



## Reducing Junk Mail & Calls

There are a number of ways to reduce the amount of catalogs, credit card offers, and coupons delivered to your home. Reducing junk mail not only could make your life less cluttered and protect your personal information, but it also saves valuable resources like trees, energy, and precious landfill space.

The types of "junk" mail you receive may include: bulk mail, unaddressed mail (to "resident"), credit card offers, phone calls, and e-mails. There are different ways you can "opt out" of the lists used to generate this marketing material.

Here are a number of companies you can contact to get off their mailing or phone lists. The links on these two pages are provided to you as a courtesy and are at your discretion to use. This is not a complete list and the City does not warrant the accuracy of the information. The information might change or get updated without any prior notification.

If you decide to "opt out", we recommend you check each website and read more about their services, timeline to remove your name, and their privacy policies.

### **Phone Calls**

The Federal Trade Commission educates consumers and businesses about the importance of personal information privacy, including the security of personal information. Federal Trade Commission Consumer Information (National Do Not Call List):

Federal Trade Commission  
Consumer Response Center  
Room 130  
600 Pennsylvania Avenue, N.W.  
Washington, D.C. 20580  
[www.ftc.gov](http://www.ftc.gov), or <http://www.ftc.gov/bcp/consumer.shtm>

### **List Brokers**

This prevents your name and address from being used in unsolicited communications from DirectLink, Market View Data Services and ClickData and its customers.

LexisNexis  
1275 Broadway  
Albany, NY 12204  
800-424-4200  
<http://www.lexisnexis.com/privacy/directmarketingopt-out.aspx>

## **Coupons, Ads, and Product Samples**

Valassis/Advo, Inc.  
Customer Assistance  
888-241-6760  
<http://www.valassis.com/1024/Contact/MailingListRemoval.aspx>

## **National Mailing Lists**

DMAchoice™ is an online tool developed by the Direct Marketing Association to help you manage your mail. This site is part of a larger program designed to respond to consumers' concerns over the amount of mail they receive.

Direct Marketing Assn. (DMA)  
Mail Preference Service  
P.O. Box 9008  
Farmingdale, NY 11735  
212-768-7277, ext. 1500  
[www.dmachoice.org](http://www.dmachoice.org)

## **Credit Offers**

You can remove your name from credit offers through Equifax, Experian, Innovis, and TransUnion at once by calling (888) 5OPT OUT or (888) 567-8688 or by visiting:  
<https://www.optoutprescreen.com/?rf=t>

## **Other**

World Privacy Forum Top 10 Opt Out List.  
2033 San Elijo Avenue, #402  
Cardiff by the Sea, CA 92007  
WPF Office: 760. 436.2489 (Pacific)  
Email: info2009@worldprivacyforum.org  
<http://www.worldprivacyforum.org/toptenoptout.html>

## **Recycle “Junk” Mail**

Finally, remember to recycle your unwanted junk mail. Place magazines, letters, brochures, coupons, newsletters and colored inserts, etc in your blue recycling cart. By contacting some or all of the sources on this page, you can reduce the amount of trash you throw away each week!

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