



10 Tips to reduce your cellular data usage

Here are 10 tips to reduce your cellular data usage. Where possible, instructions are included to adjust your settings for iOS and Android. Please note that these settings can change depending on the operating system you are using (as well as the device).

1 Fully close down apps when not in use or disable background app refresh

- Some apps refresh in the background when not in use.
- Fully close down these apps to make sure they are not using more data than you need.
- You can also disable the background app refresh on your device.

1

How to disable background app refresh on iOS:
Go to "Settings" -> "General" -> "Background App Refresh" -> Toggle "Background App Refresh" Off or choose certain apps to toggle off.

How to disable background app refresh on Android:
Go to "Settings" -> "Wireless and networks" > "Data usage" -> "Mobile data usage" -> Select the app of your choice -> Toggle off "Allow background data usage"

2 Limit the usage of location services

- Certain apps use location services for key features.
- Make sure to disable location services in your settings for the apps that "Always" use location services to save on your cellular data usage.

2

How to disable location services for apps on iOS:

Go to "Settings" > "Privacy" > "Location Services" > Choose the app for which you wish to change the location services settings > Choose "Never" or "While using" (but if you chose "While Using" be careful when you use these apps on cellular network)

How to disable location services for apps on Android:

Go to "Settings" > Location > "App Permissions" > Choose the app for which you wish to change the location services settings > Toggle "on" or "off"

3 Don't use apps with ads

- Some apps (often free apps) display ads when you use them. Since these ads must be downloaded, it is best to not use these kinds of apps if you are trying to save on data.

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4 Turn off push email notifications

- Push email notifications alert you when a new email comes in, this is great when you need to reply to timely emails, but it's not always needed.
- To save on data, deactivate the email push notifications.
- You can still download emails by opening the app and refreshing it manually.

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How to disable push email notifications on iOS:

Go to "Settings" > Mail > Fetch New Data. For users with multiple email accounts, go in the Passwords and Accounts section. Toggle off "Push" at the top of the screen then scroll down and set Fetch to Manually.

How to disable push email notifications on Android:

Go to "Settings" > Notifications > Swipe up until you come to your list of apps > Choose GMail or your email app of choice > Toggle "off".

5 Use Google Chrome to browse the web

- Chrome is recommended to browse the web.
- To update your data usage settings in the app settings. Go in the "Settings" -> "Bandwidth option" -> "Reduce data usage"

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6 Turn off automatic updates

- Your device might be downloading updates (for apps and the operating system) automatically.
- It's best to disable this feature and manually update apps when connected to a Wi-Fi network.

6

How to turn off automatic software updates on iOS:

To turn off automatic app updates on cellular data, Tap on "Settings" > "iTunes and App Stores" > Toggle off "Use Cellular Data" and/or "Updates" under "Automatic Downloads"

For Android: (to stop automatic software updates)

Go to "Settings" > Software Update > Deselect "Download updates automatically" (be sure that all options are deselected)

(to stop apps from auto-updating)

Go to "Google Play Store App" > Tap the 3 horizontal lines in the top left hand corner of the screen > Go to Settings within the menu list that drops down > Tap "Auto-update apps" > Tap "Don't auto-update apps"

7 Disable auto-play videos on social media apps

- Videos need to be downloaded before playing and therefore auto-play videos on social media apps, while useful, use a lot of data.
- By disabling auto-play on social media apps, you can prevent videos you don't want to watch from downloading. [Here's how to disable auto-play for Facebook, Instagram and Twitter.](#)

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8 Turn off app notifications

- Disable all app notifications if you want to reduce your cellular data usage.
- This means all badges, banners and alerts should be disabled.

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How to turn off app push notifications on iOS:

Open "Settings" app > Tap on Notifications > Find the app you would like to disable the notifications and tap it > Toggle off "Allow notifications" for the app as needed

How to turn off app push notifications on Android :

Go to Settings > Sound and Notification > App Notifications > Tap the app you want to stop notifications for > Tap the toggle to "Block" which will prevent this app from sending notifications

9 Avoid streaming music

- Users know that videos use a lot of data when viewed, but there is a misconception that music does not weigh anything and that therefore streaming music won't make you bust your data plan.
- Well, that's not exactly true. If you listen to 1hr of music daily for a month, it should average to 1.3Gb of data. It adds up!

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10 Add a cellular data limit (Android only)

- If you are an Android user, you can set up a data usage cap, to prevent you from using too much data. .

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How to setup a data warning and limit on Android:

Go to Settings > Network and Internet (or Connections) > Data Usage > Billing cycle > Set your billing cycle by changing it from the default of 1st of the month > Toggle on "Set Data Limit" > Choose the data limit you want to set for each month > Tap "Set".

Pro tip: In the same menu, you can also "Set Data Warning" to notify you when you have consumed a set amount of data (say, 80%), so that you can be careful to preserve the remainder of your data for truly important stuff.