



How To

Stop Unwanted Mail and Telemarketing Calls

The following web address all provide free registration to stop unwanted mails, email or telemarketing phone calls.

Credit or Insurance Offers, Catalogs, Magazine and Other Mail Offers

- www.optoutprescreen.com
- Federal Trade Commission: www.consumer.ftc.gov
- www.dmachoice.org

E-Mail Opt Out

- www.dmachoice.org also has a page for email Opt Out. Be sure to visit it while you are there.

Register the Deceased

- www.dmachoice.org

Register the name of a deceased person at dmachoice.org. It will take 3 months to slow down the amount of mail arriving in the name of your deceased loved one.

- www.dmachoice.org

Do Not Call List

Registration is completely FREE for both home and cell phone numbers.

- www.donotcall.gov

Want to stop those annoying telemarketers? The Do Not Call Registry can be found at www.donotcall.gov or call 1-888-382-1222 from the phone number you want to register.