

Opt Out of Receiving Notices by Mail That Are Available Online



Securing today
and tomorrow

my Social Security account holders can opt out of receiving notices by mail that are available online in the Message Center, including the Social Security annual cost-of-living adjustment and the income-related monthly adjustment amount benefit rate increase. Just follow these easy steps:

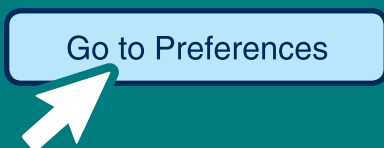


1



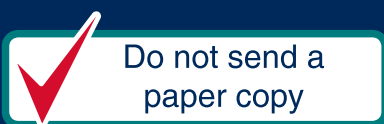
Visit www.SocialSecurity.gov/myaccount and select **sign in to** or **create an account**.

2



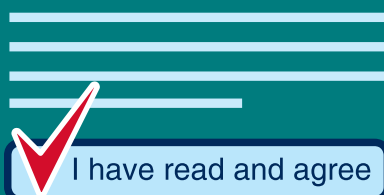
Go to the **'Message Center'** and select **'Go to Preferences'**.

3



Under the **'Communication Preference'** section, select **'Which notices are online?'** to view the current list of online notices and select **'Do not send a paper copy'**.

4



Read and agree to the authorization notice. Congratulations! You have opted out of receiving notices by mail that are available online.

5



Choose **email** or **text** under **'Message Center Preferences'** to receive courtesy notifications.

Stop receiving notices by mail that are available online!

SSA.gov/mysocialsecurity

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