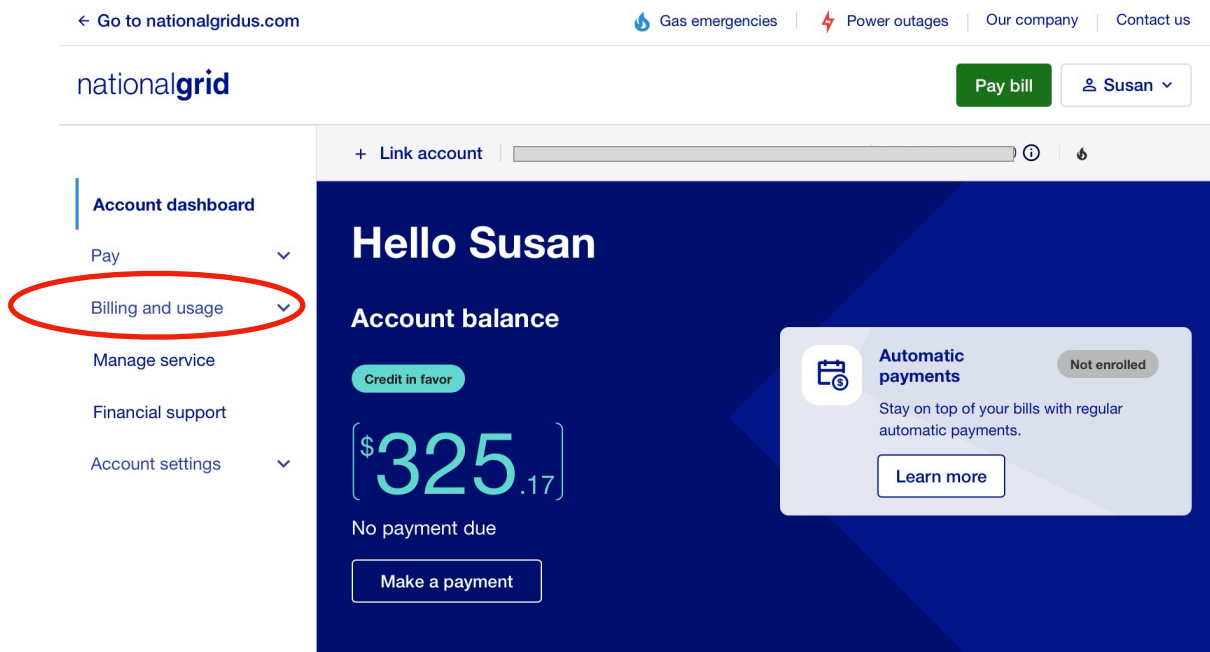


How to obtain gas usage history from National Grid

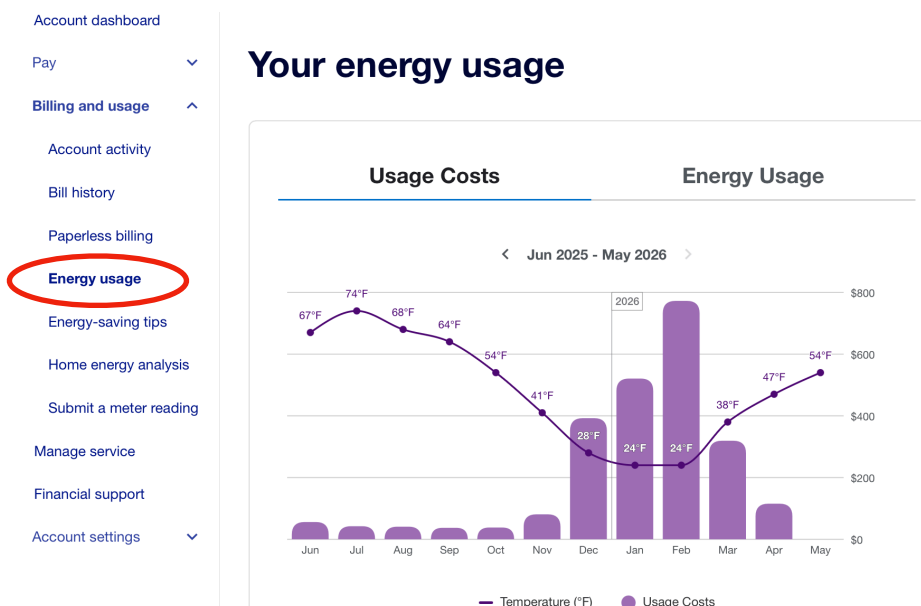
Your HeatSmart Alliance volunteer coach has asked you to provide your gas usage history so she or he can analyze your home's energy use. The easiest way to do this is to download it or copy it from your National Grid account on the web.

Step 1: Log into your National Grid account. If you need info on how to do this, go to the end of this note, then come back here once you are logged in. As of May 2026, you will then see the form below:

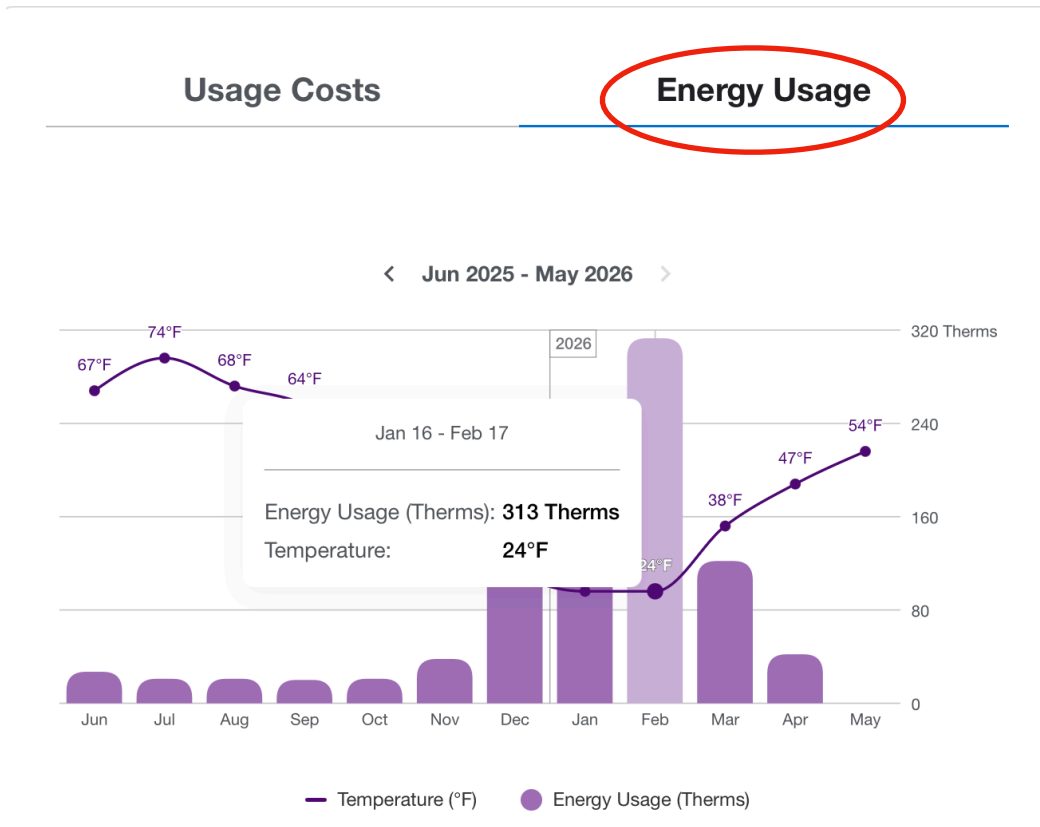


Step 2: Click Billing and usage in the sidebar. Note, on an iPhone, you can find the options by touching the Menu button on the upper left portion of the screen.

This will show you a bar chart with twelve months of charges for gas.



This page shows your Usage Costs, i.e., your monthly charges. Click Energy Usage at the top of the bar chart to show the amount of energy you have used.



You will need to record manually the monthly therms and start and end dates (Heat Smart Alliance is asking National Grid to include this in the downloadable csv file, but for now, the csv file is missing some needed info.) On the Energy Usage form, hover your mouse over one of the bars. That will show a pop-up window with your starting and ending dates and the therms that you used during that time period. You need to write down this data for each month for 24 months. Something like this:

etc. back for 24 months if possible			
3/15/26	4/14/26	190	
4/14/26	5/14/26	65	
etc.			

This example shows that when you hover over the Feb bar, a pop-up window appears with data for February 2026, starting date of January 16, 2026, ending date of February 17, 2026, and 313 therms used. Make a chart on paper or in a spreadsheet with that data for the months shown. To see the prior months click the left caret next to the date period above the bar chart and record the data for those twelve months. Send this data, whether on paper or in a spreadsheet, to your coach.

Once National Grid fixes its csv file, you will be able to download it with all the needed into.

To Log Into Your National Grid Account

Go to the website <https://www.nationalgridus.com/>

Select the Sign In / Register option.

If you have previously accessed your account, enter your Sign-in ID and password and click

Sign In

Then to back to step 1.

If you have never accessed your account online and don't have online access, click the

Register for Online Access

button on the upper right. Enter your account number and then create a sign-in ID and password. Then you can log in with the ID and password that you just entered. When that is done, go back to step 1.