

Tips for speeding up Outlook Initial Connects

===== Tip 1. =====

If your running Windows Vista or Windows 7 there is a good chance you're a victim of a recent network stack enhancement.

To switch back to using the TCP/IP stack the way it was prior to Windows Vista, open a command prompt using [Run as Administrator] and run the following command:

```
C:\> netsh int tcp set global autotuninglevel=disable
```

Basically it tells your TCP/IP stack to run flat out without tip toeing into the water - which causes start ups to behave slow at first, fast later.

The command goes into effect immediately and does not require a reboot.

===== Tip 2. =====

Disable "automatic" Offline Address Book update.

It's not a big loss, but a big gain day to day.

Select the main Outlook window then press [CTRL+ALT+S] in the popup click [Edit] then "uncheck" the [Download offline address book] option.

Then click [OK] and then [Close] and press [F9]

That should start a manual [Send/Receive] and you can watch how much of a difference it makes.

The OAB is used "together" with name searches to the online Directory, its only for speeding up searches.

It doesn't necessarily need to be downloaded every day and can substantially slow down initial startups.

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