Enable legacy authentication for Office 365 account

Use the Microsoft 365 admin center to enable or disable SMTP AUTH on specific mailboxes

1. Open the Microsoft 365 admin center and go to Users > Active users.



2. Select the user, and in the flyout that appears, click Mail.

3. In the Email apps section, click Manage email apps.

Change photo	
Account Devices Licenses and apps	Mail OneDrive
Mailbox storage	3.95% (1.974GB/50GB)
Learn more about mailbox storage quotas	
Mailbox permissions	Email apps
Read and manage permissions (0)	Other email apps allowed
Send as permissions (0)	Manage email apps
Send on behalf of permissions (0)	
Show in global address list	Email forwarding
Yes	None
Manage global address list visibility	Manage email forwarding
Automatic replies	More actions
Off	Convert to shared mailbox
Manage automatic replies	Edit Exchange properties

4. Verify the Authenticated SMTP setting: unchecked = disabled, checked = enabled.

Manage email apps

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Choose the apps where IT Backend can access Microsoft 365 email.



5. When you're finished, click Save changes

*Created using https://learn.microsoft.com/en-us/exchange/clients-and-mobile-in-exchange-online/authenticated-client-smtp-submission