



Application: Residents' Register Blocks

Transmission blocks, disclosure block, ePA objection · belongs to Chapter 11 · Registration office: _____ · Date: _____

Germany's largest address trader is not a company. It is the residents' registration office. Through the simple register inquiry (§ 44 BMG), in principle anyone can query your registered address for a small fee, without giving a reason. The register can still be hardened: transmission blocks are informal, free, need no reason and are open to everyone. Since 2026 only **three** objections remain: transmission to address-book publishers was removed as of July 10, 2026, the Bundeswehr objection abolished as of January 1, 2026 (old objections void). Older combined forms still list both, ticks there have no effect. This sheet carries the three that remain, the disclosure block for people at risk and the ePA objection. The letters stay in German because they go to German authorities.

1 · LETTER TO THE REGISTRATION OFFICE: OBJECTION TO DATA TRANSMISSIONS

Absender: Name _____ · Anschrift _____ · Geburtsdatum _____ (die Behörde braucht alle drei Angaben zur Zuordnung im Register)

An: Meldebehörde / Bürgeramt der Stadt oder Gemeinde _____

Betreff: Widerspruch gegen Datenübermittlungen aus dem Melderegister (§ 42 Abs. 3 Satz 2 und § 50 Abs. 5 BMG)

Sehr geehrte Damen und Herren,

ich widerspreche der Übermittlung meiner Daten aus dem Melderegister an

☐ Parteien, Wählergruppen und andere Träger von Wahlvorschlägen im Zusammenhang mit Wahlen und Abstimmungen (§ 50 Abs. 1 BMG),

☐ Mandatsträger, Presse und Rundfunk zu Alters- und Ehejubiläen (§ 50 Abs. 2 BMG),

☐ öffentlich-rechtliche Religionsgesellschaften, soweit es um meine Daten als Familienangehöriger eines Mitglieds geht (§ 42 Abs. 2 in Verbindung mit Abs. 3 Satz 2 BMG).

Bitte richten Sie die entsprechenden Übermittlungssperren im Melderegister ein und bestätigen Sie mir das kurz schriftlich. Der Widerspruch bedarf keiner Begründung und gilt bis auf Widerruf.

Mit freundlichen Grüßen

Ort, Datum _____ · Unterschrift _____

What this letter says: You object to the registration office passing your data to political parties and voter groups before elections, to elected representatives, press and broadcasters for milestone birthdays and wedding anniversaries, and to religious societies as a family member of a member. You ask for the transmission blocks (§§ 42, 50 BMG) to be entered and confirmed in writing, valid until revoked.

In person works the same way: many offices have a combined form, just tick the three boxes. After a move, set the blocks again at the new office (it must point out the right to object, § 50 Abs. 5 BMG). The anniversary disclosure covers the 70th birthday, then every fifth, every birthday from the 100th, and wedding anniversaries from the 50th.

Objection filed on: _____ · Route: letter / in person / combined form · Confirmation received on: _____ · Blocks in the register: _____

2 · DISCLOSURE BLOCK UNDER § 51 BMG: ONLY IN CASE OF REAL DANGER

Point	What applies	OK
Requirement	Facts that credibly show a danger to life, health, personal freedom or similar protected interests, such as stalking, domestic violence or threats. People exposed to increased hostility because of their work also qualify.	
Effect	The office refuses to release the address as a matter of principle, reviews each request individually and hears you first. A refusal does not reveal that a block exists. When you move, the block is passed on to the new registration office (§ 33 Abs. 4 BMG).	
Duration	Two years, renewable on application. The office notifies you before it expires.	
Bring along	Evidence that makes the danger tangible: criminal complaint, court order, letter from a counseling center or a lawyer. The block is no self-service tool, but anyone with a real threat scenario should use it.	

3 · LETTER TO THE HEALTH INSURER: OBJECTION TO THE ELECTRONIC PATIENT RECORD

Absender: Name _____ · Anschrift _____ · Geburtsdatum _____ · Versichertennummer _____

An: Krankenkasse _____

Betreff: Widerspruch gegen die Anlage und Führung der elektronischen Patientenakte (ePA)

Sehr geehrte Damen und Herren,

ich widerspreche der Anlage und Führung einer elektronischen Patientenakte für mich (§ 344 SGB V). Soweit bereits eine Akte angelegt wurde,

widerspreche ich nachträglich und bitte um Löschung der Akte samt Inhalt. Bitte bestätigen Sie mir den Widerspruch und die Löschung schriftlich.

Mit freundlichen Grüßen

Ort, Datum _____ · Unterschrift _____

What this letter says: You object to your health insurer creating and maintaining an electronic patient record (ePA) for you under § 344 SGB V, and if one already exists, you object after the fact and ask for its deletion with all contents. You ask for written confirmation of both.

Informal, at any time, free, even after the fact. The ePA is opt-out: silence means you get the record. After the objection the insurer deletes it, a later revocation creates an empty record, the old contents do not come back. Alternative: keep the record and control access granularly, hide documents, exclude particular parties. A conscious decision instead of a missed deadline.

Decision: objection / keep the record and control access · Objection filed on: _____ · Deletion confirmed on: _____

4 · DECOUPLE YOUR EVERYDAY ADDRESS

Address	Where it belongs	OK
Registered address	Only where the law requires it: authorities, bank, employer. Nowhere else.	
PO box or c/o	For orders, clubs, newsletters, services and anything that demands a delivery address (Chapter 10). Your real home address then sits in no customer database.	
Alias address	Privacy requests to data brokers only through a masked email address, so the request leaves no new trace (separate workshop sheet "GDPR Letters to Data Brokers").	

⚠ The blank sheet holds no secret, the filled-in letters contain your registered address, date of birth and insurance number. File copies of sent letters with your records. ⚠ The transmission blocks do not stop the simple register inquiry under § 44 BMG. Only the disclosure block in case of danger helps there, otherwise the decoupled everyday address.