

how to stop microsoft account email from being scanned for AI training

You can stop your **Microsoft account email** from being used in **AI training**, but the key is understanding *what Microsoft actually scans* and *which settings control it*. The short version: **Microsoft does *not* use your Outlook/Microsoft account email content to train Copilot or other AI models**, but some connected features *can* process your data unless you turn them off.

Below is the full breakdown so you can lock everything down.

● 1. Does Microsoft scan your email for AI training?

According to Microsoft's published policies, **email content in Outlook.com, Exchange Online, and Microsoft 365 is *not* used to train foundation models**. These services fall under "non-optional service data," which is used only to operate the service (spam filtering, malware detection, syncing), not to train Copilot.

However, **some AI-powered "Connected Experiences" *can* process your content**, and those *can* be turned off.

● 2. Settings you should change to prevent any AI training

2.1 Turn off Copilot model training for your Microsoft account

Microsoft allows you to opt out of using your Copilot chats to train models. This setting is documented in multiple guides, including TheWindowsClub and Windows 11 Forum.

Steps:

1. Go to <https://copilot.microsoft.com>
2. Sign in with your Microsoft account.
3. Open **Settings** (top right).
4. Find **Model training**.
5. Turn **Model training** → **Off**.

This stops your Copilot chat history from being used to improve AI models.

2.2 Disable "Connected Experiences" in Microsoft 365 apps

Guides on disabling Microsoft AI training note that turning off **Connected Experiences** prevents your content from being used for AI-powered features.

Steps (Windows):

1. Open **Word, Excel, or Outlook** desktop app.
2. Go to **File** → **Account** → **Manage Settings**.

3. Turn off:

- **Connected Experiences**
- **Optional Connected Experiences**
- **Experiences that analyze your content**

This prevents Microsoft 365 apps from sending your content (including email drafts) to cloud AI services.

2.3 Turn off data collection in your Microsoft account privacy dashboard

1. Visit <https://account.microsoft.com/privacy>

2. Review and disable:

- **App and service activity**
- **Voice data**
- **Search history**
- **Inking & typing personalization**

This reduces the amount of data Microsoft can use for personalization or AI-powered features.

3. Outlook-specific protections

Outlook.com / Microsoft 365 email

Your email is scanned for:

- spam
- malware
- phishing

...but **not for AI training**.

To minimize processing:

- Turn off **Focused Inbox**
- Turn off **Smart Compose / text predictions**
- Turn off **Insights / Viva suggestions**

These features use cloud processing.

4. If you want maximum privacy

You can combine all of the above with:

- Using **local email clients** (Thunderbird, etc.) with IMAP and no cloud features.
- Disabling **Outlook mobile “Sync contacts/calendar”**.
- Avoiding Copilot inside Outlook entirely.

5. What you *cannot* turn off

Some scanning is mandatory:

- spam filtering
- malware scanning
- server-side indexing

These are required for the service to function and are not used for AI model training.

If you want, I can walk you through the exact settings in **Outlook.com**, **Windows 11**, or **Microsoft 365 apps** depending on what you use most.