



An Extended Guide · No. 1735

Testing Your Medical-Power Plan

Try it on a calm day,
trust it in a storm

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! Read this first — this is not medical advice

This guide is about keeping the power on — it is not medical advice, and it is not a substitute for a plan made with the people who know your health. Make your backup-power plan together with your doctor and your equipment supplier, and follow their guidance on your specific device, its settings, and how much backup you need. Register ahead of time on your electric utility's medical or priority-restoration list. And please never rely on a backup battery alone for life-sustaining equipment: a battery buys you time, it does not replace care. If the power is out and anyone's health is at risk — trouble breathing, chest pain, confusion, or bluish lips — call 911, or get to a hospital or shelter that has power. Test your plan on a calm day, with your supplier's okay on anything that touches your device or settings — and if you ever feel unwell during a test, stop and call 911.

A plan you've tried is a plan you can trust

The best backup plan in the world is only a guess until you've tried it once. This guide is about that one calm afternoon of practice that turns a plan on paper into something you truly trust.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. Testing is the step almost everyone skips — and it's the one that catches the little problems before they matter: a cord that doesn't fit, a battery that doesn't last as long as hoped, an alarm with a dead battery. Far better to find those on a sunny Tuesday than in the middle of a storm.

None of this is hard, and you don't have to do it alone. We'll go through five simple tests, each one a small dress rehearsal, so that when the real thing comes, it feels familiar and calm.

★ Let's run through it together

Testing is one of my favorite visits, because it's where worry turns into confidence. Call or text me at (330) 200-8042 and we'll try it all out.

The whole guide, on one page

If you remember only these things, your plan will be proven, not just hoped for.

- ❑ Practice the switch-over: unplug from the wall and run on backup, calmly.
- ❑ Measure the real runtime, so you know how long your battery truly lasts.
- ❑ Test the carbon-monoxide alarms and your other safety gear.
- ❑ Practice recharging — from a generator (outdoors), the car, or solar.
- ❑ Do a calm grab-and-go, to be sure you could relocate if you had to.
- ❑ Write down what you learned, and fix anything that felt awkward.
- ❑ Get your supplier's okay for anything touching your device or settings.
- ❑ If you ever feel unwell during a test, stop and call 911.

✓ One idea to hold onto

A test isn't a chore — it's a rehearsal that trades a little time now for a lot of calm later.

Why testing is the step worth not skipping

An untested plan hides its gaps until the worst possible moment.

It's human nature to buy the equipment, write the plan, and feel done. But a plan you've never run is full of unknowns: Does the battery really last the night? Does everyone know the switch-over? Do the alarms work? A calm test answers all of that while there's time to fix whatever you find. The families who test are the ones who stay genuinely calm when the power goes out, because nothing is a surprise.

Think of it like a fire drill. You hope never to need it, but practicing means that if you ever do, your hands and your mind already know the way.

! Test calmly, act on how you feel

A test is meant to be relaxed and unhurried. If at any point you feel unwell, stop the test and, for any trouble breathing or other emergency, call 911. Your comfort always comes before the drill.

Test one: the switch-over

The most important skill is calmly moving a device from the wall to backup power.

On a calm day, actually do it: unplug your essential device from the wall and run it on the battery power station for a while, with everyone comfortable and nothing urgent happening. Notice how the switch feels, whether the cords reach, and whether anything is confusing. Practice it a few times, and have anyone who helps you practice too. The goal is that the switch-over feels ordinary, not nerve-wracking.

- Unplug the device from the wall and run it on the battery station.
- Check that cords reach and the right outlets are used.
- Have your caregiver practice the switch-over as well.
- Repeat it until it feels easy and familiar.

★ I'll make the switch-over second nature

We'll practice until you and anyone who helps can do the switch-over without thinking twice. That confidence is worth a great deal.

Test two: measure the real runtime

Knowing how long your battery truly lasts is the heart of a trustworthy plan.

Estimates get you close, but only a real test tells the truth. From a fully charged battery, run your device and see how long it actually goes — or let your supplier and I help you check it safely. Real life always has a say: the cold, an aging battery, an extra device plugged in. Once you know your real runtime, the battery gauge becomes a useful clock instead of a mystery. Our sizing guide explains how this feeds your planning.

- Start from a full charge and run your device as you would overnight.
- Note how many hours it lasts — that's your real number to plan on.
- Try it both with and without power-saving settings, to see the difference.
- Re-check it now and then, since batteries give a little less as they age.

✓ Test in real conditions

If you can, test in conditions like a real outage — a chilly room, the devices you'd actually run. A number from real life beats a number from a brochure.

Test three: the carbon-monoxide alarms

Your safety gear only protects you if it's actually working.

Carbon-monoxide alarms are your silent guardians, but only if they're alive. Test each one the way the maker recommends, check that they're on every level and outside the sleeping areas, and replace batteries or units on schedule. While you're at it, make sure everyone in the home knows what the alarm sounds like and what to do if it goes off. Our guide on never running a generator indoors covers CO safety in depth.

- ☐ Test every CO alarm the way the maker recommends.
- ☐ Confirm one on each level and outside each sleeping area.
- ☐ Check they're battery-backup, so they work when the power's out.
- ☐ Make sure everyone knows the sound and the response: fresh air, then 911.

★ I'll help you test and place them

On a visit I'll test your CO alarms and make sure they're where they belong. It's one of the most worthwhile few minutes of any visit.

Test four: putting power back in

For a long outage, you'll want to know your recharging works before you rely on it.

If your plan includes recharging the battery station in a long outage, give that a dry run too. Whether it's a generator, the car with its charging cable, or solar, practice it in the daylight so you know it works and how long it takes. And there's one rule this test must always obey.

! A generator's exhaust is deadly — a battery is not

If your backup plan includes a gas- or propane-powered generator, remember that its exhaust contains carbon monoxide — an invisible, odorless gas that can kill in minutes. Never run any fuel-burning generator indoors, in a garage, in a shed, in a basement, or on a porch, not even with a door open and a fan going. Run it outside only, well away from the house — the safety agencies say at least 20 feet — with the exhaust pointed away from every window, door, and vent. This is one big reason a battery power station suits medical equipment so well: it makes no exhaust at all, so it is safe to use right beside the bed, indoors. Put battery-backup carbon-monoxide alarms on every floor and outside the bedrooms, and if an alarm sounds or anyone feels dizzy, sick, or sleepy, get everyone into fresh air first and ask questions later. When you practice recharging with a generator or the car, run the engine outdoors only — at least 20 feet from the house, exhaust pointed away. Never run this test in a garage or a sheltered spot, even for a quick trial. The rule holds during a practice run exactly as it does in a real storm.

Test five: a calm grab-and-go

Being able to leave calmly is part of the plan — so rehearse that too.

On an easy afternoon, pretend you have to relocate. Grab the go-bag, load the car the way you would for real, and see how it feels. Could you carry everything? Did the equipment fit? Was anything missing or too heavy? A practice run surfaces the little gaps while there's no pressure at all. Our go-bag and evacuation guide covers packing and leaving safely.

- Grab the go-bag and load the car as if you were really leaving.
- Check that everything fits and you could manage it.
- Confirm the go-bag's batteries are charged and supplies are current.
- Note anything missing or awkward, and fix it.

✓ A dry run beats a real scramble

Ten minutes of pretend-leaving now can save a frantic half-hour later — and shows you exactly what to adjust.

Write down what you learned

A test is only as useful as the notes you keep from it.

After each test, jot down what you found — the real runtime, anything that didn't fit, an alarm that needed a battery, a step that confused you. Then fix those things and note that they're handled. This little log turns your testing into steady improvement, and it means next time you test, you already know what to check. Keep it with your written plan.

- ☐ The real runtime you measured, dated.
- ☐ Anything that didn't work, and how you fixed it.
- ☐ Alarms tested and batteries replaced.
- ☐ Notes for anyone who helps, so they learn what you learned.

★ I'll help you keep the log

On a visit I can help you set up a simple testing log, so your plan keeps getting stronger every time you try it.

Two kinds of homes, two sets of needs

Where you live shapes which tests matter most and how far your plan has to stretch.

If you live in town or the suburbs

In town or a close-in suburb, outages are usually shorter, so a solid switch-over and runtime test may be most of what you need.

- Focus first on the switch-over and the real runtime for a shorter outage.
- The recharging test matters less if power usually returns quickly.
- Still test your CO alarms — that's essential everywhere.
- A quick grab-and-go rehearsal is easy, since help is close.

If you are out in the country on a well

Out in the country, outages run for days, so the recharging test and a longer-runtime plan matter much more — and the grab-and-go covers a longer trip.

- Test recharging thoroughly — from a generator or car — since you may rely on it.
- Measure runtime for more than one night, and how recharging extends it.
- Rehearse a grab-and-go for a longer drive, with more supplies aboard.
- Include the well in your thinking — test that stored water covers your needs.

★ Let's test what matters for your home

Tell me where you live and how long outages last, and I'll help you focus your testing where it counts. Call (330) 200-8042.

Make testing a gentle routine

A plan tested once is good; a plan tested now and then stays trustworthy.

Batteries age, supplies get borrowed, and equipment changes over time, so a plan proven a year ago may have quietly drifted. The fix is a light, regular rhythm — a quick re-test each season, or when the clocks change, so it never becomes a big project. Tie it to something you already do, and your plan stays as reliable as the day you first proved it.

- Re-check batteries and runtime each season, or when the clocks change.
- Re-test CO alarms on the same schedule.
- Refresh the go-bag's batteries and supplies during the same round.
- Do a fuller run-through before storm season each year.

✓ Little and often keeps it real

A short seasonal check beats a big once-in-a-blue-moon overhaul. Attached to a habit, testing never becomes a burden.

Even during a test, health comes first

A drill is never worth pushing through if something feels wrong.

Testing should feel relaxed. But if at any point during a test the person using the equipment feels short of breath, unwell, or anything seems off, stop the test and switch back to normal power. For any trouble breathing, chest pain, confusion, or bluish lips, call 911 right away. No practice run is worth ignoring how someone feels, and there's no shame in cutting a test short.

! Stop the drill, mind the person

The test serves the person, never the other way around. If anything feels wrong, end the test, return to normal power, and call 911 for any real concern.

Get your supplier's okay first

Anything that touches your device or settings deserves a quick check with the people who know your therapy.

Most of this testing — the alarms, the grab-and-go, timing a recharge — is entirely yours to do. But anything that touches how your device runs, like trying a power-saving setting or running from a battery for a stretch, is worth clearing with your supplier first. It's a quick question, and it means you can test with a clear mind, knowing you're not doing anything that could affect your therapy.

- Ask your supplier if running your device on backup for a test is fine.
- Ask before trying any power-saving setting during a test.
- Follow their guidance on your settings — always their call, not mine.
- The safety-gear tests, like CO alarms, you can always do freely.

★ Their okay, my hands-on help

Once your supplier gives the nod, I'll help you run the tests safely and smoothly. The medical go-ahead is always theirs; the practice is something we can do together.

What I help with — and what I don't

Being clear about this line is part of doing right by you.

Bill helps with	Always the supplier or doctor's call
Running the switch-over test	Whether backup running is fine
Measuring the real runtime	Your prescribed settings
Testing CO alarms and recharging	Any change to your therapy
A grab-and-go rehearsal	When to seek emergency care

★ **A boundary I keep**

I run the practice with you and fix what we find. Whether a test touching your device is safe stays with your supplier — and I'll always ask you to check first.

A few gentle reminders

Not judgments — just the patterns I see most, so you can step around them.

- Buying the equipment and writing the plan, but never once trying it.
- Guessing the runtime instead of measuring it in real conditions.
- Forgetting to test the CO alarms until one chirps at 3 a.m.
- Practicing a recharge in the garage — the one place it must never run.
- Testing once and never again, so the plan quietly drifts out of date.

! If one of these sounds familiar, that's all right

Noticing a gap is exactly why we test. Pick one test to run this week, and your plan is more trustworthy already.

A testing checklist

Work through it at your own pace — each test proves one more piece of your plan.

- ☐ I've practiced the switch-over, and so has anyone who helps me.
- ☐ I've measured my real runtime in realistic conditions.
- ☐ I've tested every CO alarm and know they work.
- ☐ I've practiced recharging — with the engine outdoors.
- ☐ I've done a calm grab-and-go to be sure I could relocate.
- ☐ I've written down what I learned and fixed the gaps.
- ☐ My supplier has okayed anything that touches my device.
- ☐ I re-test on a gentle seasonal rhythm.

★ Even one test done is real progress

You don't have to run them all today. Every test you complete makes your plan more trustworthy when it counts.

Questions worth asking before you test

A couple of questions make your testing safe and useful.

Q: What should I ask my equipment supplier?

Whether running your device on backup for a test is fine, whether any power-saving setting is okay to try, and how to switch safely.

Q: What should I test without needing to ask?

Your CO alarms, a grab-and-go rehearsal, and timing how long a recharge takes — none of those touch your therapy.

Q: How often should I re-test?

A light check each season and a fuller run-through before storm season keeps everything trustworthy without becoming a chore.

Q: What can Bill do with me?

Run the switch-over, measure the real runtime, test the alarms and recharging, rehearse a grab-and-go, and set up a simple testing log.

✓ I'll help you prepare the questions

Not sure what to ask? Call me first and we'll write down what to check with your supplier, so your testing is safe and worthwhile.

Common Questions

The questions folks ask me most about testing, answered plainly.

Q: Isn't testing a lot of trouble?

It's an afternoon or two, and it's the difference between hoping your plan works and knowing it does. Most families find it far less trouble than they feared — and a real relief.

Q: Is it safe to run my device on the battery just to test?

For most people, yes, but check with your supplier first, since it touches your therapy. The alarm and grab-and-go tests you can always do freely.

Q: How do I test my runtime without running the battery flat?

Run it from full and simply note the level as time passes — you'll see the pace without needing to empty it. I can help you do this safely.

Q: How often should I test?

Once to prove the plan, then a light re-check each season and a fuller run before storm season. Batteries and supplies drift, so a gentle rhythm keeps it real.

★ However far along you are, I'm glad to help

Whether you're testing for the first time or keeping a proven plan fresh, call or text me at (330) 200-8042. We'll turn your plan from hoped-for to trusted, one test at a time.

Bringing it all together

Five calm tests turn a plan on paper into one you truly trust.

Practice the switch-over until it's second nature. Measure your real runtime in realistic conditions. Test your CO alarms. Try your recharging — always with the engine outdoors. And rehearse a calm grab-and-go. Write down what you learn, fix the gaps, and re-check on a gentle seasonal rhythm. Do that, and when a real outage comes, nothing is a surprise.

This ties together the whole batch — the sizing, battery-low, generator-safety, and go-bag guides all come to life in a test. Take them one at a time.

★ Let's prove your plan together

There's no need to wonder whether your plan works. Call or text me at (330) 200-8042, and we'll try it all out on a calm day.

Your next small step

Small, doable steps in a gentle order — no need to do them all at once.

- This week: test your CO alarms — that one needs no one's permission.
- This week: ask your supplier if a switch-over test is fine for you.
- This month: practice the switch-over and measure your real runtime.
- This month: try recharging (engine outdoors) and a grab-and-go.
- Before storm season: run through the whole plan and update your log.

✓ One step at a time is plenty

Even testing your CO alarms today proves one piece of your plan. The rest follows at your pace.

A simple calendar for testing

Spreading the tests across the year keeps any one of them from feeling like a chore.

You don't have to do everything at once, or often. A light rhythm keeps your plan trustworthy with very little effort. Here's a gentle calendar many families find easy to keep: a quick monthly glance, a seasonal check, and one fuller run-through before storm season. Adjust it to fit your life — the point is simply that testing keeps happening.

- Monthly: a quick glance at charge levels and cords.
- Each season, or when the clocks change: test alarms, re-check runtime.
- Before storm season: a full run-through of every test.
- After any change of equipment: re-test what changed.

★ I'll help you set the rhythm

On a visit I can help you set up a testing calendar that fits your life, so your plan stays ready year after year with almost no fuss.

You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made testing your medical-power plan before you need it feel a little less daunting and a lot more doable. Keep it in a drawer with your other important home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever need it. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I help with the power side only — your settings, your prescription, and when to seek care always stay with your doctor and your equipment supplier — and for any licensed electrical work, I'll line you up with a trustworthy local pro.

★ Bill's Home Tech — real help, close to home

Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

Proving Your Plan in a Few Tests

A calm dress rehearsal, before the real thing



Write down what you learn, and fix the gaps.

What to Test, and Why

Each test proves one piece of the plan

	Test	Proves
Switch-over	Cords, steps	You can do it calmly
Runtime	Full to used	How many hours
CO alarms	Press to test	Safety gear works
Recharge	Engine outdoors	You can refill it

Clear anything touching your device or settings with your supplier.

Keep It Trustworthy Over Time

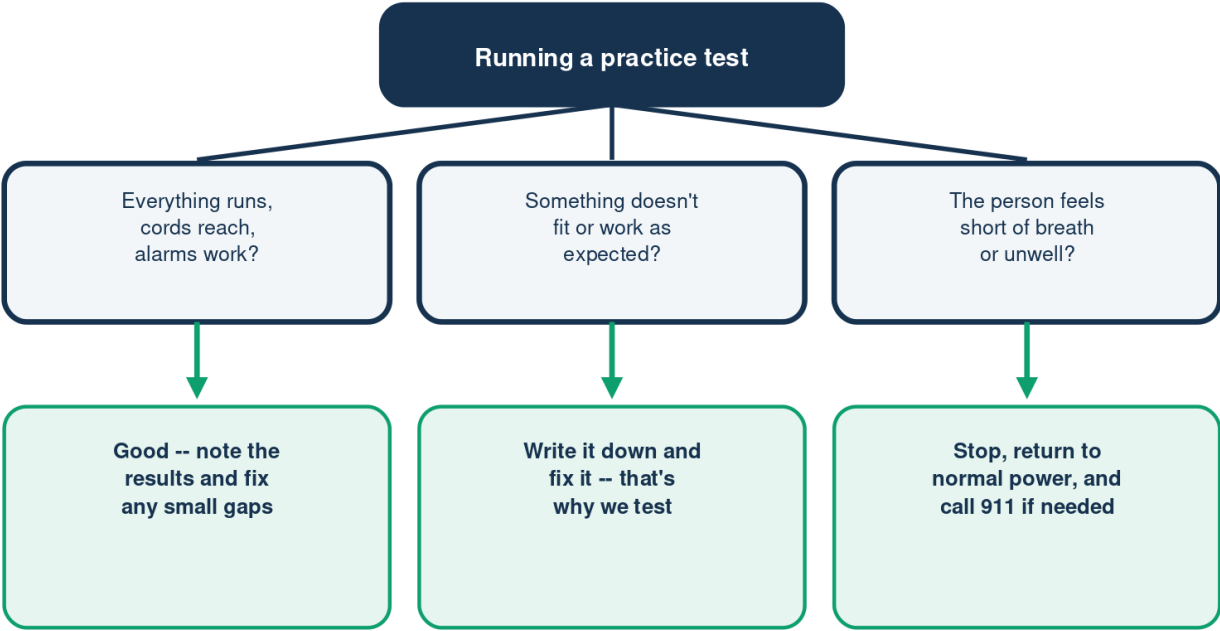
A light rhythm beats a rare overhaul

	How often	What to do
Monthly	Glance at levels	Check the cords
Each season	Test alarms	Re-check runtime
Before storms	Full run-through	Update your log
After changes	Re-test	Whatever changed

Tie it to a habit -- like the clocks changing -- so it sticks.

During a Test, What If...?

A calm gut-check while you rehearse



This guide isn't medical advice -- clear device tests with your supplier, and call 911 for any emergency.

Illustration - a schematic, not to scale. Your setup may differ.



Need a Real Person?

You do not have to remember all of it.
You just have to remember you can call.
Friendly, in-home tech help -- I come to you.

BILL'S PROMISE

If you are not 100% happy with a visit, I will make it right -- or refund it. No awkwardness, no fine print. That is how I would want to be treated.

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— Bill

Prefer help without a visit?

Bill can screen-share and fix many things remotely — a flat \$49, free for Support Plan members.



A Note From Bill

A quick note from Bill.

I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that comes from using these guides. Thanks for reading, and stay safe out there.

— *Bill*



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