

# How to Remove Personal Information From Data Broker Sites

*Protecting your personal information online*

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- 1 Search your name on major data broker sites like Spokeo and BeenVerified today.
- 2 Start opt-out requests with the four largest brokers: Spokeo, Whitepages, PeopleFinders, BeenVerified.
- 3 Create a Google Sheets tracker to document all manual opt-out requests and dates.
- 4 Set calendar reminders every 90 days to re-check and re-submit opt-out requests.
- 5 Use email aliases like SimpleLogin (\$30/year) for all data broker removal requests.
- 6 Choose a paid removal service (DeleteMe, Optery, or Canary) for initial bulk purge.
- 7 Copy-paste a template removal request email to speed up manual opt-out submissions.
- 8 Monitor your removal requests weekly for re-listings using free alerts or paid monitoring.
- 9 Expect 48-72 hours for major brokers to process removal; follow up if needed.
- 10 Plan to revisit top 50 brokers quarterly to maintain 80% reduction in exposure.
- 11 Use Mozilla Monitor (free) to scan which brokers currently hold your personal data.