



STOP JUNK! Eliminate Unwanted Mail

What Causes Junk Mail, Catalogs + Unsolicited Phone Calls?

- Entering Sweepstakes or Contests
- Filling Out and Returning Warranty Cards
- Owning a Credit Card
- Address Listing in Publications (i.e. phone book)
- Making Donations
- Attending Conventions/Conferences
- Ordering Online or From Catalogs
- Signing Up for Services (i.e. insurance)

BE PROACTIVE; as you sign up for new services ask to OPT-OUT of their marketing campaigns.

CONTACT THE FOLLOWING COMPANIES to tackle junk you already receive and request to be removed from their database. You must make a separate request for each family member and be sure to include all variations of your name. (i.e. John Doe, J. Doe, John A. Doe)

Direct Marketing Association (DMA) <https://www.dmachoice.org/>
Trade association of businesses who advertise their products and services directly to consumers by mail. Use The DMA's [Mail Preference Service](#) , [Telephone Preference Service](#), and [E-mail Preference Service](#) to stop unsolicited offers at home.

Coupons (Valassis) <https://www.redplum.com/tools/redplum-postal-addressremove.html>
Direct marketing company behind the Red Plum Coupon Book, ShopWise and Missing Children ads.

Coupons (Val-Pak) <http://www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm>
Sends regular mailings full of coupons.

Publisher's Clearinghouse <http://privacy.pch.com/>
Sends sweepstakes promotions.

Credit Bureaus CALL 888-5OPT-OUT (888-567-8688)
These three credit bureaus send out most of the unsolicited credit card offers:
Experian www.experian.com **Trans Union** www.transunion.com **Equifax** www.equifax.com

Catalogs + More! www.catalogchoice.org
Call the phone number on the back of the catalog and ask to be removed from the mailing list or use TrustedId (formerly Catalog Choice), which manages your catalog (and now other) preferences for FREE!

Phone Calls www.donotcall.gov
FCC's National Do-Not-Call Registry- Register your residential telephone number and wireless number.

**Be advised- contacting these organizations may not get your name off marketing lists if you have utilized a company's services in the past. You must contact the company directly and ask to be removed from their database.*

