



**Here to help:**

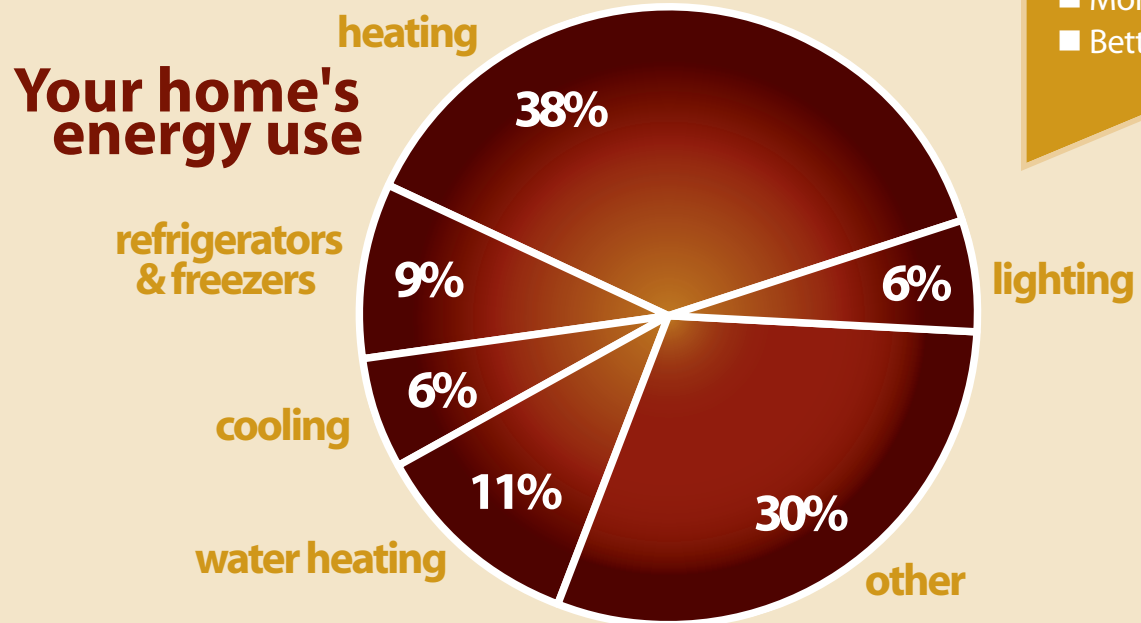
Your Me<sup>2</sup> Energy Advocate: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# How to save energy at home

See how much energy you can save at home.  
Check off as many tips as you can.

- Benefits**
- Comfort
  - More money
  - Better home



## Part I: Reduce heating & cooling costs

- Change your furnace filter on the \_\_\_\_\_ of every month.  
(Fill in your ideal day of the month.)
- Schedule annual heating/cooling maintenance visits.
 

<b>Spring Air Conditioning Tune-up:</b>	<b>Fall Furnace/Boiler Tune-up:</b>
Date      Time      Provider	Date      Time      Provider
- Program your thermostat.  
**Me<sup>2</sup> recommendations:**

<b>Winter:</b> 68° = when at home 63° = asleep/gone	<b>Summer:</b> 72° = when at home 77° = asleep/gone
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**Super Energy Saver:** Choose ENERGY STAR appliances—use up to 65% less energy.

## Your Follow-up Questions

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## NOTES from your Me<sup>2</sup> Energy Advocate

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## Part II: Lower electricity use

If it has a plug, it uses electricity. **What can you unplug today?**



### Adjust your TV's picture settings to save energy:

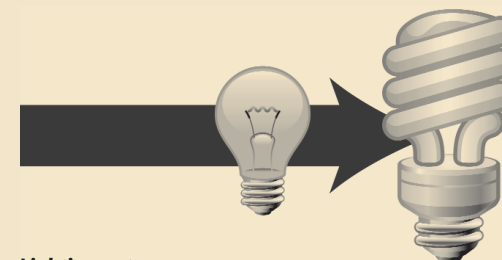
- Backlight: 65
- Brightness: 50
- Color: 54
- Contrast: 99
- Sharpness: 60
- Tint: Center

### Try out a smart power strip for your TV entertainment system.

A smart power strips senses when your TV is off and turns everything else off too.



### Replace the incandescent bulbs you use the most with CFLs.



**Lighting notes**  
 Look for rebates on CFLs. Use LEDs for task lighting.  
 Consider specialty CFLs. Soft white CFLs are not available.

## Part III: Save on water heating

It takes energy to heat water. Using less hot water (*without trying too hard*) saves energy.

- Install low-flow aerators on sinks. Choose high-efficiency showerheads.
- Vow to take shorter showers—under 7 minutes, if possible.
- Set your hot water temperature to 120 degrees.
- Wash your clothes in cold water.
- Insulate your hot water pipes and hot water heater.

### Achieve deeper savings.

Interested in easily cutting energy use by double digits (*at least 15%*)? Want to solve energy-related problems like mold, ice dams, and drafts? Want a more comfortable home? Schedule a FREE home visit with a Me<sup>2</sup> Energy Advocate who will guide you through the process from start to finish.

**Me<sup>2</sup> Perks:** Financing | Incentives | Participating Contractors | Ongoing Energy Advocate Guidance  
[www.smartenergypays.com](http://www.smartenergypays.com) 877.399.1203

