checking for mail.

Q: I unchecked "Schedule an automatic Send or Receive every X minutes" under the options menu, but Outlook seems to automatically be checking for mail.

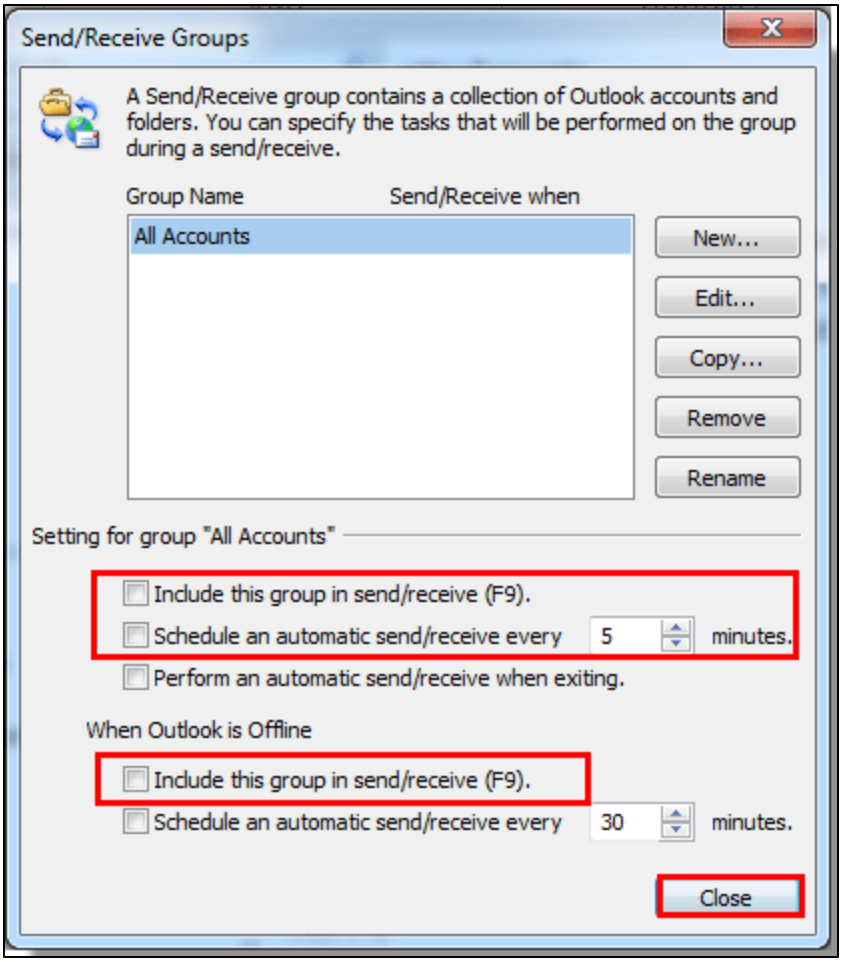
Answer

1. Open the **Send/Receive Group** dialog box.

2. In Outlook 2010 and 2013, click **Send/Receive Groups** > **Define Send/Receive Groups** under **Send / Receive** tab



3.In the **Send/Receive Group** dialog box, please select the **All Accounts** in the **Group Name** box. Then uncheck the **Include this group in send/receive (F9)** and **Schedule an automatic send/receive every X minutes** boxes in **Setting for group "All Accounts"** section. And uncheck the **Include this group in send/receive (F9)** box in **When Outlook is Offline** section. Finally click the **Close** button.



Then the send receive won't be enabled automatically when Outlook startup.

Note: After uncheck the options above, the **Send and Receive** function won't be displayed when Outlook startup, even you manually click the **Send/Receive All Folders** button. But you can still send emails through the email accounts by clicking the Send button, and receive email when it arrives.