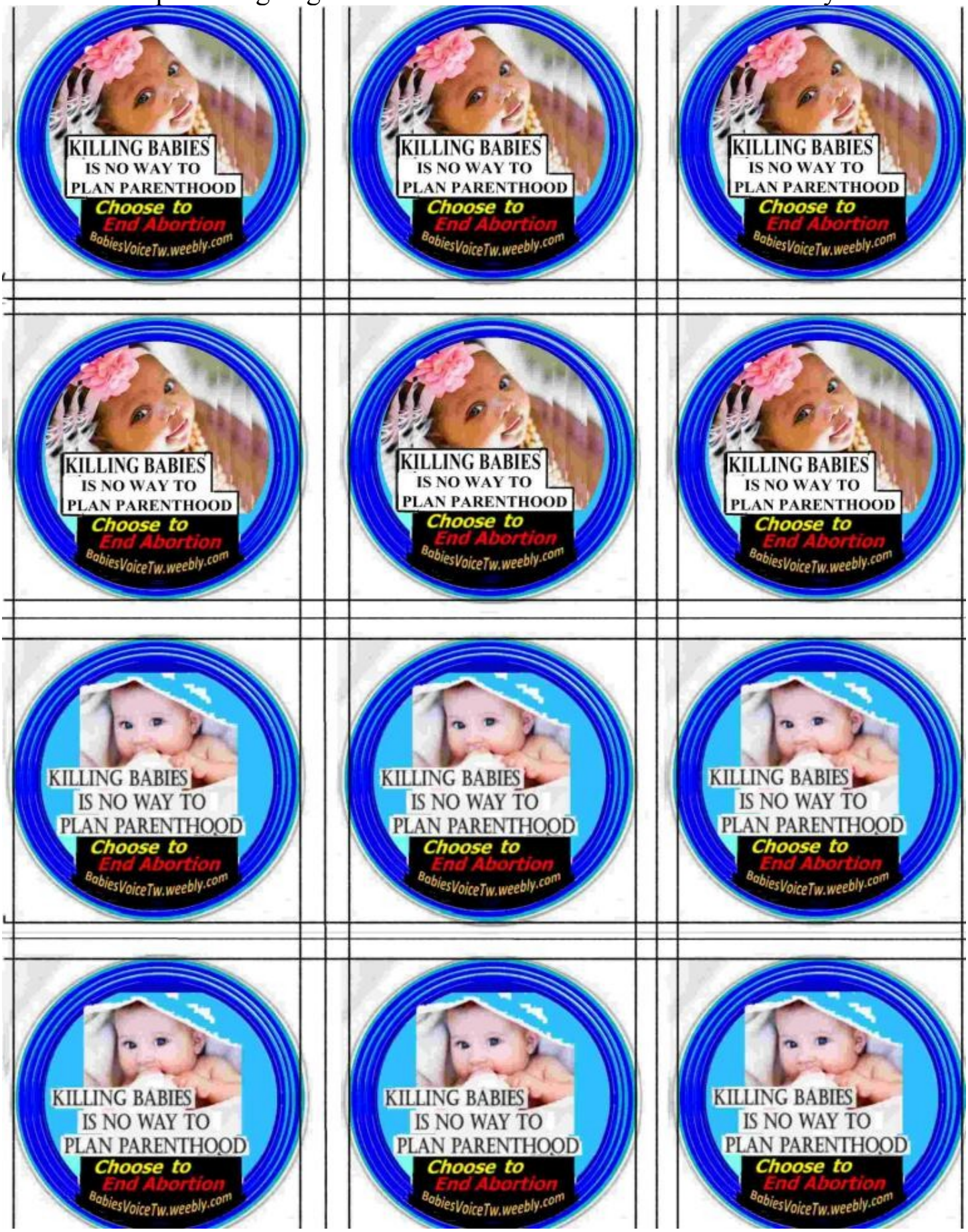Cutout and tape to outgoing Letters and Bills or include as inserts in all your mail.