

Living Safely

with disabilities and special health needs

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



Children's
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An RWJBarnabas Health facility



My mailbox and email inbox can become filled with advertisements and other promotional materials I did not request.

There are actions I can take to help stop 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.

When I click that option, I will be removed from their mailing list.



I can register on the Direct Marketing Association (DMA) consumer website at www.dmachoice.org/register.php.

On this website, I can choose which catalogs, magazine offers, and other mail I want to receive. Currently, there is a \$2.00 processing fee to register online.



If I do not have access to the internet, I can register by mail.

I send my name and address with my 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 I 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 my 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, I can visit the www.ftc.gov/calls website to learn more.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

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).

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