

In the past, the internet was primarily used to download content, emails & browse websites. **But now more than ever**, internet requirements have changed! Interactive tasks like video calls and gaming, require higher upload speeds. How much is enough?

Nowadays, we're doing a lot more interactive online activities requiring not only *download* speeds, but *upload* speeds. From working from home, gaming and streaming movies to video chatting with loved ones and using smart home devices. Many of these interactive activities require information to travel up the internet connection away from your home, making faster upload speeds more critical.

No two homes are the same though so it's important for you to consider *how* you use the internet on a day-to-day basis. This will help you pick the package with both download and upload internet speeds that will provide the best experience. After all, there's nothing worse than your screen freezing when you're on an important video call!

To make it easier, we have created a simple calculator that will help you understand your internet usage.



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Hours of operationMonday through Friday 9:00am - 5:00pm

How much internet speed do I need?

For the ultimate internet experience, you need to ensure you have BOTH the right Download and Upload speeds. To find out what internet speed package will fulfill your household needs, complete the following simple table to reveal your Download & Upload Mbps requirements.



Step 1: Calculate your **Download Mbps** requirements on the table below:

Online Activity	Mbps ×	of devices	e usage requir	
Email (Gmail, Outlook, Hotmail, etc)	5 Mbps	X	=	Mbps
Surfing the web (Google, Yahoo, etc) 5	Mbps X	=	Mbps	
Social media (Facebook, Instagram, etc)	5 Mbps	X	=	Mbps
Streaming video (Netflix, Disney, Youtube)	15 Mbps	X	=	Mbps
Online gaming (Playstation, XBox, etc)	25 Mbps	X	=	Mbps
Connected devices (Nest, Alexa, etc) 3	Mbps X	=	Mbps	
Streaming music (Spotify, Sirius, etc) 5	Mbps X	=	Mbps	
Virtual Reality / VR	15 Mbps	X	=	Mbps
Video calls (Zoom, Skype, etc)	15 Mbps	Χ	=	Mbps
Large File Transfers (Dropbox, Box etc)	40 Mbps	Χ	=	Mbps
			+	

My total **Download Mbps** requirements are _____ Mbps

Number

J. Heada



Step 2: Calculate your **Upload Mbps** requirements on the table below:

Online Activity

Email (Gmail, Outlook, Hotmail, etc)
Surfing the web (Google, Yahoo, etc) 5
Social media (Facebook, Instagram, etc)
Streaming video (Netflix, Disney, Youtube)
Online gaming (Playstation, XBox, etc)
Connected devices (Nest, Alexa, etc) 3
Streaming music (Spotify, Sirius, etc) 5
Virtual Reality / VR
Video calls (Zoom, Skype, etc)
Large File Transfers (Dropbox, Box etc)

