

Home Energy Check

for a High Summer Electric Bill

Use this one-page checklist before you call the utility or schedule service.

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Bill

- ☐ Compare kWh per day
- ☐ Compare billing days
- ☐ Compare rate and fees
- ☐ Check actual versus estimated reading
- ☐ Verify account, meter, and rate plan

Cooling system

- ☐ Check thermostat setting and schedule
- ☐ Set fan mode correctly
- ☐ Check or replace filter
- ☐ Unblock vents and returns
- ☐ Clear outdoor-unit airflow
- ☐ Check room-AC or portable-AC seals
- ☐ Note ice, leaks, noise, odor, or weak airflow

Home

- ☐ Close shades against strong sun
- ☐ Check doors and windows for gaps
- ☐ Reduce oven and heat-producing appliance use
- ☐ Check new or seasonal electrical loads
- ☐ Measure compatible plug-in devices
- ☐ Record indoor temperature and AC behavior

Action

- ☐ Call utility for billing or meter problems
- ☐ Call technician for equipment problems
- ☐ Contact landlord for building or supplied-equipment problems
- ☐ Keep a safe cooling plan during extreme heat

Heat safety comes first

Do not rely on fan-only cooling when the indoor temperature is 90 F or higher.

Seek emergency help for confusion, fainting, seizures, loss of consciousness, or suspected heat stroke.

Sources: U.S. Department of Energy, ENERGY STAR, and CDC. Updated July 25, 2026.

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