



Update your contact information by calling, or by sending us an email or text message.

You can also complete the attached card and mail it to us using the postage-paid envelope included in this mailing.

Email: <email>
Call: <phone>

Text: <phone> with your full name Web: bls.gov/respondents/nls/

## **RETURN THIS PORTION**

<ul><li>■ My name, address, or phone number has changed</li><li>■ Are you moving? When and where?</li></ul>
Name
Address
City/State/Zip
Email
Phone/Cell Number
Comments/Questions