


# Definitions & resources

## Definitions

-  - (ALRT) Notification
- **REPL** - Replace Air Filter
- **BATT** - Low Battery

## Resources

- Electronic manual:  
<https://manuals.plus/honeywell/honeywell-home-t4-pro-thermostat-manual>
- Scan the QR code, by opening the camera on your phone and tapping the notification to connect directly to a collection of How-To videos for the Honeywell T4-Pro thermostat:



# About Energy Masters

Energy Masters is an award-winning program that conserves energy and water, helps our community's neediest families reduce their utility expenses, provides conservation education to encourage behavior change, and benefits our planet by reducing carbon emissions. Energy Masters volunteers, after receiving specialized training, deliver hands-on conservation upgrades and community education in affordable housing communities in Northern Virginia. The program is managed by EcoAction Arlington and the Virginia Cooperative Extension. Find out more information at

<https://www.ecoactionarlington.org/>

and

<https://arlington.ext.vt.edu/programs/energy-masters-volunteers.html>



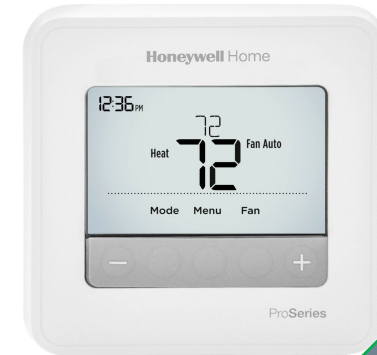
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# Thermostat Guide

For Honeywell T4-Pro Programmable



## What's inside?

1. How your thermostat works.
2. Tips on how your thermostat can save you money!
3. The recommended temperature settings.
4. Common user mistakes that can increase energy bills.



*Prepared by Energy Masters, a program managed by EcoAction Arlington and the Virginia Cooperative Extension. Cover photo sourced from Honeywell Home*

**"Thermostat instructions were sourced from thermostat manual or manufacturer's website."**

## Common User Mistakes

### What is emergency heat or AUX and when should you use it?

Emergency Heat (e-heat) or AUX (Auxiliary Heat) is the second stage on your heating system that automatically turns on when the temperature is too low (<35°F/2°C) for the heat pump or heating system to be able to remove heat from outside. Otherwise, it should **ONLY** be turned on manually if the heat pump or heating system fails, until it is able to be serviced. *Using e-heat just when its cold will dramatically increase your energy bills \$\$\$.*

## How does your thermostat work?

Thermostats can either be Programmable or Non-programmable. Programmable thermostats automatically set back the temperature in your home based upon predetermined schedule set by the user, while Non-programmable thermostats will stay at the same temperature that the user sets for the whole day (24hrs).

The number 1 advantage of Programmable thermostats is the flexibility. They allow each homeowner/renter to have the thermostat adjust the temperature on a schedule that matches their lifestyles. So, you will no longer have to remember to adjust the thermostat before leaving the house or going to bed, which will in turn save you money on your energy bills!

## Money \$aving Tip\$!

The majority of costs on gas and electric bills come from heating and cooling costs.

You can save as much as 10% a year on heating and cooling costs by simply adjusting your thermostat from its normal setting while you are away from home or sleeping. In the summer, adjust your thermostat up 7-10 degrees for 8 hours a day and down 7-10 degrees for the same amount of time in the winter.

- Do not put appliances that get hot near a thermostat
- If you have vents, make sure they are not blocked by furniture so their heat and air conditioning can reach your space
- On humid days, use fan to help prevent mold
- Changing your filters regularly can save you up to 7% on your energy bills
- Use the Sun for FREE! Open our curtains/blinds during the day and close them at night to keep the heat in

## Temperature Settings

The U.S. Department of Energy recommends keeping your thermostat set at 68°F/20°C in the winter and 78°F/26°C in the summer.

If you leave for a vacation, set your thermostat at 50-55°F/10-13°C in the winter and 85-90°F/29-32°C in the summer.



When you wake up, set your thermostat at 70°F/21°C or less in the winter and at 78°F/26°C or higher in the summer.



If you are away during the day and while you are asleep, adjust your setting up by 8 degrees in the summer and down the same amount in the winter.



When you come home in the evening, leave your thermostat at 70°F/21°C or less in the winter and at 78°F/26°C or higher in the summer.