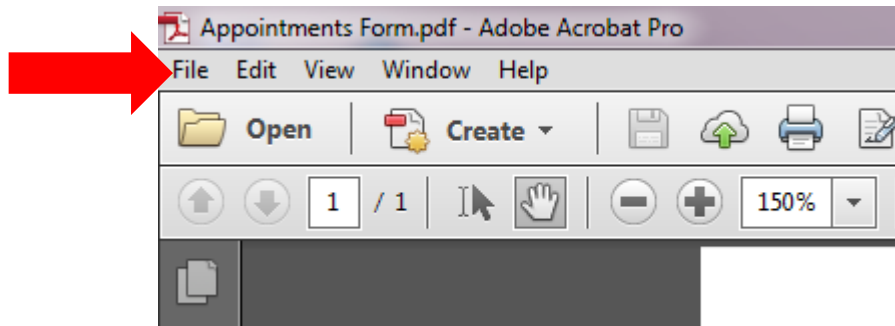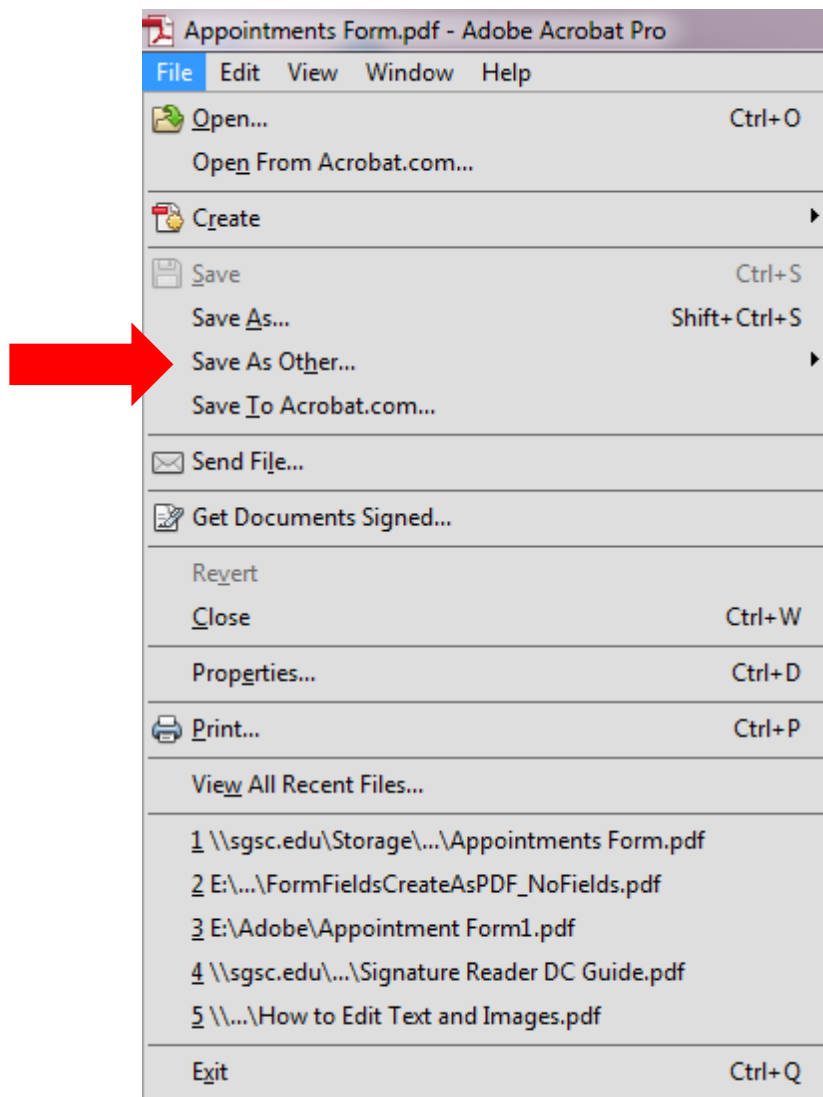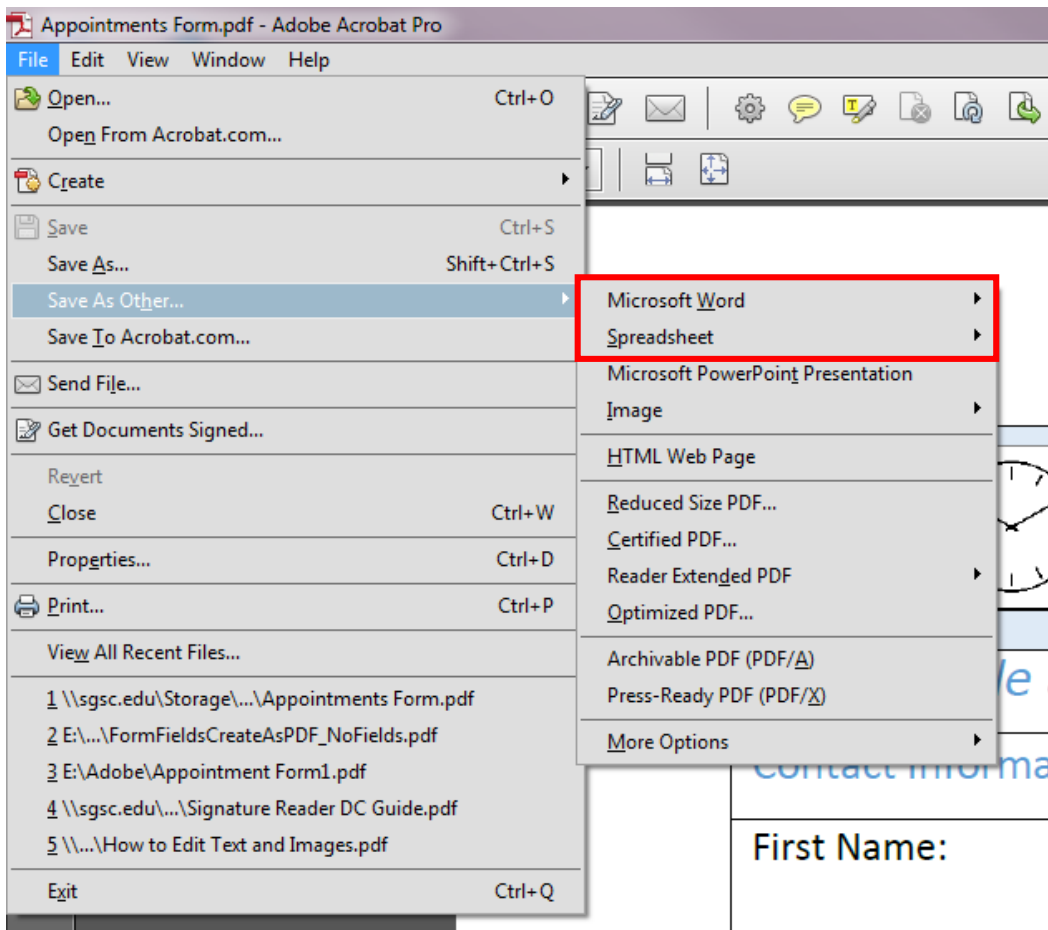**How to Export a PDF to Word or Excel**

1. Open the PDF file you wish to convert to Word or Excel.
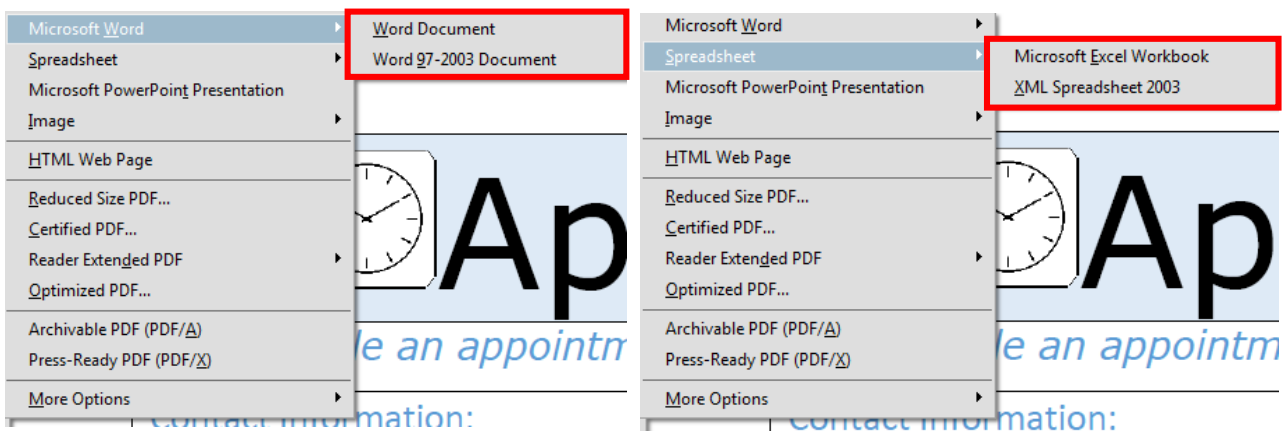2. Click File from the top-left menu.

3. Select Save As Other from the drop-down menu.

4. Choose either Microsoft Word or Spreadsheet.

5. Select the appropriate choice.

6. Browse for the location where you want to save your file.
7. Click Save.