



If you've put off removing your name from unwanted mailing lists because the task seemed too daunting you'll be glad to know it's a lot easier than you ever imagined.

Here's how you can easily remove your personal information from databases.

Even if you only have five minutes here's how to stop unwanted mail.

Catalogs:

Instead of contacting each catalog separately register at www.catalogchoice.org

To stop mass mailings, send an e-mail to optout@abacus-us.com or write to:

Abacus, Inc.
P.O. Box 1478
Broomfield, Colorado 80038

Pre-approved Credit Card and Insurance Offers:

Call 888-5-OPT-OUT or www.optoutprescreen.com

Contact each list broker; they compile public info to create databases to sell.

Metromail Corporation/List Maint.
901 West Bond
Lincoln, Nebraska 68521

R.L. Polk & Co. / Name Deletion File
26955 Northwestern Highway
Southfield, Michigan 48034-4716

Jamie Novak organizer – speaker - author
www.JamieNovak.com 908-412-0737



Database America/Compilation Dept.
470 Chestnut Ridge Road
Woodcliff, New Jersey 07677

Acxiom U.S.
Call:
877-774-2094

General Junk Mail

Log onto www.the-dma.org and click on the orange box that reads “remove my name from mailing lists.” There is a \$1 charge to confirm your identity when opting out.

Prizes and Sweepstakes:
Publishers Clearinghouse
Call: 800-645-9242

Readers Digest Sweepstakes
Call: 800-310-6261

Resident or “Occupant” Mailings:
To stop flyers and various offers contact
ADVO, Inc.
call: 888-241-6760 or log onto www.advo.com/consumersupport.html

Val-Pak
Coupons arriving in that blue envelope can be stopped by logging onto
www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm

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Charities:

If you have donated to one, you'll likely get mail from others. They often share and even sell their mailing lists as yet another fund raising source. Ask any organization that you support not to sell or rent your name and address. Also when donating check the opt-out box. Before you make your next donation consider consulting www.charitynavigator.org

Don't mail back that warranty card or stuff pre-paid envelopes with torn junk mail, no matter how cathartic it may feel.

When you buy a new item don't mail back the warranty card. They are used to profile you then the company sells that information to others, who in turn send you mailings for their products and services. Just keep the receipt that's all you need since products remains under warranty whether or not you return the warranty card.

Sure it may feel good to rip up unwanted mail and stuff it into a pre- paid envelope, but it is a waste of time since chances are the Post Office is unable to return it to the sender and the envelope just ends up in the USPS's mail-recovery center.