

Actions You Can Take To Protect Your Personal Information

by the Consumer Law Project for Elders

1. Remove your name from mail lists.

By Mail: Print out the on-line form or send a postcard or letter that includes your name, home address, signature and a statement that you would like your name to be removed from mail lists, along with a check or money order for \$1.00 (to cover processing), to:

Mail Preference Service PO Box 282 Carmel, NY 10512

By Internet: Go to <http://www.dmachoice.org> to link with the Direct Marketing Association (DMA) website. You must register with the DMA and provide a valid credit card number for identification purposes, but there is no charge for this service.

2. Put your name on the National Registry “Do Not Call” list.

By Phone: Call: 1-888-382-1222

By Internet: Go to <http://www.donotcall.gov> and fill out the registration form.

3. Remove your name from pre-screened credit offers.

By Phone: Call: 1-888-567- 8688

By Internet: Go to www.optoutprescreen.com to fill out the opt-out form.

4. Remove your email address from commercial email lists. The Email Preference Service (eMPS) is available to companies for the sole purpose of removing your email address from their email lists. eMPS is a consumer service sponsored by the Direct Marketing Association (DMA).

Although registration with eMPS will help reduce the number of emails you receive, it will not stop all commercial emails. The DMA does not provide marketers with consumer email lists for marketing purposes. To remove your email address from national lists. Go to <http://www.dmachoice.org/EMPS/> and fill out the registration form.

5. Put a security freeze on your credit files. A security freeze prevents the release of any information from your credit reports and remains in place until you lift it. In Connecticut a security freeze costs \$10 to place and \$10-\$12 to lift or temporarily lift. Contact each of the 3 major credit reporting agencies below to find out how to place a security freeze on your file:

Equifax 1-800-525-6285, www.equifax.com, PO Box 740241 Atlanta, Georgia 30374-0241

Experian 1-888-397-3742, www.experian.com, PO Box 9532 Allen, X 75013

TransUnion 1-800-680-7289, www.transunion.com, Fraud Victim Div. PO Box 6790 Fullerton, CA 92834

The Consumer Law Project for Elders provides free legal assistance to seniors 60 or over who have consumer questions or problems.

The Consumer Law Project for Elders

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1-800-296-1467

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