

# Living Safely

with disabilities and special health needs

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## How to Reduce Unwanted Promotional Mail, Email, and Phone Calls

Your mailbox and email inbox can become filled with advertisements and other promotional materials you did not request. There are actions you can take to help to this junk mail.

At the bottom of many promotional emails, there is an option to unsubscribe from receiving additional emails from that company or organization. By clicking that option, you will be removed from their mailing list.

You can register on the Direct Marketing Association (DMA) consumer website [www.dmachoice.org/register.php](http://www.dmachoice.org/register.php). On this website, you can choose which catalogs, magazine offers, and other mail you want to receive. Currently, there is a \$2.00 processing fee to register online.

If you do not have access to the internet, you can register by mail. Send your name and address with your signature, along with a \$3.00 processing fee to DMAchoice, Consumer Preferences, P.O. Box 900, Cos Cob, CT 06807. The processing fee should be made payable to ANA.

Whether you register online or by mail, my registration will last for ten years.

The DMA website also offers the option to stop mail from being sent to a dependent in your care or to someone who has died.

There is an Email Preference Service on the DMA website which can help reduce unwanted email.

To help reduce unwanted phone calls, go to the [www.ftc.gov/calls](http://www.ftc.gov/calls) website to learn more.

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We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from the Federal Trade Commission ([www.ftc.gov](http://www.ftc.gov)).

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