



An "iMoneyMinute" is an idea that in less than one minute will give you a way to save time, save money, make money, or reduce your financial risk.

Stop the Clutter and Solicitations

There are instances where taking a couple of minutes can save you a lot of time and possibly some money. And you can help the environment too. One of those ways is to opt-out of solicitations in your mailbox, phone, and on your porch. It takes just a short amount of time but can save you headaches:

National Do Not Call List - <https://www.donotcall.gov/>

Credit Card Offers - Call 1-(888)-5OPTOUT (888-567-8688)

Junk mail in your mailbox - <http://www.privacyrights.org/fs/fs4-junk.htm#getofflist>

Junk email – There should be an "unsubscribe" button somewhere on the unwanted email, usually at the bottom. Click this link to take your email address off the marketer's list so you will be less prone to impulse buys.

Phone Book – You can even opt out of getting that big yellow book each year in light of being able to search the Internet for phone numbers and businesses. Call 1-(877)-243-8339.

Contact Us

Integrity Financial/

We hope these tips will help de-clutter your life and

iMoneyCoach

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give you a little relaxation. Have a wonderful day!



We hope the iMoneyMinute is useful to you. If you have a different email address you would like us to use, or if you would prefer to no longer receive the iMoneyMinute emails, please email us at advisor@ifsweb.com.

We would also love your feedback on our emails! Please fill out [this short survey](#) to help us better serve you.