

How to use less data on your smartphone

Smartphones can chew through data without you realising it. This can be because data-hungry apps are left open or simply due to default settings on your phone. If you go over your monthly data limit you will incur excess data charges.

1 Turn off “push notifications”

These are notifications from apps. You can turn them off in the settings on your smartphone.

2 Turn off video autoplay

Change your settings in apps like Facebook and Instagram so videos do not automatically start playing.

3 Beware of messaging apps that use data

Avoid using messaging apps like iMessage, Viber and WhatsApp. These apps use data to send text messages.

4 Beware of “free” apps

Free apps often use up more data than the paid version as they generally have more advertising.

5 Manually close certain apps

Make sure apps using GPS, streaming or video calling are not actively running after you exit from them.

Some tips to avoid smartphone bill shock

1 Know your data allowance

This is usually measured in megabytes (MB) or gigabytes (GB).

2 Know your billing period and extra charges

Keep track of when your monthly billing period starts and finishes. Read the Critical Information Summary (CIS) to see what extra charges you will incur by going over your data, call or text allowance.

3 Track your data usage

Keep track of how much data you have used with your provider's smartphone app or your account on your provider's website. Do not ignore the data usage alerts your mobile provider sends you. The information about how much data you have used can be delayed by up to 48 hours, so you may be over your limit by the time you receive an alert or check your usage.



How to use less data on your smartphone

Contact us

4 Connect to Wi-Fi

Set your smartphone to connect automatically to your home or office Wi-Fi and look for free Wi-Fi hotspots when you are out to offset your mobile data usage.

5 Streaming and updating apps

Be aware that streaming video or music and automatic software updates use up large amounts of data. You can change your settings so these services (and others) run only when you are connected to Wi-Fi.

accan.org.au
 Twitter: @ACCAN_AU
 facebook.com/accanau
 info@accan.org.au
 02 9288 4000

For more tips and information go to:
accan.org.au/consumer-info

