



The Basics

Energy Efficient Heating + Cooling

Heat pump systems function as both heating and cooling for your home. They use the refrigeration cycle just like a highly-efficient refrigerator, except **they exhaust the cold and keep the heat when heating**. When cooling, they work the same by using the cool air and exhausting the hot air. Highly efficient, these systems maintain a comfortable temperature in the home regardless of outside temperature.



Why should I choose a Heat Pump System

- **It heats and cools.** Heat pump systems not only keep your home cool when it's hot outside, they heat your home when it's colder, resulting in ideal temperatures year-round.
- **Cost-Saving.** Switching from gas to a two-stage or variable heat pump system increases air conditioning energy efficiency, which results in lower energy costs.
- **Safe.** Heat pump systems remove possible carbon monoxide hazards in the air, creating a safer and cleaner home.
- **More comfort.** Not only do heat pump systems keep your home at the ideal temperature, they dehumidify the air in your home better than standard air conditioners.



When is the best time to install?

- **Before extreme hot or cold seasons.** Be prepared! Replace your air conditioning and/or space heating units during more moderate seasons so that you can be comfortable during extreme heat/cold weather.
- **During a remodel or new construction.** There are numerous types of heat pump systems which require different installation needs, make sure to plan accordingly.
- **Replacing an existing system.** Work with an experienced contractor to select and properly install the best system for your situation. Based on your energy load, the new system could save hundreds each year.



What should I do next?

- **Review the EnergyGuide label.** Every heat pump system has two ratings; the heating season performance factor (HSPF), and the seasonal energy efficiency ratio (SEER), which measure total space heating required and heat removal required each year, respectively.
- **Match your climate with your system.** In warmer climates, the SEER is more important than the HSPF. In colder climates, focus on getting the highest HSPF feasible.
- **Visit the Appliances Assistant.** Here, you can compare options and efficiency scoring, read customer reviews, and find local service professionals.