

# Northwest Permanente Wellness Passport Guidelines

January - March 2017

## **Environmental: Stop your junk mail**

### **Cancel junk mail**

The average American household receives 848 pieces of junk mail per household, equal to 1.5 trees every year—more than 100 million trees for all U.S. households combined. Is your mailbox cluttered with junk mail, catalogs and credit card offers? Use the sites listed below to take back control of your mailbox and stop your junk mail.

[dmachoice.org](http://dmachoice.org)

[http://www.directmail.com/mail\\_preference/](http://www.directmail.com/mail_preference/)

[www.41pounds.org](http://www.41pounds.org)

To get credit for this activity, use one of the sites above (or a similar service that stops junk mail) and write a synopsis of your experience and a review of the site and their services. Email your answers to

[nwpwellness@kp.org](mailto:nwpwellness@kp.org)

Please submit all documentation to NWP Health & Wellness, KPB 16  
or e-mail at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)