

How to open Excel files that display the message: “SECURITY RISK: Microsoft has blocked macros from running because the source of this file is untrusted.”

The Windows operating system may block macros from running for software security reasons on some computers.

If the message “SECURITY RISK: Microsoft has blocked macros from running because the source of this file is untrusted.” appears when you open an Excel file, you can enable the macros either by adding our site to the computer’s list of trusted sites or by changing the properties settings for the specific Excel file.

Try either Method 1 or Method 2 below to enable macros.

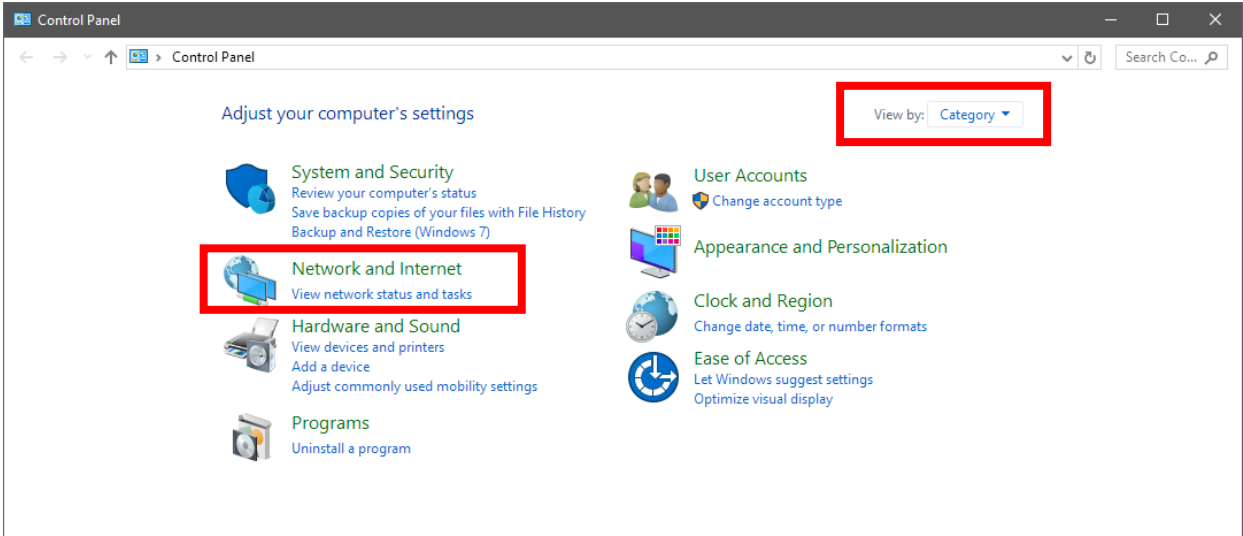
Important: Ensure that you are working with an Excel file downloaded from the Hakuhoodo Institute of Life and Living website before trying these methods. (Please do not use the methods given here to enable macros in files obtained from sources other than the Hakuhoodo Institute of Life and Living.)

Method 1: Adding our site as a trusted site

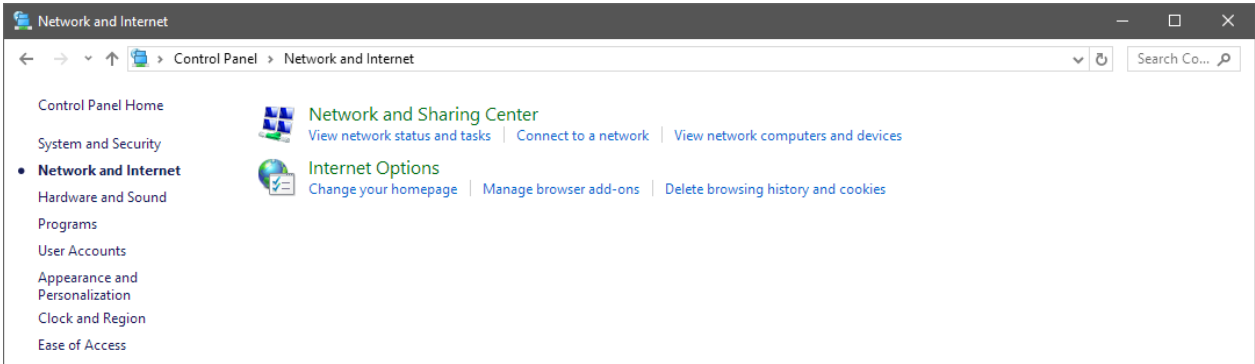
1. Click the **Start** (Windows) icon in the bottom left of your desktop.
2. Scroll down the app list to *W*, select **Windows System**, and click on **Control Panel**.

3. Click on **Network and Internet**.

Note: If the window below does not appear, select **Category** for *View by*.



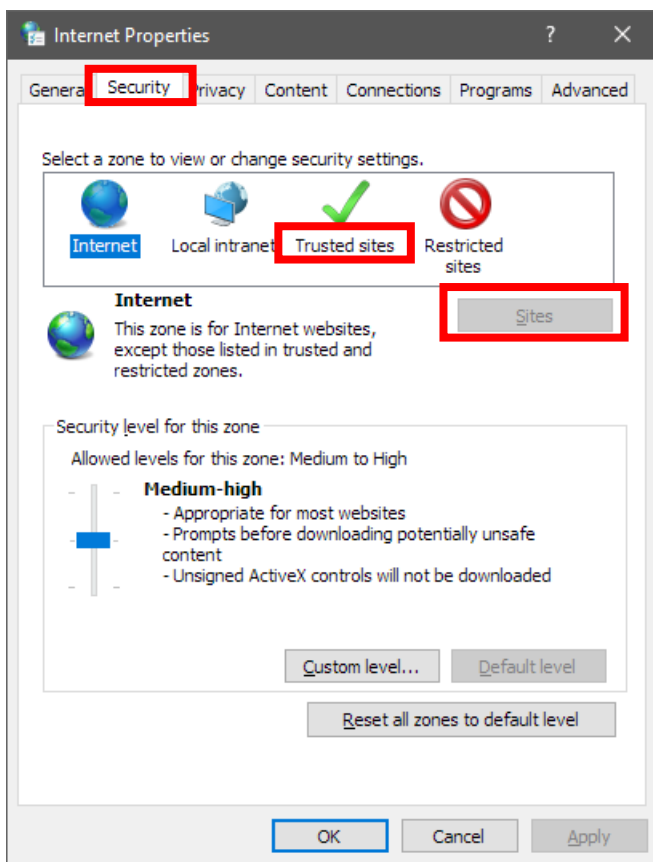
4. Click on **Internet Options**.



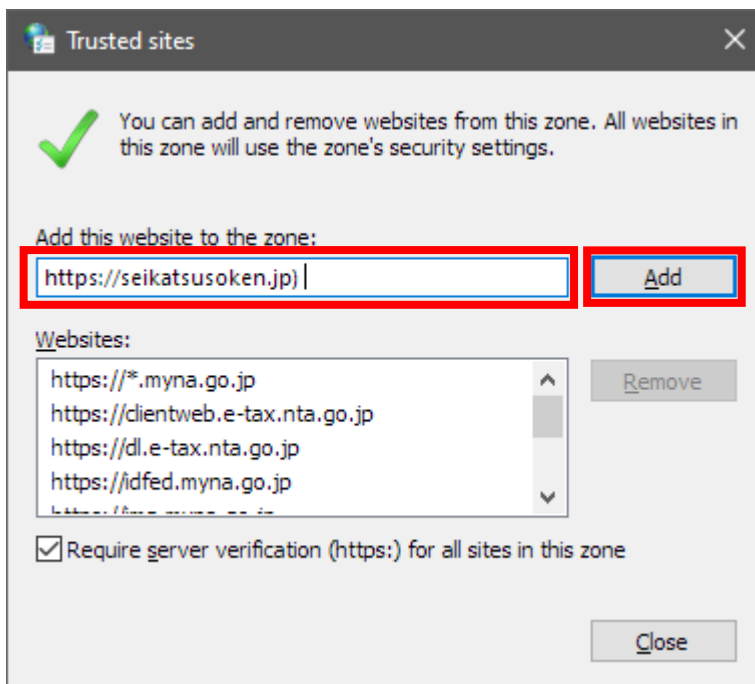
5. Open the **Security** tab.

6. Select **Trusted sites**. Confirm that the **Enable Protected Mode** check box is not checked.

7. Click the **Sites** button.



8. Enter the Hakuhood Institute of Life and Living website URL (<https://seikatsusoken.jp>) in the *Add this website to the zone* field, and click the **Add** button.



9. Close all open properties pages.
10. Download the Excel file again from the Hakuhood Institute of Life and Living website.

Method 2: Change the Excel file's properties and open the file

1. Use File Explorer to navigate to the location of the downloaded file.
Important: Ensure that you are working with an Excel file downloaded from the Hakuhodo Institute of Life and Living website before changing the file's properties.
2. Right-click on the file and open **Properties**.
3. On the **General** tab, check the **Unblock** check box beside the *Security* field and then click the **OK** button.
4. Open the file.