



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: <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: <http://www.donotcall.gov> to fill out the registration form.

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

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

By Internet: 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. Check your credit reports.

annualcreditreport.com is the **ONLY** authorized online source for you to get a free credit report under federal law. You can get a free report from each of the three national credit reporting companies every 12 months. Some other sites claim to offer "free" credit reports, but may charge you for another product if you accept a "free" report. Do not contact the three nationwide consumer reporting companies individually for this free report.

By Phone: Call: 1-877-322-8228

By Mail: Annual Credit Report Request Service, PO Box 105281, Atlanta, Georgia 30348-50281;

By Internet: www.annualcreditreport.com

6. 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 this 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, TX 75013;

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

The Consumer Law Project for Elders, a project of CT Legal Services, provides free legal assistance to seniors 60 or over who have consumer questions or problems. For consumer legal help, Call 1-800-296-1467

CHOICES SMP, one of the CHOICES programs of the CT Dept. of Social Services and Area Agencies on Aging, empowers seniors to prevent healthcare fraud and scams. To report suspected fraud or scams, Call 1-800-994-9422.



LOCAL HELP FOR PEOPLE WITH MEDICARE



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