



## The Streamlined Office, LLC

### Reduce Unwanted Paper/Digital Solicitations and Mail

The following websites and suggestions can help you reduce the volume of incoming information. It is a good practice to visit these sites regularly and continue to input your preferences.

Telemarketing: National Do Not Call Registry: <https://www.donotcall.gov/>

Mail and E-mail: <https://www.dmachoice.org/>

Consumer Reporting Companies: <https://www.optoutprescreen.com/>

Paperkarma – <https://www.paperkarma.com/>

Catalogchoice.org – <https://www.catalogchoice.org/>

E-mail Marketing: “opt-out button” or “unsubscribe” on incoming emails

Online Advertising: Manage on computer’s “browser cookie settings”