

Removing Your Name from Mail and Email Lists

Register for the Mail Preference Service

To receive less national advertising mail, you can register for the Direct Marketing Association's (DMA's) Mail Preference Service (MPS) and Electronic Mail Preference Service (e-MPS). The DMA is a private marketing association that requires its members to use their name-removal service, and encourages all direct mail companies to use the list.

- To remove your name and email from marketing lists instantly online, visit: www.dmachoice.org.

You may also send a letter requesting your name and email removal to:

DMAchoice
Direct Marketing Association
PO Box 643
Carmel, NY 10512

If submitting your request by mail, please include \$1 for each address — check or money order payable to the DMA. **Do not send cash.**

- Please allow 60 – 90 days after registration to begin receiving less mail. Your name and address will remain on DMAchoice for three years.
- **Please Note:** Although you will see a great reduction in the unsolicited mail you receive, not all commercial mail will stop. You may continue to receive mail from companies with which you already do business, or companies that do not use MPS or e-MPS to clean their lists. Also, MPS only applies to home addresses, not business addresses.



Provided by:



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