

# Reducing Unwanted Solicitation

If you or your loved one are receiving unwanted solicitations via phone or mail, you can take the following steps:

## 1. Join the National Do Not Call Registry

Add your phone number for free by visiting [donotcall.gov](http://donotcall.gov), or calling 1-888-382-1222 from the phone you want to register

## 2. Hang up on and report illegal “robocalls” and sales calls

If your number is on the National Do Not Call Registry and you get a sales call, or you get an illegal robocall, don't press buttons or talk to a person on the phone. Instead, hang up and [file a complaint with the FTC](#).

## 3. Reduce unwanted mail with DMAchoice

Register with The Direct Marketing Association's (DMA) Mail Preference Service at [www.dmachoice.org](http://www.dmachoice.org), or mail your request with a \$1 processing fee to: DMAchoice, Direct Marketing Association, P.O. Box 643, Carmel, NY 10512

## 4. Reduce prescreened credit and insurance offers with OptOutPrescreen.com

Call toll-free 1-888-5-OPT-OUT (1-888-567-8688) or visit [www.optoutprescreen.com](http://www.optoutprescreen.com).

## 5. Contact solicitors directly

Contact individual companies directly and ask to be removed from their mailing list.