

REDUCE JUNK MAIL

Getting too much junk mail? Check out some of the listed websites to remove your name from mailing lists. Some services charge a fee.

The most effective way to reduce unwanted solicitations is to contact the company directly to request removal from their database.

Unfortunately, this requires more time on your part and sometimes it takes weeks or even months for processing and before you notice a difference.



After you have tossed the recyclable unwanted mail and removed your name from junk mail lists, sort the remainder into baskets or files for bills to be paid, action items, and reading. When you have time, you can rapidly grab what you need and get to work or take some reading leisure time.

Keep recycling and trash baskets/bins near your mail sorting location.

Opt-Out of Snail Mail

1. dmachoice.thedma.org
2. optoutprescreen.com
3. catalogchoice.org
4. directmail.com
5. ebillplace.com
6. paperkarma.com

Remove your name from calling lists:

FTC: donotcall.gov

1-888-382-1222

Check online for your state's Do Not Call list registration.

Note: this is only slightly effective. Many companies do not obey the state and federal Do Not Call list regulations.