Cellphone Data Usage

HUMBER

Quick Reference Guide

Preamble

Cellphone use has become a common way of staying connected online. People are using their cellphones for checking their email, watching movies, and everything in between. Cellular data is wireless Internet provided by the same cellular network that enables you to make calls and send SMS. If you have a limited data plan, you will want to make sure you do not exceed your monthly data amount, especially if your plan charges extra for data overages. Here are some strategies to help reduce your cellular data usage on iPhone and Android devices.

*Android and iPhone settings may vary depending on the model of the phone. You may want to use the search function on the phone to find the settings.

Cellular Data

You will need to know what your data plan entails to know what your limit is, but here is a general guide on some popular ways that your cellphone consumes data and the average amount of data it uses. The average Canadian uses over 2Gb of cellular data per month. On average, we use 8Gb of data when wi-fi is included.

Sending a text only e-mail	0.035Mb
Visiting a webpage	~1Mb
Sending an instant message	0.025Mb
Down/Uploading a picture	3Mb
Sending email with attachment	3Mb
Google Maps-25 km	1Mb
Audio Streaming-1 hr	42Mb
Scrolling/posting on Social Media-1 hr	150Mb
Video Calling–1 hr	500Mb
Standard Definition video–1 hr	500Mb
HD video–1 hr	1.6Gb

Consider using wi-fi when it is available. Use secure wi-fi when possible. Many locations offer a password protected wi-fi network for their customers.

Checking Data Usage

You can see how much data is being used for the apps on your device.
<u>iPhone:</u> Go to Settings → Cellular → Scroll down to **Cellular Data** to see how much each app is using.
<u>Android:</u> Go to Settings → Network and Internet → Mobile Network → App Data Usage → Scroll down to see the list of apps and their data usage.

Resetting Statistics

When you check your data usage (above instructions), you may want to make a habit of resetting the statistics each month.
<u>iPhone:</u> Go to Settings → Cellular → Scroll to the bottom and click Reset Statistics twice.
<u>Android:</u> Go to Settings → Wireless & Networks → Data Usage → Mobile Data Usage → Billing cycle → Reset the date. (You may already have it set to restart on a certain day).

Auto-Play Videos on Social Media

Videos need to be downloaded before playing. If you have videos auto-playing on social media, you may be using a lot of data. By disabling this feature, you can choose the videos you actually want to watch. You will need to visit all your social media platforms and go into your settings to set this preference.

Background Data	Automatic Updates
Some apps refresh in the background when not in use, using data to download new content. Fully close down these apps to make sure they are not using more data than you need. Alternatively, you can also disable background app refresh on your device. iPhone: Go to Settings → General → Background App Refresh → Toggle off Allow Background App Refresh. Android: Go to Settings → Network and Internet → Mobile network → App Data Usage → Toggle off Allow background data usage on the app.	Your device might be downloading updates for apps automatically. It is best to disable this feature and manually update apps when connected to a wi-fi network. iPhone: Go to Settings → iTunes and App Store → in the Automatic Downloads area, toggle off App Updates. Android: Go to Google Play Store App → Tap the 3 horizontal lines in the top left hand corner → Go to Settings within the menu list that drops down → tap Auto-update apps → tap Don't auto-update apps or over wi-fi only.
Location Services	**Music**
Certain apps use location services for key features. Make sure to disable location services in your settings for the apps that use location services to save on your cellular data usage. iPhone: Go to Settings → Privacy → Location Services → Choose the app to change the location services setting → Choose Never or While using. Android: Go to Settings → Location → App Permissions → Choose the app → Choose Allow only while using, or Deny.	Most know that videos use a lot of data, but many do not appreciate that streaming music will also use on average 1.3Gb for 1 hour of listening. iPhone: Go to Settings → Music → Cellular Data → turn Cellular Data off. Android (Spotify): Open Spotify → Settings in top right corner → Music Quality → Streaming → Set quality to low or turn off download using cellular. (other apps may be different)
Travelling Abroad	**Help & Support**
Before you leave, check if your carrier has an international roaming package. If your device is unlocked, consider buying a data plan from the country you are visiting and simply swap out the SIM card. Turn off your Cellular Data and Roaming before you land and use wi-fi instead. Most airports, hotels, restaurants, and tourist locations have wi-fi.	Please contact the I.T. Support Centre if you experience any issues. ☎ 416.675.6622X8888 | 🗪 humber.ca/techtalk 🖃 SupportCentre@humber.ca ▢ A212 (Lakeshore) or NX210 (North)

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