

No more surprises with these easy tips to manage data usage!

Are you sometimes caught off guard when you see how much data you use each month? These useful tips will provide you with information on how to monitor your data usage and will help you determine if you're on the right plan*. More importantly, it will put you in charge of your data usage.

Data saving tip	Why it's important	Example	How to set it up
Monitor your data usage.	Staying within the data amount included in your plan will avoid surprise costs in monthly billing.	Use the tools provided to keep you on track and on top of your data usage.	<ul style="list-style-type: none"> ■ Monitor the amount of data being used three ways: <ol style="list-style-type: none"> 1 Use the connection software provided with your data device or PC Connect Card to track the amount of data sent and received, and to record data usage on recent connections. 2 Visit mytelusmobility.com, select TELUS eCare®, and click "Usage summary" 3 Review TELUS invoice that displays total monthly wireless data usage ■ If necessary, change to a plan that better suits your data usage needs
Manage application settings used on wireless connections to use the least amount of data possible.	Some applications connect to the Internet and transfer data in the background without any indication to the user.	Microsoft Windows and anti-virus software that check online for the latest software updates or virus definitions.	<ul style="list-style-type: none"> ■ Configure Microsoft Outlook to retrieve email less frequently or to retrieve email manually ■ Change software updates from automatic to manual to control when updates are downloaded ■ Exit or terminate unnecessary applications
Avoid streaming, including audio and video.	Viewing web pages may use more data than users realize.	Watching a video online or listening to a music track right from its online source.	<ul style="list-style-type: none"> ■ Set browser homepage to a Web site with minimal graphics ■ Determine the size of files before downloading them
Protect your laptop from viruses and your email accounts from SPAM.	Computer viruses and email SPAM can contribute significantly to high data usage.	Unwanted email means unwanted charges.	<ul style="list-style-type: none"> ■ Use anti-virus software, and keep virus definition lists up to date ■ Use SPAM filters to help prevent you from reading large files that are of no value ■ Install personal firewall software to prevent applications or viruses from sending data when you are connected wirelessly

How much data is in 1MB?

Here are some examples**:
 1 MB = 500 emails of 200 words;
 20 emails with attachments;
 20 pages of excel spreadsheets;
 or 10 web pages

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TELUS offers data rate plans in all shapes and sizes. Better yet, we offer tips to help you get the most from your data plan. With service like this, there are more reasons than ever to choose TELUS.

*TELUS provides the following information to help its clients but assumes no responsibility for any charge or damage as a result of clients applying these tips.

**Numbers are approximations. Actual data amounts vary, depending on the client and the situation.

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