

To add or remove your address from ADVO's mailing list, please print this form, and complete the requested information. Mail the completed form to:

Valassis Direct Mail, Inc.  
Consumer Assistance  
PO Box 249  
Windsor, CT 06095

Your request will take five to six weeks from receipt to take effect.

Your removal from the mailing list is valid for a five year period. You will need to contact Valassis again before the end of that period if you wish them to update the suppression of your address from their list for an additional five years. The most effective way to do this is to call toll-free 1-888-241-6760.

Type of Request:     Add to List     Remove from List

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Apt / Unit #: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_, Zip Code: \_\_\_\_\_

Phone#: (Optional) \_\_\_\_\_

Email Address: (Optional) \_\_\_\_\_

Comments:

Agreement: I understand that Valassis will add and/or delete my residential address from their mailing list and it will take 5 to 6 weeks to fully become effective.

\_\_\_\_\_  
Signature