5.

1. Open JMeter and create a new Test Plan.

2. Add a Thread Group to the Test Plan.

3. Add a SMTP Sampler to the Thread Group.

4. Configure the SMTP Sampler with the necessary details such as server name, port, sender email address, recipient email address, subject, and message body.

5. Save the Test Plan.

6. Run the Test Plan to execute the SMTP sampler script.

7. Analyze the results to ensure that the email was sent successfully.