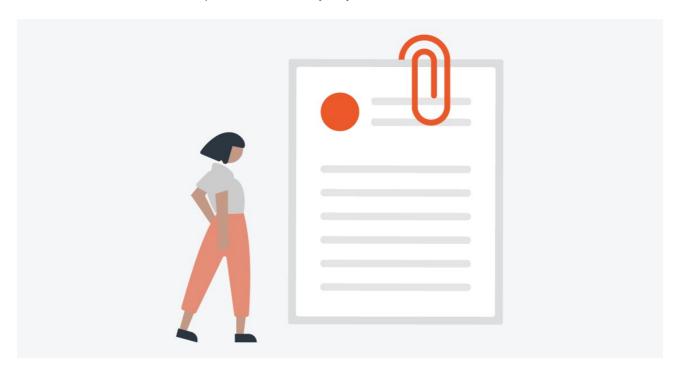# How to Parse Word Doc (.doc/.docx) Data from Email Attachments

If you regularly receive .DOC or .DOCX email attachments, Mailparser can automatically extract this data from Word to Excel, Google Sheets, your CRM or other document management system, etc. By taking a few minutes to set up a free account and your parsing rules, you can save time, money, and improve the accuracy of your business records.

- [ ] Sign up for a free account at Mailparser.io.

- [ ] Create a @mailparser.io inbox. This is where you will forward your email with the attached Microsoft Word document (.doc/.docx) files.

- [ ] Create a new parsing rule for each data field you want to extract from the Word attachment.

- [ ] To filter out unwanted info, add more parsing rules to parse certain data fields from the document.

- [ ] Set the source of the parsing rule to "Attachment" and choose "Text Content".

- [ ] Start testing by forwarding emails containing the Word document attachments you need to our email parser.