BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

Peacock

Plans, live sports, NBC shows, profiles and safe billing — explained in plain English, one step at a time

A plain-English guide for families and grandparents

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Peacock in the U.S. · facts current November 2026

What's Inside

This is your Peacock manual. Read it in any order and at your own pace — there is no test, and you can't fall behind. Whether you want Sunday Night Football, yesterday's episode of an NBC show, your local NBC news or a Premier League match on a Saturday morning, every feature here comes with what it actually does *for you* and slow, step-by-step directions. It's written for Peacock in the United States as of November 2026. Peacock changes its screens and its prices from time to time, so if something looks a little different on yours, the idea is still the same.

Part 1 — Getting to Know Peacock

1 A Note from Bill
2 What Peacock Is (and Isn't)
3 What You Need to Watch
4 Words You'll See on Peacock

Part 2 — Plans, Prices & Signing Up

5 The Plans and What They Cost
6 Which Plan Is Right for You?
7 What Happened to Free Peacock?
8 Getting Peacock Through Another Company
9 Signing Up Safely, Step by Step

Part 3 — Watching Peacock on Your TV

10 Signing In on Your TV
11 Finding Your Way Around Peacock
12 NBC & Bravo Shows the Next Day
13 Your Local NBC Channel, Live
14 Channels: News & Always-On Programming

Part 4 — Live Sports on Peacock

15 Sunday Night Football & the NFL
16 The NBA on NBC & Peacock
17 Premier League Soccer
18 The Olympics & Other Big Events
19 Watching Live Sports Without the Frustration

Part 5 — Profiles, Kids & Family

20 Profiles: Everyone Gets Their Own
21 Kids Profiles & Parental Controls

Part 6 — Watching Your Way

22 Captions & Easier Listening

23 Downloads for Trips & Waiting Rooms

Part 7 — Your Account, Scams & Canceling

24 Keeping Your Account Safe

25 Peacock Scams: Fake Bills, "Activate" Sites & Too-Good Offers

26 Changing or Canceling Your Plan

Part 8 — Fixes, Help & Your Cheat-Sheet

27 Quick Fixes for Common Problems

28 When to Call Bill

29 Your Peacock Cheat-Sheet

PART 1

Getting to Know Peacock

What Peacock is, what you need to watch it, and the handful of words you'll see on its screens. Start here.

CHAPTER 1

A Note from Bill

Hello, and welcome. Maybe someone told you that Sunday Night Football is on Peacock now. Maybe you missed an episode of a favorite NBC show and heard you could catch it there the next day. Or maybe a Peacock charge showed up on your card statement and you'd like to know what you're paying for. Whoever you are, this guide is for **you**.

I'm Bill. Helping people feel at home with their technology is what I do every day, and I've written this guide the way I'd explain it sitting next to you on the couch: plainly, patiently, and without the jargon. When a word like "streaming" or "profile" comes up, I'll stop and tell you what it means.

You can't break it by exploring

Peacock is an app. Pressing the wrong button on the remote won't hurt your TV or your account. If you open the wrong show, press **Back** on the remote. If you feel lost, press **Home** and start again. The only things that really deserve care are the ones that involve money (your plan and your payment card) and your password, and this guide slows down and points those out every time.

WHAT THIS DOES FOR YOU

What this guide does for you

By the end, you'll know which Peacock plan fits what you actually watch, how to find the game or the show you want, how to set things up so the grandchildren only see what's right for them, and how to spot the fake "Peacock" emails and websites that try to get your card number. That can mean a smaller bill and a lot less frustration on game night.

What's in this guide

- **The basics**: what Peacock is and what you need to watch it (Part 1).
- **Plans and prices**: what each plan costs as of November 2026, what happened to the old free plan, and getting Peacock through another company (Part 2).
- **Watching on your TV**: signing in, finding your way around, NBC shows the next day and your local NBC channel (Part 3).
- **Live sports**: Sunday Night Football, the NBA, Premier League soccer and the Olympics (Part 4).
- **Profiles, kids, captions and downloads** (Parts 5 and 6).

- **Your account, scams and canceling**, then quick fixes and a cheat-sheet (Parts 7 and 8).

And I'm only a phone call away

If you get stuck, you're never stuck alone. Call me at **(330) 200-8042**. No question is too small and no one will make you feel silly for asking. Now let's meet Peacock.

— Bill

CHAPTER 2

What Peacock Is (and Isn't)

Peacock is a streaming service from NBCUniversal, the company behind the NBC television network. "Streaming" simply means the show comes to you over your internet connection instead of through an antenna or a cable box. You pay a monthly or yearly fee, open the Peacock app on your TV, phone, tablet or computer, and choose what to watch.

What you'll find on Peacock

- **NBC and Bravo shows**, many of them the day after they air on TV (Chapter 12).
- **Live sports**: NBC's Sunday Night Football, NBA basketball, Premier League soccer, and NBC's Olympics coverage (Part 4).
- **Your local NBC station, live**, on the Premium Plus plan (Chapter 13).
- **Movies**, older TV series, and shows made just for Peacock (called "Peacock Originals").
- **Always-on channels** for news and other programming (Chapter 14).

What Peacock isn't

Peacock is not cable TV and it is not a replacement for every channel you get today. It carries NBCUniversal programming and the sports NBC has the rights to. It does not carry CBS, ABC or Fox shows, and it does not include ESPN. If you're trying to replace cable completely, Peacock is usually one piece of the puzzle, not the whole picture.

GOOD TO KNOW

Other guides in this series

If you're weighing Peacock against other services, the **Streaming Services Explained** guide compares them side by side. If you'd like your local channels, including NBC, at no monthly cost, see **TV Antennas & Free Local Channels**. There are also separate guides for **Netflix** and **YouTube TV**.

WHAT THIS DOES FOR YOU

What this does for you

Knowing what Peacock does and doesn't carry before you sign up keeps you from paying for something that won't show the game or the program you actually wanted.

CHAPTER 3

What You Need to Watch

You need three things: a screen, an internet connection, and a Peacock account. You probably have the first two already.

1. A screen with the Peacock app

- **A smart TV** (one that connects to the internet) usually has a Peacock app you can add from its app store.
- **A streaming stick or box** plugged into your TV, such as a Roku, Amazon Fire TV, Apple TV or Google TV device, can run Peacock if your TV can't.
- **A phone or tablet**: download the Peacock app from the App Store (iPhone and iPad) or Google Play (Android).
- **A computer**: go to **peacocktv.com** in your web browser. No app needed.

TIP

Older TV without the app?

If your TV is several years old and you can't find Peacock in its app store, an inexpensive streaming stick is usually the simplest fix. It plugs into an HDMI port on the back of the TV and gives you a fresh, up-to-date set of apps.

2. Home internet

Streaming uses your home internet. Most home internet plans sold today are fast enough for Peacock. Live sports are the most demanding thing you'll watch, so if a game keeps stopping to load (the spinning circle), see Chapter 27. Watching on a phone away from home uses your cellular data, which can add up quickly on a limited plan.

3. A Peacock account

Your account is an email address and a password, plus a paid plan. Chapter 9 walks you through signing up safely. One account can be used on several devices in your home: you sign in on each one.

HEADS UP

One Peacock, one email

Use an email address you check regularly. Peacock sends your receipts, price-change notices and password resets there, and you'll want to recognize the real ones (Chapter 25).

CHAPTER 4

Words You'll See on Peacock

A few words come up again and again on Peacock's screens and in its emails. Here they are in plain English.

Word	What it means
Streaming	Watching over the internet instead of an antenna or cable box.
Plan (or tier)	The level of Peacock you pay for: Select, Premium or Premium Plus (Chapter 5).
Ads	Commercials. The cheaper plans show them during shows; Premium Plus removes most of them.
Live	Happening right now, like a game or the evening news, rather than recorded.
On demand	Shows and movies you can start whenever you like and pause any time.
Next day	A new episode of an NBC or Bravo show that arrives on Peacock the day after it airs.
Channels	The part of Peacock with always-on live streams, including your local NBC station on Premium Plus.
Profile	A separate space for each person in the house, with their own list and history (Chapter 20).
Kids profile	A profile that only shows programs meant for children (Chapter 21).
Download	Saving a show onto a phone or tablet to watch later without internet (Chapter 23).
Captions	The words of the dialogue shown on screen (Chapter 22).
Activation code	A short code your TV shows so you can sign in from your phone or computer (Chapter 10).
Billing partner	Another company that charges you for Peacock, such as your cable or phone company (Chapter 8).

TIP

If a word isn't here

Peacock's own help pages are at **peacocktv.com/help**. Type the address yourself rather than clicking a link in an email, so you know you're on the real site.

WHAT THIS DOES FOR YOU

What this does for you

When the screen says "Upgrade to Premium Plus to watch live" or an email talks about your "billing partner," you'll know exactly what it means and whether it applies to you.

PART 2

Plans, Prices & Signing Up

What each Peacock plan costs and includes as of November 2026, what happened to the free plan, getting Peacock through another company, and signing up safely.

CHAPTER 5

The Plans and What They Cost

Peacock raised its prices on **August 18, 2026**. Here's what each plan costs in the United States as of November 2026, before sales tax.

Plan	Monthly	Yearly	In plain English
Select	$8.99	$89.99	The lowest-cost plan. A limited set of TV shows, with ads. No live sports or live events.
Premium	$12.99	$129.99	The full Peacock library and live sports, with ads.
Premium Plus	$19.99	$199.99	Everything in Premium, mostly without ads, plus your local NBC station live and downloads.

When the new prices reached existing members

New and returning members paid the new prices starting August 18, 2026. If you already subscribed, the new price started on your first billing date on or after **September 17, 2026**. If you signed up with a special promotional price, you keep that price until the promotion ends, then the regular price applies.

What each plan includes

Select

Peacock describes Select as a tier it is testing alongside its main plans. It offers a selection of TV programming with ads. Peacock's help center lists sports and live events as **not included**, so Select will **not** show Sunday Night Football, the NBA or the Premier League, and it doesn't include the live local NBC station.

Premium

Premium is the plan most people mean when they say "Peacock." It includes the full library of shows and movies, Peacock Originals, and live sports including NFL games. Premium is the lowest-cost plan that carries Sunday Night Football. It has ads.

Premium Plus

Premium Plus includes everything in Premium and removes most ads from on-demand shows and movies. Ads still appear during live sports and events, on the live channels, and on a small number of shows and movies. It also adds the **live 24/7 stream of your local NBC station** (Chapter 13) and lets you **download** select titles to watch offline (Chapter 23).

TIP

Paying yearly costs less

Each yearly price is less than twelve monthly payments. Premium at $129.99 a year, for example, works out to about $10.83 a month instead of $12.99. The catch is paying it all at once, so only choose yearly if you're sure you'll keep Peacock for the whole year.

HEADS UP

Prices change

Peacock has raised prices more than once, including July 2025 and August 2026. Before you pay, read the price on Peacock's own sign-up screen. Your bank or card statement is the final word on what you were charged.

CHAPTER 6

Which Plan Is Right for You?

The right plan depends on what you watch, not on which one sounds best. Answer these questions and the choice usually makes itself.

If this sounds like you…	Consider this plan
I mainly want Sunday Night Football or other live sports	**Premium** at minimum. Select does not include sports.
I want yesterday's NBC or Bravo episodes and some movies	**Premium** is the safe choice, since it has the full library.
Commercials drive me crazy	**Premium Plus** removes most ads, though not during live sports or on live channels.
I want my local NBC news live without an antenna or cable	**Premium Plus**; only it includes the live local NBC station.
I want to download shows for a trip	**Premium Plus**; downloads are part of that plan.
I just want a few TV shows as cheaply as possible	**Select** may be enough. Check it has your shows first.

A simple way to decide

1. Write down the three things you most want to watch on Peacock.
2. If any of them is a live game, you need Premium or Premium Plus.
3. If any of them is your local NBC news live, you need Premium Plus.
4. If neither applies, start with Premium for a month and see whether the ads bother you.
5. You can move up or down later (Chapter 26), so this isn't a forever decision.

TIP

Already have an antenna?

If you have a TV antenna that picks up your NBC station, you already get local NBC live, including Sunday Night Football on NBC, at no monthly cost. In that case Premium Plus's local channel may be something you don't need to pay for. See the **TV Antennas & Free Local Channels** guide.

WHAT THIS DOES FOR YOU

What this does for you

Choosing the plan that matches what you actually watch is the easiest way to keep the Peacock bill down, without missing the shows or games you care about.

CHAPTER 7

What Happened to Free Peacock?

When Peacock started, it had a free plan with a smaller selection of shows and plenty of commercials. Many people signed up for it, and some still remember it. **That free plan has ended.** Today, every way to watch Peacock is a paid plan, whether you pay Peacock directly or another company includes it in something you already pay for (Chapter 8).

What this means for you

- If you had a free Peacock account years ago, it won't play shows today until you choose a paid plan.
- If an app, website or email offers "free Peacock forever" or "lifetime Peacock," be very suspicious (Chapter 25).
- A genuine promotion may lower the price for a while, but it will say clearly when the regular price begins.

SCAM ALERT

"Free Peacock" is a favorite bait

Scam websites and social-media ads promise free Peacock, free sports streams or a "lifetime" account for a one-time payment. They're after your card number or want you to install something harmful. Real Peacock offers come from peacocktv.com, the Peacock app, or a company you already do business with.

Want NBC without a monthly fee?

Your local NBC station still broadcasts over the air at no cost. An antenna on your TV picks it up, including NBC's Sunday Night Football and NBC's prime-time shows as they air. What an antenna won't give you is Peacock's on-demand library or the games that are only on Peacock.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the free plan is gone keeps you from chasing an offer that no longer exists, and from falling for scammers who use that old memory as bait.

CHAPTER 8

Getting Peacock Through Another Company

You don't always have to sign up with Peacock directly. Some companies include Peacock in a package or a membership, or bill you for it along with other services. That can save money, but it also changes who you call about the bill and where you go to cancel.

Places Peacock has been offered

- **Cable and internet companies**, such as Xfinity, which is part of the same parent company as Peacock.
- **Shopping and delivery memberships**: Walmart+ and Instacart+ have included a Peacock plan as a membership perk.
- **Streaming bundles**, such as a bundle of Apple TV and Peacock sold together.

HEADS UP

These offers change often

Which plan is included, the price, and whether the perk still exists all change from time to time. Before you count on one, check the offer on the other company's own website or app, signed in to your account. Don't rely on an old ad or a friend's description.

How to tell who bills you for Peacock

1. Look at your card or bank statement for the Peacock charge.
2. If it says **Peacock** or **PeacockTV**, you pay Peacock directly.
3. If you don't see a Peacock charge but Peacock works, it's probably included with something else: your cable or internet bill, a shopping membership, or an app store subscription (Apple or Google).
4. Sign in at **peacocktv.com** on a computer and open your account settings. Your plan information is there, and if another company bills you, that's usually the company to contact.

TIP

Don't pay twice

If you get Peacock through a membership and also pay Peacock directly, you may be paying twice for the same thing. When a new perk includes Peacock, follow that company's steps to link it, and only then cancel the direct plan (Chapter 26).

WHAT THIS DOES FOR YOU

What this does for you

A few minutes spent figuring out where your Peacock comes from can end a double charge and makes canceling simple when the time comes.

CHAPTER 9

Signing Up Safely, Step by Step

Signing up takes about five minutes. Doing it on a computer or tablet is easier than typing with a TV remote, and you can then sign in on the TV with a code (Chapter 10).

Before you start, have these ready

- An email address you check often.
- A new password you don't use anywhere else. Write it on the cheat-sheet in Chapter 29.
- A credit or debit card. A credit card gives you more protection if there's ever a billing dispute.

The steps

1. On a computer or tablet, type **peacocktv.com** into the address bar yourself. Don't click a link in an email or an ad.
2. Choose the option to see plans or sign up.
3. Pick your plan (Chapter 6 helps) and choose monthly or yearly.
4. Enter your email address and create a password.
5. Enter your payment details. Read the price and the renewal terms on the screen before you confirm.
6. Confirm. Peacock emails a receipt. Keep it; it shows what you agreed to pay.

STAY SAFE

Read before you tap "Confirm"

The sign-up screen shows the plan, the price and when it renews. Peacock plans renew automatically until you cancel. If a promotion is involved, look for the date it ends and the price after that.

SCAM ALERT

Only sign up on the real site

Fake look-alike websites copy Peacock's colors and logo to collect card numbers. The real address ends in **peacocktv.com**. If you landed on a sign-up page from a pop-up, a text message or a search ad you're not sure about, close it and type the address yourself.

WHAT THIS DOES FOR YOU

What this does for you

Signing up yourself, on the real site, with a password you've written down means you'll always be able to get back in, change your plan or cancel without a struggle.

PART 3

Watching Peacock on Your TV

Signing in on the TV, finding your way around, catching NBC shows the next day, and watching your local NBC station and other live channels.

CHAPTER 10

Signing In on Your TV

Typing an email and password with a TV remote is slow and fiddly. Most TVs and streaming devices offer an easier way: the TV shows a short **activation code**, and you finish signing in on your phone or computer.

Getting the Peacock app onto your TV

1. Press **Home** on your TV or streaming-device remote.
2. Open the app store (it may be called Apps, Channel Store, or simply a search option).
3. Search for **Peacock** and choose the app with the Peacock logo.
4. Select **Add**, **Get** or **Install**. There's no charge for the app itself; the charge is your Peacock plan.

Signing in with a code

1. Open the Peacock app on the TV and choose to sign in.
2. The TV shows a web address and a short code. Leave that screen up.
3. On your phone or computer, type the web address **exactly as the TV shows it**. It will be on peacocktv.com.
4. Sign in to your Peacock account if asked, then enter the code from the TV.
5. In a few seconds the TV moves on by itself and you're signed in.

TIP

The code expires

If you take too long, the code stops working. Just go back on the TV and ask for a new one. Nothing is harmed.

SCAM ALERT

Beware of fake "activate" websites

If you search the web for "Peacock activate," some of the top results can be look-alike sites run by strangers. They may ask for your card number, an "activation fee," or tell you to call a phone number for "help." Peacock does not charge to activate a TV. Type the address your TV shows, letter for letter, and make sure it's on **peacocktv.com**.

Signing in the long way

If you'd rather not use a phone, you can choose to sign in with your email and password right on the TV. It takes longer with the on-screen keyboard, but it works the same.

WHAT THIS DOES FOR YOU

What this does for you

Signing in with a code saves a lot of button-pressing, and typing the address yourself keeps you off the scam sites that wait for people searching for "activate."

CHAPTER 11

Finding Your Way Around Peacock

When Peacock opens, you'll see a row of choices along the top or the side, and rows of pictures below. Each picture is a show, a movie, a game or a channel. Peacock rearranges its screens from time to time, but the basic ideas stay the same.

The main areas

Area	What's there
Home	The starting screen: featured shows, what's live now, and Continue Watching.
Search	A magnifying glass. Type or speak the name of a show, team or actor.
Sports	Live and upcoming games, replays and highlights.
Channels	Always-on live streams, including local NBC on Premium Plus.
Your saved list	Shows you've saved for later. Its name and place can vary by device.
Your profile picture	Switch profiles and reach settings and your account.

Moving around with the remote

1. Use the arrow buttons to move the highlight around the screen.
2. Press **OK** (or **Select**, the middle button) to open what's highlighted.
3. Press **Back** to go back one step.
4. While a show is playing, press **OK** or **Play/Pause** to pause, and the left and right arrows to skip back or ahead.

Saving a show for later

When you open a show's page, look for a plus sign or an option to save or add it to your list. Saved shows wait for you there, so you don't have to search again.

> TIP
>
> **Search by voice**
>
> Many TV remotes have a microphone button. Hold it and say "Peacock Sunday Night Football" or the name of a show. It's often quicker than typing.

WHAT THIS DOES FOR YOU

What this does for you

Once you know the handful of main areas, you can get from the Peacock home screen to the game or show you want in a few presses, without hunting.

CHAPTER 12

NBC & Bravo Shows the Next Day

Missed an episode? On the Premium and Premium Plus plans, new episodes of many NBC and Bravo shows appear on Peacock the day after they air on TV. It's like having a DVR (a recorder) that you didn't have to set up.

Finding yesterday's episode

1. Open Peacock and choose your profile.
2. Select **Search** and type the show's name.
3. Open the show's page. The newest episode is usually at the top of the episode list.
4. Select the episode to play it. If you've watched part of it, Peacock offers to pick up where you left off.

Things worth knowing

- Not every NBC show is on Peacock the next day. Some arrive later, and a few aren't on Peacock at all.
- Shows usually stay on Peacock for a while, but not forever. If a show matters to you, don't wait months.
- The Select plan has a more limited set of shows (Chapter 5).
- On Premium, next-day episodes include ads. On Premium Plus, most on-demand episodes play without ads.

TIP

Continue Watching is your friend

The **Continue Watching** row on the home screen keeps your place in every show you've started. Pick a show from there and it starts right where you stopped.

GOOD TO KNOW

Want it the moment it airs?

Next-day means next day. If you want to watch an NBC show live as it airs, your options are an antenna, cable or a live TV service, or Premium Plus's live local NBC channel (Chapter 13).

WHAT THIS DOES FOR YOU

What this does for you

You don't have to rearrange your evening around the TV schedule. Watch the show tomorrow at lunch, or Saturday morning, whenever it suits you.

CHAPTER 13

Your Local NBC Channel, Live

With **Premium Plus**, Peacock includes a live, round-the-clock stream of your local NBC station: the same local news, weather and NBC programs you'd get with an antenna or cable, in the **Channels** section of the app.

Watching it

1. Make sure you're on Premium Plus (Chapter 26 shows how to check and change your plan).
2. Open Peacock and go to **Channels**.
3. Look for your local NBC station and select it. It plays live, like regular TV.

Things worth knowing

- **It has commercials.** Even on Premium Plus, the local NBC channel shows ads, just as the broadcast does.
- **You get one local station**, chosen by where your streaming device is. You can't pick a different city's NBC station.
- **It works on any device that runs Peacock**, so you can watch local news on a phone or tablet in another room.

HEADS UP

Travel and the local channel

Because Peacock picks the station by your device's location, the local channel you see while traveling may be different from the one at home, or may not be available. If local news matters while you're away, check before the trip.

TIP

Compare with an antenna

An antenna gets your local NBC station, and the other local networks too, with no monthly fee. Premium Plus's local channel makes the most sense if an antenna doesn't work well where you live, or you want local news on your phone or tablet.

WHAT THIS DOES FOR YOU

What this does for you

Your local weather and news, live, without a cable box, and on whatever screen is closest.

CHAPTER 14

Channels: News & Always-On Programming

Besides your local NBC station, Peacock's **Channels** section carries live streams that run all day, a bit like flipping through cable channels. Depending on your plan, you'll find news, sports talk and channels built around particular shows or kinds of programming.

Browsing the channels

1. Open Peacock and go to **Channels**.
2. Move through the list with the arrow buttons. Each channel shows what's on now.
3. Press **OK** to watch a channel. Press **Back** to return to the list.

News on Peacock

NBCUniversal's news programming shows up in several places on Peacock: as live channels, as on-demand episodes you can search for, and on your local NBC station if you have Premium Plus. Use **Search** and type the name of the news program you're looking for.

Bravo

Bravo shows, like NBC shows, come to Peacock on demand, many of them the day after they air (Chapter 12). Search for the show's name, or look for a Bravo row on the home screen.

GOOD TO KNOW

Channels have ads

The live channels show commercials on every plan, including Premium Plus. Premium Plus removes most ads from on-demand shows and movies, not from live streams.

TIP

Not sure what's on?

If a channel or show you want isn't where you expected, use **Search**. Peacock's lineup changes from time to time, and Search always looks at what's available right now on your plan.

WHAT THIS DOES FOR YOU

What this does for you

On a quiet afternoon you can put on a live channel and let it run, without choosing an episode every half hour.

PART 4

Live Sports on Peacock

Sunday Night Football, NBA basketball, Premier League soccer, the Olympics, and how to enjoy a live game without the frustration.

CHAPTER 15

Sunday Night Football & the NFL

NBC's **Sunday Night Football** streams live on Peacock. For a lot of households, that's the reason they have Peacock at all. Here's what you need and how to find the game.

Which plan you need

Premium is the lowest-cost plan that carries NFL games, including every Sunday Night Football game. Premium Plus has the same games; it doesn't add any extra NFL games. The Select plan has **no** live sports.

Other NFL games on Peacock

Besides Sunday nights, Peacock's 2026 NFL lineup includes other NBC games, such as the season's Kickoff Game, a Thanksgiving game and NBC's playoff games, plus a game streamed only on Peacock in primetime on **Saturday, January 2, 2027**. Peacock lists the full schedule on its NFL page, and matchups and times can change during the season.

Finding the game on Sunday night

1. A few minutes before kickoff, open Peacock and choose your profile.
2. Look on the home screen: big live games are usually featured right at the top.
3. If you don't see it, go to **Sports**, or use **Search** and type "Sunday Night Football."
4. Select the live game. It plays live, with commercials, on every plan.

TIP

Already have an antenna?

Sunday Night Football is on your local NBC station, so an antenna gets it at no monthly cost. The games that stream *only* on Peacock are the ones an antenna can't get.

SCAM ALERT

"Free NFL streams" are a trap

Websites and social-media posts offering free live NFL games are a common source of pop-up scams, fake "virus" warnings and card-number theft. Stick with the Peacock app or your local NBC station.

WHAT THIS DOES FOR YOU

What this does for you

Knowing exactly which plan carries the game keeps you from paying for more than you need, or signing up for Select and finding there's no football.

CHAPTER 16

The NBA on NBC & Peacock

NBA basketball returned to NBC with the 2025–26 season, and Peacock is a big part of it. Some games air on NBC and stream on Peacock too; others stream **only** on Peacock.

How it worked in the 2025–26 season

- **Peacock NBA Monday**: exclusive Monday-night games that streamed only on Peacock, up to three a week, from October 27, 2025, through April 6, 2026. They weren't on NBC.
- **Games on NBC**, including Tuesday nights and Sunday Night Basketball (which began February 1, 2026), also streamed live on Peacock.
- In all, Peacock carried about **100 regular-season games** that season.

The 2026–27 season is following a similar pattern, but nights and matchups can change from year to year. For this season's games, check the NBA page in the Peacock app or the **Sports** section.

GOOD TO KNOW

Which plan you need

Live NBA games need **Premium** or **Premium Plus**. Select does not include live sports.

Finding a game

1. Open Peacock and go to **Sports**, or use **Search** and type "NBA" or your team's name.
2. Live games show a **Live** label. Upcoming games show their start time.
3. Select the game to watch. Peacock carries national games, not every game for every team.

WHAT THIS DOES FOR YOU

What this does for you

If someone in the family is a basketball fan, Premium gives them a steady supply of national games without adding another sports channel package.

CHAPTER 17

Premier League Soccer

England's Premier League is the top soccer league in England, and NBCUniversal carries it in the United States. Games kick off in the morning or around midday our time, which makes them a pleasant weekend habit for a lot of fans.

Where the games are

The 2026–27 season began on **Friday, August 21, 2026**. All **380** matches air in the U.S. across NBC, USA Network and Peacock. Peacock streams its own exclusive matches, plus every match that airs on NBC, and full replays.

Multiview: several matches on one screen

When several matches kick off at the same time, Peacock's **Multiview** lets you watch more than one on the same screen. NBC Sports announced it for Premier League matches in the 2026–27 season.

Finding a match

1. Open Peacock and go to **Sports**, or search for "Premier League" or a team's name.
2. Choose a live match, or a replay if you missed it.
3. If you're watching a replay, avoid the home screen and sports news first, so the final score isn't spoiled.

GOOD TO KNOW

Not every match is on Peacock

Some matches air on USA Network, a cable channel, rather than on Peacock. If you can't find a particular match on Peacock, check the NBC Sports schedule to see where it is.

WHAT THIS DOES FOR YOU

What this does for you

A Premium plan gives a soccer fan a lot of live matches every weekend for one monthly price, and replays when kickoff is too early.

CHAPTER 18

The Olympics & Other Big Events

NBC is the American home of the Olympic Games, and Peacock has become a big part of how NBC shows them. Peacock was the streaming home of the **2026 Milan Cortina Winter Olympics** in February 2026.

What to expect at the next Games

- The next Summer Olympics are in Los Angeles in 2028. NBC's coverage is expected to include Peacock again.
- During past Games, Peacock carried live events and full replays, so you could watch an event in the middle of the night from the other side of the world at breakfast instead.
- Exact plans and features are announced closer to each Games. Check the Peacock app when the time comes.

Other live events

NBC's other sports and big live events also appear on Peacock from time to time. The **Sports** section and the top of the home screen show what's coming up. Live events need Premium or Premium Plus.

TIP

Plan ahead for a big event

If you only want Peacock for the Olympics or one big event, you can subscribe monthly for that month and cancel afterward (Chapter 26). Put a reminder on your calendar a few days before the renewal date so it doesn't slip by.

SCAM ALERT

Big events bring fake offers

Around the Olympics and other big events, watch for ads and emails selling "special Olympics passes," "free streams" or discount Peacock codes from unknown websites. Buy Peacock only from Peacock or a company you already do business with.

WHAT THIS DOES FOR YOU

What this does for you

With Peacock you don't have to stay up for events happening on the other side of the world. Watch them when it suits you.

CHAPTER 19

Watching Live Sports Without the Frustration

Live sports are where streaming is most noticeable: the picture is a few seconds behind, a big game can be slow to load, and a neighbor's cheering can spoil a touchdown. These habits help.

Before the game

1. Open Peacock five or ten minutes early and find the game. If something needs an update or a sign-in, you've got time.
2. If the picture was slow last time, restart your TV or streaming device before the game (Chapter 27).
3. Ask others in the house to pause big downloads or video calls during the game if your internet is on the slower side.

During the game

- **The stream runs a little behind real time.** That's normal for streaming. A text from a friend or a phone alert may announce a score before you see it.
- **If the picture freezes**, press **Back** and select the game again. That often catches it back up.
- **Ads still play during live sports**, even on Premium Plus.

TIP

Silence the spoilers

If you're watching a replay or are a little behind, turn your phone face down or switch off sports-app alerts until the game ends.

HEADS UP

Wired is steadier than Wi-Fi

If your TV or streaming box is close to your internet router, a network cable between them usually gives a steadier picture for live games than Wi-Fi. Many TVs have a network port on the back.

WHAT THIS DOES FOR YOU

What this does for you

A little preparation means fewer missed plays and a lot less pressing of buttons in the fourth quarter.

PART 5

Profiles, Kids & Family

Giving everyone in the house their own space, and making sure the grandchildren only see what's right for them.

CHAPTER 20

Profiles: Everyone Gets Their Own

A **profile** is a separate space inside one Peacock account. Each person gets their own saved list, their own Continue Watching row and their own suggestions. One account, one bill, several people.

Why bother with profiles?

- Your Continue Watching row only shows *your* shows, not a grandchild's cartoons.
- Peacock's suggestions are based on what each person watches.
- A child can have a kids profile with only children's programming (Chapter 21).

Adding a profile

1. Open Peacock. If you see a "Who's watching?" screen, you're in the right place. If not, select your profile picture to get there.
2. Choose the option to add a profile (often a plus sign).
3. Type a name, such as "Grandpa" or "Sarah."
4. Choose whether it's a kids profile, if asked, and pick a picture.
5. Save. The new profile now appears on the "Who's watching?" screen.

Changing or removing a profile

From the same profile screen, look for an option to edit or manage profiles. There you can rename a profile, change its picture or delete it. Deleting a profile removes its saved list and history; it doesn't change your plan or your bill.

TIP

Easiest on a computer

If the TV's menus feel cramped, sign in at **peacocktv.com** on a computer or tablet and manage profiles there. Changes appear on your TV too.

GOOD TO KNOW

Profiles are for one household

Profiles are meant for the people who share your account. Your account's sign-in still controls everything, so don't hand your password to people outside your home.

WHAT THIS DOES FOR YOU

What this does for you

Everyone finds their own shows right away, and nobody's place in a series gets lost because someone else watched an episode.

CHAPTER 21

Kids Profiles & Parental Controls

If grandchildren visit or live with you, two tools keep Peacock family-friendly: a **kids profile**, which shows only programs meant for children, and **parental controls**, which limit what a profile can play and can be locked with a **PIN** (a short number only you know).

Kids profiles

When you add a profile (Chapter 20), Peacock lets you mark it as a kids profile. That profile shows a simpler, child-friendly selection. It's the quickest way to give a young child their own spot.

Parental controls and a PIN

Parental controls let you limit the ratings a profile can watch, such as TV-Y, TV-PG or PG-13. A PIN keeps children from simply switching to a grown-up profile or changing the settings.

1. On a computer or tablet, go to **peacocktv.com** and sign in. These settings are easiest to find there.
2. Select your profile picture and look for your account or profile settings.
3. Find **Parental Controls**.
4. Choose the highest rating each profile may watch.
5. Create a PIN, and write it on the cheat-sheet in Chapter 29.
6. Turn the TV on and test it: try to play something above the limit and make sure Peacock asks for the PIN.

HEADS UP

Live sports and channels

Live programs don't always carry the same ratings as movies and shows. If you're worried about what a young child might stumble on, a kids profile is safer than relying on rating limits alone.

STAY SAFE

Lock the grown-up profiles too

A kids profile only helps if the child can't just pick yours. If a grandchild is old enough to work the remote, make sure the adult profiles are protected by the PIN.

TIP

Forgot the PIN?

The account holder can reset it from the same Parental Controls settings, after signing in with the account password. That's another reason to keep your Peacock password written down.

WHAT THIS DOES FOR YOU

What this does for you

You can hand over the remote and go start dinner without worrying about what's going to be on the screen.

PART 6

Watching Your Way

Captions for easier listening, and downloads for trips and waiting rooms.

CHAPTER 22

Captions & Easier Listening

Captions (also called subtitles) put the words of the dialogue on the screen. They're a big help if your hearing isn't what it was, if actors mumble, or if someone in the house is asleep and the volume has to stay low. Most programs on Peacock have them.

Turning captions on while you watch

1. Start the show or movie.
2. Press **OK**, **Down** or **Up** on the remote to bring up the on-screen controls.
3. Look for a small speech-bubble or captions icon (sometimes labeled **Audio & Subtitles**).
4. Choose **English** (or **English CC**) under subtitles or captions.
5. Press **Back** to hide the controls. The captions stay on.

Turning them off

Do the same steps and choose **Off**.

Bigger or easier-to-read captions

On many TVs and streaming devices, caption size and color are set in the device's own accessibility settings rather than inside Peacock. Look in your TV's or streaming device's **Settings** for **Accessibility** > **Captions** (the wording varies by brand).

TIP

Live captions run a little behind

During live sports and news, captions are typed as the words are spoken, so they lag a bit behind and can have the occasional mistake. On-demand shows usually have more accurate captions.

GOOD TO KNOW

Captions on one device

Turning captions on in Peacock on the TV doesn't always turn them on for the phone or tablet app. Set them on each device you use.

WHAT THIS DOES FOR YOU

What this does for you

You can follow every word without turning the volume up so loudly it bothers the rest of the house.

CHAPTER 23

Downloads for Trips & Waiting Rooms

A **download** saves a show or movie onto your phone or tablet so you can watch it later without the internet: on a plane, in a waiting room, or at a cabin with no Wi-Fi.

Who can download

Downloads are part of the **Premium Plus** plan, and only **select titles** can be downloaded.

Live games and live channels happen in real time, so they aren't something you can download.

Downloading a show

1. At home on Wi-Fi, open the Peacock app on your phone or tablet.
2. Find the show or movie and open its page.
3. Look for a **download** icon (a downward arrow) next to the title or episode. If there isn't one, that title can't be downloaded.
4. Tap it and wait for the download to finish before you leave home.
5. To watch, open the downloads area of the app (look for a downloads icon or menu item) and tap the title.

TIP

Download on Wi-Fi, not cellular

Downloads are large. Do them at home on Wi-Fi so you don't use up your phone plan's data.

HEADS UP

Downloads don't last forever

Downloaded titles can expire after a while, and they may need you to connect to the internet now and then to keep working. Check the night before a trip that your downloads still play.

TIP

Make room afterward

Delete downloads you've finished to free up space on your phone. You can always download them again later if the title is still on Peacock.

WHAT THIS DOES FOR YOU

What this does for you

Long flights and waits go by more pleasantly with a favorite show, without worrying about Wi-Fi or data.

PART 7

Your Account, Scams & Canceling

Keeping your Peacock account safe, spotting fake Peacock emails and websites, and changing or canceling your plan.

CHAPTER 24

Keeping Your Account Safe

Your Peacock account is connected to your payment card, so it's worth protecting. The good news: a few simple habits cover almost everything.

Three habits that matter most

1. **Use a password you don't use anywhere else.** If another website is ever breached, crooks try the same email and password on Peacock and other services.
2. **Keep your email account secure**, because anyone who controls your email can reset your Peacock password.
3. **Never give your password or a sign-in code to someone who contacts you.** Real Peacock staff won't ask for it.

Changing your password

1. On a computer or tablet, go to **peacocktv.com** and sign in.
2. Select your profile picture, then your account settings.
3. Find the option to change your password. Enter the old one, then the new one.
4. Write the new password on the cheat-sheet in Chapter 29.

Forgot your password?

On the Peacock sign-in screen, choose the **Forgot password** option and enter your email. Peacock sends a reset link to that address. Use the link within a short time; if it expires, simply ask for a new one.

Signing out devices you don't recognize

If you've signed in on a TV you no longer own, a hotel TV, or you suspect someone else is using your account, sign those devices out. On the TV or device itself, the sign-out option is in Peacock's settings or account menu. If you can't reach the device, change your password, then look in your account settings on peacocktv.com for an option to sign out of all devices.

STAY SAFE

If you think your account was taken over

Change your Peacock password right away, then the password for the email account it uses. Check your card statement for charges you don't recognize, and call your bank if you see any.

WHAT THIS DOES FOR YOU

What this does for you

A safe account means no surprise charges, no strangers watching on your dime, and no locked-out Sunday night.

CHAPTER 25

Peacock Scams: Fake Bills, "Activate" Sites & Too-Good Offers

Because so many people pay for Peacock, crooks use its name. The tricks are the same ones used with Netflix and other services, and once you know them they're easy to spot.

1. The fake billing email or text

It says your payment failed, your account is "on hold" or about to be canceled, and you must "update your payment" right now with the link. The link leads to a fake sign-in page that collects your password and card number.

SCAM ALERT

"Your Peacock payment was declined"

Don't click. Instead, open the Peacock app or type **peacocktv.com** yourself and sign in. If there's a real billing problem, you'll see it there. If everything looks normal, the message was fake. Delete it.

2. The fake "activate" website

Someone searches "Peacock activate TV," clicks a look-alike site, and is told there's an activation fee or a problem that needs a call to a support number. Peacock does not charge to sign in a TV (Chapter 10).

3. The too-good-to-be-true offer

- "Lifetime Peacock for one payment."
- "Free Peacock Premium, just pay shipping" or "just complete this survey."
- Discount Peacock codes or gift cards sold by strangers on social media or marketplaces.
- "Free streams" of NFL, NBA or Premier League games on unknown websites.

Peacock's free plan has ended (Chapter 7), and real deals come from Peacock or a company you already do business with.

4. The fake support phone number

Search results and pop-ups sometimes show phone numbers that claim to be "Peacock Support." The person who answers may ask to connect to your computer, ask for a gift card, or ask for your card number to "fix" the account. For help, start at **peacocktv.com/help**, typed in yourself.

SCAM ALERT

Gift cards are never a fix

No real company asks you to pay with gift cards to fix a streaming account. If anyone asks, it's a scam. Hang up.

If you already clicked or paid

1. Change your Peacock password, and the password for your email (Chapter 24).
2. Call the bank or card company using the number on the back of your card. Tell them what happened.
3. If someone connected to your computer, turn it off and get help before using it for banking.
4. Report the scam to the Federal Trade Commission at **ReportFraud.ftc.gov**.

WHAT THIS DOES FOR YOU

What this does for you

One simple rule protects you from nearly all of these: don't act on a link, number or offer that came to you. Go to Peacock yourself.

CHAPTER 26

Changing or Canceling Your Plan

You can move between Peacock plans or cancel whenever you like. How you do it depends on **who bills you** (Chapter 8).

Checking your plan

1. On a computer or tablet, go to **peacocktv.com** and sign in.
2. Select your profile picture, then your account settings.
3. Your current plan, price and billing details are listed there.

Changing plans

From the same account page, look for the option to change or upgrade your plan. Choose the new plan and read the price and the date it takes effect before you confirm.

Canceling when you pay Peacock directly

1. Go to **peacocktv.com** on a computer or tablet and sign in.
2. Open your account settings from your profile picture.
3. Find your plan and choose the option to cancel.
4. Peacock may offer a discount to stay. You can accept it or keep going.
5. Finish until you see a confirmation, and look for a confirmation email. Keep it.

Canceling when someone else bills you

- **Apple (App Store)**: cancel in your iPhone or iPad's subscription settings.
- **Google Play**: cancel in the Play Store's subscriptions.
- **Cable, internet or a membership**: cancel or change it with that company. Canceling on peacocktv.com may not stop their charge.

HEADS UP

Deleting the app doesn't cancel

Removing the Peacock app from your TV or phone doesn't stop the charge. Only canceling the plan does.

GOOD TO KNOW

About the August 2026 price change

If you've had Peacock for a while, your price went up at your first billing date on or after September 17, 2026. If that's why you're thinking of canceling, compare plans first: dropping from Premium Plus to Premium, or switching to yearly billing, may be enough (Chapter 5).

WHAT THIS DOES FOR YOU

What this does for you

Knowing exactly where and how to cancel means you're never stuck paying for a service you're not using.

PART 8

Fixes, Help & Your Cheat-Sheet

Quick fixes for the most common Peacock problems, when it's worth calling Bill, and a one-page summary to keep by the TV.

CHAPTER 27

Quick Fixes for Common Problems

Most Peacock problems are fixed with one of a few simple steps. Try them in order, and stop as soon as things work.

The picture keeps stopping, or the spinning circle won't go away

1. Press **Back** and start the show or game again.
2. Close the Peacock app completely and open it again.
3. Turn the TV or streaming device off, unplug it for a full minute, and plug it back in.
4. Restart your internet router the same way, then wait a few minutes for it to come back.
5. Check whether other apps, like YouTube, also stall. If they do, the problem is the internet, not Peacock.

"Upgrade to watch" or a lock on a game or channel

That program isn't in your plan. Live sports need Premium or Premium Plus; the live local NBC channel needs Premium Plus (Chapter 5). Check your plan on your account page (Chapter 26) before paying for an upgrade.

Peacock says I'm not signed in, or my password doesn't work

1. Make sure you're using the email address you signed up with.
2. Use **Forgot password** on the sign-in screen (Chapter 24).
3. If you get Peacock through another company, you may need to sign in through that company's steps.

The app looks different, or won't open

1. Check for updates in your TV's or device's app store, and update Peacock.
2. Restart the device.
3. If it still won't open, remove the Peacock app and add it again, then sign in.

A charge I don't recognize

Check your account page for your plan and price, and remember the August 2026 price change (Chapter 5). Check whether another company also bills you for Peacock (Chapter 8). If a charge still makes no sense, contact Peacock through **peacocktv.com/help**, typed in yourself, or call your card company.

TIP

Peacock's own status and help

If Peacock isn't working for anyone, there's nothing to fix at your end. Wait a while, or check Peacock's help center for any notice.

WHAT THIS DOES FOR YOU

What this does for you

Most of the time you'll have the show back on within a few minutes, without a phone call.

CHAPTER 28

When to Call Bill

This guide covers a lot, and you can do most of it yourself. But some things are simply easier with a patient person beside you, and there's no shame in that.

Good reasons to call

- You'd like Peacock set up on the TV, the right plan chosen and everyone's profiles made, all in one visit.
- You're trying to replace cable and want help deciding between Peacock, an antenna and other services.
- You can't tell who's billing you for Peacock, or you think you're paying twice.
- You want parental controls and a PIN set up before the grandchildren visit.
- Live games keep freezing and the quick fixes in Chapter 27 haven't helped.
- You clicked a suspicious Peacock email or called a number that turned out to be a scam.

Peacock help pairs naturally with my **TV & Streaming Setup** service, where I get your TV, streaming device, apps and accounts working together and show you how to use them.

SCAM ALERT

If someone calls you claiming to be Peacock

Hang up. Then, if you're worried, sign in at peacocktv.com yourself, or call me and we'll look together.

What working with me is like

I'm Bill, and Bill's Home Tech serves **Portage County, Ohio**. I bring 30+ years of professional experience, and I work at your pace. I'll explain what I'm doing as I go and leave you with notes, so you're comfortable on your own afterward.

How to reach me

- Call or text **(330) 200-8042**.
- Book a time at **billshometech.com/book**.

FROM BILL

What it costs

$49 remote · $99 in your home. Remote help works over the phone and a secure screen-sharing connection; an in-home visit means I come to you and sit right beside you.

GOOD TO KNOW

Meet Sophie

When you call the main line or visit the website, you may reach **Sophie**, my AI receptionist. She can answer simple questions and get you on my schedule.

CHAPTER 29

Your Peacock Cheat-Sheet

The essentials on one page. Keep it near the TV.

Plans as of November 2026

Plan	Price and what you get
Select	$8.99 a month or $89.99 a year. Limited shows, ads, no live sports.
Premium	$12.99 a month or $129.99 a year. Full library, live sports incl. Sunday Night Football, ads.
Premium Plus	$19.99 a month or $199.99 a year. Mostly ad-free, live local NBC station, downloads.

Most-used steps

I want to…	Do this
Sign in on the TV	Open Peacock, choose sign in, type the address shown on the TV yourself, enter the code.
Find a live game	Home screen, the Sports section, or Search for the team or event.
Last night's NBC show	Search for the show; the newest episode is at the top.
Local NBC live	Channels, then your local NBC station (Premium Plus only).
Captions on	While playing, bring up the controls and choose subtitles or captions: English.
Check or cancel your plan	peacocktv.com, signed in, profile picture, account settings.

Staying safe

1. Type **peacocktv.com** yourself; never use links in billing emails or texts.
2. Peacock never charges to activate a TV.
3. There is no free Peacock plan anymore; "free" or "lifetime" offers are scams.
4. Never pay anyone with gift cards to fix an account.
5. Use a password you don't use anywhere else.

Write it down once

Item	Mine
Peacock email	_____
Peacock password	_____
Parental controls PIN	_____
My plan and price	_____
Who bills me	_____
Renewal date	_____

When something's wrong, in order

1. Press Back and try again.
2. Close and reopen Peacock.
3. Unplug the TV or streaming device for a minute.
4. Restart the internet router.
5. Check your plan includes what you're trying to watch.
6. Call Bill at (330) 200-8042.

> **FROM BILL**
>
> **I'm here when you need me**
>
> Call or text **(330) 200-8042** or book at **billshometech.com/book**. **$49 remote · $99 in your home**.