

iPhone Data Usage Tips

Quick Reference Guide

Introduction



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 common tips to help reduce your cellular data usage.

Tip #1

Disable Cellular App Updates

If apps are updating automatically, this may be happening when you are using cellular data.

Set your apps to update only when you are on Wi-Fi.

1. Tap **Settings**.
2. Tap **iTunes & App Stores**.
3. Turn off **Use Cellular Data**.



Tip #2

Disable Background App Refresh

The Background App Refresh feature will allow apps to update in the background (at any time) so you have the latest content when you use the app again.

Turn off background updates for all apps or select which ones you want to do updates in the background.

1. Tap **Settings**.
2. Tap **General**.
3. Tap **Background App Refresh**.
4. Turn off **Background App Refresh** or select which apps to turn off.



Tip #3

Disable Wi-Fi Assist

Wi-Fi Assist automatically switches to your cellular network to complete a task when your Wi-Fi connection is poor.

Turn off the Wi-Fi Assist feature to avoid data charges when there is a weak Wi-Fi signal.

1. Tap **Settings**.
2. Tap **Cellular**.
3. Turn off **Wi-Fi Assist**.



Tip #4

Prevent videos from playing automatically in Facebook and Twitter.

You may be viewing videos on Facebook and Twitter with auto-play enabled. If you are on a cellular network, you may be using a lot of data unknowingly. *Turn off auto-play in Facebook and Twitter.*

In **Facebook**, tap **More** -> **Settings** -> **Account Settings** -> **Videos and Photos** -> **Autoplay** and choose your setting.

In **Twitter**, tap **Me** -> **Gear Icon** -> **Settings** -> **Video Autoplay** and choose your setting.

Tip #5

Disable Music and Podcast Streaming on Cellular

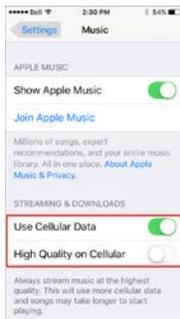
Streaming music or podcasts for long periods can use a lot of data.

Download playlists or podcasts before playing them instead of streaming.

Music

For music, disable streaming via a cellular connection or stream music at a lower bitrate when not on Wi-Fi.

1. Tap **Settings**.
2. Tap **Music**.
3. Turn off **Use Cellular Data**.



OR

1. Turn on **Use Cellular Data**.
2. Turn off **High Quality on Cellular**.

Podcasts

For podcasts, ensure downloading occurs only on Wi-Fi.

1. Tap **Settings**.
2. Tap **Podcasts**.
3. Turn off **Cellular Data**.
4. Turn on **Only Download on Wi-Fi**.



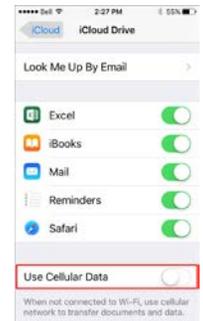
Tip #6

Disable iCloud Drive on Cellular

iCloud Drive allows you to transfer data and documents in and out of the cloud.

Restrict data and document transfers to occur only on Wi-Fi.

1. Tap **Settings**.
2. Tap **iCloud**.
3. Tap **iCloud Drive**.
4. Turn off **Use Cellular Data**.



Tip #7

Leaving apps open not only drains the battery but allows them to run in the background.

Close apps when you are done with them.

1. Double-click the **Home** button.
2. **Swipe up** to close the app.

Tip #8

If you are at your monthly limit and cannot afford to go over it, *turn off cellular data completely.*

1. Tap **Settings**.
2. Tap **Cellular**.
3. Turn off Cellular Data.

Checking Your Data Usage

Here are some ways to monitor your data usage in order to stay within your data limit.

iPhone Settings

1. Tap **Settings**.
2. Tap **Cellular**.
3. Under Cellular Usage Data section, check the **Current Period** usage.
*This value is not automatically reset every month and may reflect a total from several months of usage. To reset the value, scroll to the bottom and tap **Reset Statistics** twice. Then check your data usage on a regularly basis (e.g. monthly) and reset the statistics each time.*

Data Plan Provider

Your data plan provider may also have their own app where you can check your data usage.

Apple Store

Look for an app in the Apple Store to download and use.