



## HVAC Energy Savings Tips

Simple ways to reduce your heating and cooling costs while staying comfortable.

### 🌡 Thermostat Settings Guide

SEASON	WHEN HOME	AWAY / SLEEPING
Winter	<b>68°F</b>	<b>60-62°F</b>
Summer	<b>76°F</b>	<b>80-82°F</b>

Every 1°F adjustment saves approximately 3% on energy costs.

### ⚡ Quick Energy Wins

- 1** Replace air filters regularly — dirty filters make your system work 15% harder
- 2** Seal air leaks around windows, doors, and ductwork
- 3** Use ceiling fans to circulate air (counter-clockwise summer, clockwise winter)
- 4** Keep vents and registers unblocked by furniture or curtains
- 5** Close blinds/curtains during hot summer days
- 6** Add insulation to attic and walls if needed
- 7** Use a programmable or smart thermostat
- 8** Get annual professional maintenance tune-ups

### 🔧 DIY Maintenance That Saves Money

- Change air filters every 1-3 months
- Clean outdoor condenser coils annually
- Clear debris around outdoor unit (2ft clearance)
- Clean condensate drain line with vinegar
- Seal visible duct leaks with mastic or metal tape
- Insulate exposed ductwork in unconditioned spaces
- Check and replace weather stripping
- Clean supply and return vents

### ↗ When to Upgrade Your System

Consider upgrading your HVAC system if:

- Your system is 15+ years old
- Repair costs exceed 50% of replacement cost
- Your energy bills keep increasing year over year
- Your home has uneven temperatures room to room
- Your system uses R-22 refrigerant (phased out)

Ask Metro Boston HVAC about high-efficiency upgrades — we offer financing options and free estimates.

### \$ Estimated Annual Savings

Regular filter changes	<b>\$50-100/yr</b>	Proper thermostat settings	<b>\$180/yr</b>
Annual professional tune-up	<b>\$100-200/yr</b>	Sealing duct leaks	<b>\$200-400/yr</b>
Upgrading to high-efficiency system	<b>20-40% savings</b>	Total potential savings	<b>\$530-880+/yr</b>