

Junk-Mail Free in 10-30 Minutes!

Would you like to decrease the amount of mail you receive by up to 80%? If so, then use the steps below. (Allow 4-8 weeks to see a *dramatic* decrease in mail since companies need time to remove you from their database.)

STEP 1) Go to the Direct Marketing Association (DMA) website and register for their free “Give Your Mailbox a Makeover” at www.dmachoice.org

- Follow the instructions for opting out of credit card offers, catalogs, magazines, etc...
- *This is the fastest, easiest way to take care of a large portion of junk mail*

STEP 2) Send an email to Abacus; they sell lists of people who have purchased from mail-order catalogs

- Send your email to abacusoptout@epsilon.com
- Ask to opt-out of all programs they have; include your full name with middle initial and mailing address (previous address if you have been at your current address fewer than six months)
- See full opt-out information at <http://www.epsilon.com/epsilon-s-full-privacy-policy>

STEP 3) Opt out of Val-pak coupons

- Go to <http://www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm>
- Keep a val-pak envelope so you can enter the address EXACTLY as it appears on the outside



STEP 4) Opt out of missing children postcards and Redplum advertisements

- Fill out the opt-out form at <http://www.valassis.com/1024/Contact/MailingListRemoval.aspx>
- Note: Do **not** call the 800 number listed; the customer service agent will send you back to fill out this form.)

STEP 5) Magazine subscriptions

- Not reading your magazines? Consider giving the subscription to a friend or family member; call the magazine’s customer service or visit their website and change your address to the new recipient’s address. Or you can cancel the subscription and receive a refund for the months not used.

STEP 6) Mail-order catalogs and phone books (Yellow Pages)

- To opt-out, you may need to call some companies directly. Save your catalog (or just the back page). Call the customer service number and speak to a live person. Ask that person to remove you from their mailing list. The agent will take some basic address information and submit your request. These calls take approximately 2-3 minutes per company, so to be efficient, you may want to save your catalogs and make several phone calls at one time.
- To stop receiving phone books, see <http://www.yellowpagesgoesgreen.org/stop-yellow-pages/>