This is a guide to describe the measures you can take to save battery power and prolong the life of your mobile phone.

Screen Display & Brightness: Your smartphone screen is one of the biggest battery drains. Having your screen lock/sleep mode turned off and your screen brightness too high contirbutes to draining the battery.

- > Set the brightness slider nice and low on your display and only increase it if/when you need to.
- Set your display's screen lock/sleep mode to as short a time as is practical for you. If your screen timeout is set to a minute, it will use four times the amount of power to have it on than if your timeout is set to 15 seconds.
- Limit the amount of times you go into your phone is the best thing for saving your battery.

Wallpaper, Backgrounds & Themes: Multi-coloured wallpapers, backgrounds and themes illuminate the coloured pixels. Black pixels are unlit, so the more darker pixels, the less battery you need to light them up. Animated backgrounds will drain the battery faster.

Use a dark-coloured static background/wallpaper/theme.

Vibrate & Haptic Feedback: Haptic feedback is the use of vibrations from a device's vibration alarm to denote that a touchscreen button has been pressed (if your phone vibrates each time you touch any key on it then haptic feedback is turned on). This is another battery drainer as it actually takes more power to vibrate your phone than it does to ring it.

- Unless you really need your phone to be on silent, turn vibration off.
- To turn haptic feedback off go to sounds, or keyboard, find the option 'Vibrate on Touch' or 'Vibrate on Key Press' and turn it off.

No Network Coverage & 4G: If your phone keeps losing connection, or is showing 'No Network' or 'Emergency Calls' only you may be in an area that has no network coverage.

- Activating flight or airplane mode will save battery as your phone will not be continuously using power to search for a network.
- > Charging your phone while on 'Battery Save' or 'Airplane' modes charges it quicker.

Having 4G turned on and you're not in an area with 4G coverage also drains battery power. 3G is more available in most areas of New Zealand.

- On Apple devices go to Settings > Cellular > Voice & Data and change it to 3G.
- On other devices go to your Mobile Network Settings and change the Network Type or Preferred Network Type to 3G/2G (Auto).

Bluetooth & NFC: When Bluetooth and NFC are turned on, your phone is continuosly searching for other bluetooth/NFC enabled devices. This contributes to draining the battery. So keep Bluetooth and/or NFC turned off, unless you really need it.

Apps & Widgets: Another big battery drainer is apps and widgets.

Apps use power. Even if you aren't or don't use them, they could still be running in the background and performing downloads which use data and drain your battery. Knowing what's using you data and shutting it down can help save battery power.

To monitor how much battery power your apps are using go to **Settings > Battery.**

Developers constantly update apps and many of the reasons are for memory and battery optimisation, so keeping apps updated can help save battery power.

- Set your phone to auto-update Apps over WiFi only so as not to impact your data usage.
- If you have installed apps on your phone that you don't use, uninstall them.

Many free apps come with those dreaded ads. Ad supported apps drain data and the battery by interrupting what you are doing and displaying the ads. (On some devices turning mobile data off or turning Airplane mode on before you open the app avoids those pesky ads.)

Facebook topped a global list of the most performance-draining apps, which considered battery drain, storage consumption and data use. Instagram came in 4th and Spotify 5th. A raft of other social apps and games consume processing power, battery power and data.

Widgets are the icons you see on your phone screen (email, contacts, calendar, camera, phone, settings etc.) Widgets go hand in hand with apps making accessing certain things on your mobile quick and easy. Having multiple widgets across several home screens that are constantly syncing will contribute to draining your battery.

Removing widgets you don't use or need, especially those that are connected to the internet like weather widgets etc. will save battery power.

Charger: If you notice that your battery had drained super-fast after you've had it on charge, check whether it's is charged/charging. If not, then you may have a defective charger.

> Check whether your cable works with another phone, or conversely whether your phone works with another cable.

Please ensure that you familiarise yourself with your DHB's policies, guidelines and codes of conduct relating to mobile devices and the NRDHB and hA Acceptable Usage policy:

http://pulse.healthcare.huarahi.health.govt.nz/OurServices/InformationTechnology/MobileServices/PoliciesandGuidelines.aspx