



A Program with the  
Colorado Attorney General  
and the AARP Foundation



Colorado Attorney General  
John W. Suthers



Better Business Bureau  
serving Colorado



## Reclaim Your Mailbox! Eliminate Junk Mail!

### Steps to junk mail freedom:

- The Direct Marketing Association has a mail preference service which can stop a consumer's name from being sold to most large mailing list companies. You can contact this resource: By phone at **212-768-7277**
- Or you can add your name to the do-not-mail list by registering online at [www.dmaconsumers.org/cgi/offmailinglist](http://www.dmaconsumers.org/cgi/offmailinglist) (for a \$5 fee) or download a mail-in form. You can **also send a letter**, along with \$1, with your name(s) and address to the DMA asking to be removed from their mailing list. Note that mail addressed to "resident" or "occupant" cannot be stopped through the DMA.

Mail all requests to: **Mail Preference Service  
Direct Marketing Association  
P.O. Box 643  
Carmel, NY 15012-0643**

- The Consumer Credit Industry has set up an opt in / opt out hotline specifically for credit card mailing lists. **1-888-5 OPT OUT (1-888-567-8688)**
- Look for any of the following phrases:
  - **forwarding service requested**
  - **address service requested**
  - **change service requested**

If you find any of these phrases, write "**refused, returned to sender**" on the unopened envelope. Also, mail sent to "Resident," "Current Resident," or "Current Occupant" can be refused **IF** it contains one of the above endorsements, or is sent First Class.

Nobody wants to see their mailbox filled with unwanted and unsolicited mail. Not only is it bad for the environment, but its just plain aggravating. It's almost impossible to eliminate all of it, but you can substantially reduce the amount of junk mail you receive by following these few simple steps.

# 1-800-222-4444

Denver Metro Area  
303-222-4444

[www.aarpelderwatch.org](http://www.aarpelderwatch.org)