

Do You Have a “Healthy Home?”

A qualified contractor can help you assess and address indoor air quality, improve your comfort, and cut your utility bills.

Answers to a few basic questions can help you get started:

- **How old are your heating and cooling systems?**

Ensuring your system is updated and well maintained can save money and improve health and comfort.

- **Is your home insulated?**

Properly installed insulation in your walls and attic, at levels recommended for your home’s climate, will cut bills, and improve comfort.

- **Have you ever noticed mold in your home?**

Visible mold likely means humidity levels need to be better addressed or indicates a potential leak or water damage.

- **Are your windows caulked and doors weather-stripped?**

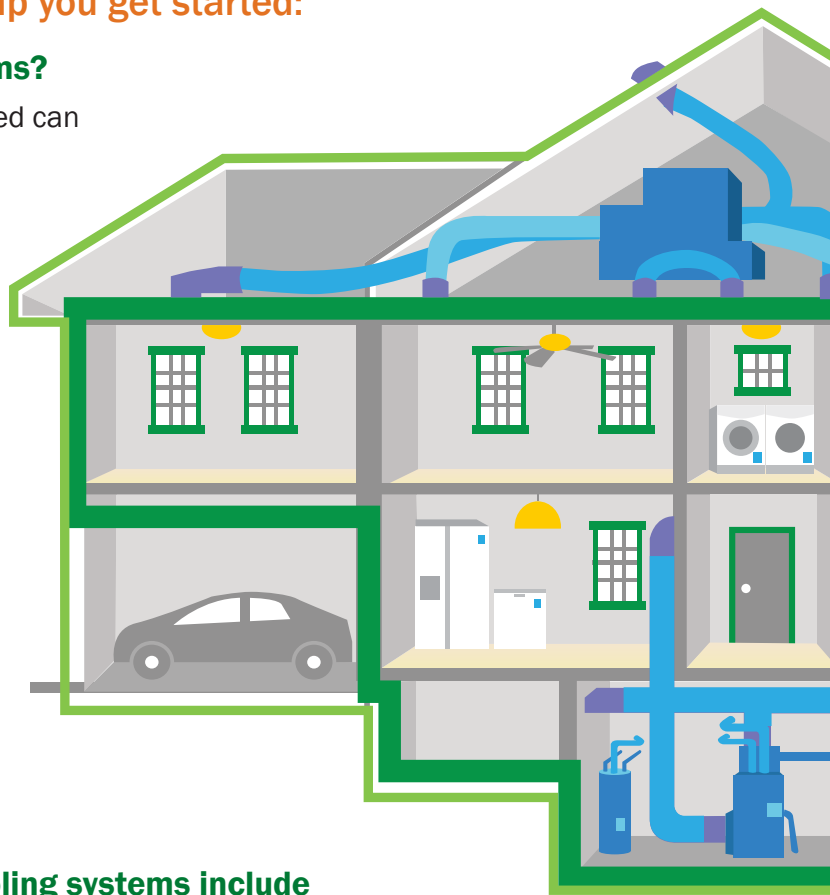
These relatively simple fixes reduce air leaks and help maintain indoor temperature levels.

- **Are your appliances ENERGY STAR® rated?**

ENERGY STAR appliances are energy efficient and help you save money.

- **Do you know if your home’s heating and cooling systems include proper levels of ventilation?**

Effective ventilation is important for both health and safety. Ventilation, along with frequently replaced air filters, can help make sure your home is bringing in fresh air as needed, and keep out pollutants when outdoor air quality is poor due to ozone, fire, or other factors.



GET started

FIND A QUALIFIED CONTRACTOR:

- Home Performance with ENERGY STAR® at [ENERGYSTAR.gov/HomePerformance](https://www.energystar.gov/HomePerformance)
- Building Performance Institute at [bpi.org/locator-tool](https://www.bpi.org/locator-tool)