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**FOR IMMEDIATE RELEASE**

## **Ameren offers practical steps to manage extreme heat and save money**

*Simple changes at home and assistance programs can help customers manage higher energy usage while staying safe*

ST. LOUIS (June 20, 2025) – With meteorologists calling for a heat wave across Missouri and Illinois in the coming days, Ameren is sharing practical steps customers can take now to stay safe and cool while keeping energy costs in check.

“Extreme heat is a serious health and safety risk, and we want our customers to stay safe and comfortable over the next few days,” said **Tony Lozano**, director of energy efficiency and demand response at Ameren Missouri. “This is why we are constantly investing in our energy grid across both states to ensure it remains reliable and resilient even during extreme weather conditions.”

In addition to measures Ameren has taken, there are simple ways customers can prepare or adjust their habits when heat waves hit:

- **Create a breeze.** Run ceiling or box fans with your air conditioner; you can raise the thermostat 3 to 4 degrees without sacrificing comfort.
- **Change or clean filters.** A clogged or dirty filter forces your system to work harder and wastes energy.
- **Block the sun.** Closing blinds or drapes with white backings can cut indoor heat gain by up to one-third.
- **Cook smart.** Grill outdoors or use small appliances like air fryers or slow cookers to reduce excess kitchen heat.
- **Program your thermostat.** Smart or programmable thermostats automatically adjust settings when you are away, saving the average household about \$180 per year.
- **Level out your bill.** Enroll in Budget Billing in [Missouri](#) or [Illinois](#) to spread seasonal high-usage costs over equal monthly payments.
- **Know where to cool off.** If your home becomes too warm, visit an air-conditioned public space or local cooling center in [Missouri](#) or [Illinois](#).

Outdoor safety matters, too. Drink plenty of water (8 ounces every 15 to 20 minutes), take frequent shade breaks, and wear lightweight, light-colored clothing.

### **Need Help with Your Bill?**

Income-qualified customers may be eligible for federal and state assistance such as [LIHEAP](#) in Illinois or Missouri's [Summer Energy Crisis Intervention Program](#) (ECIP).



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Ameren also offers additional options through local community action agencies. In addition, all customers can explore:

- **Payment agreements** – flexible plans to catch up on past-due balances.
- **Due date extensions** – short-term options if you need more time to pay.
- **Rebates and incentives** – cash back for smart thermostats, along with \$50 for enrolling in Peak Time Savings in [Missouri](#) and [Illinois](#).

"We know costs are rising across the board for families, and utility expenses driven by periods of extreme heat could stretch budgets even further," said **Jake Bodi**, director of customer operations at Ameren Illinois. "If you're worried about the upcoming heat, visit our website for options on managing your bill and energy costs before temperatures become unbearable."

Visit [Ameren.com/Assistance](http://Ameren.com/Assistance) for details on the variety of programs available to help customers offset energy costs this summer. Rebates and savings opportunities on energy-saving products are available at [AmerenMissouriMarketplace.com](http://AmerenMissouriMarketplace.com) or [AmerenIllinoisEEMarketplace.com](http://AmerenIllinoisEEMarketplace.com).

#### **About Ameren Corporation**

St. Louis-based Ameren Corporation powers the quality of life for 2.5 million electric customers and more than 900,000 natural gas customers in a 64,000-square-mile area through its Ameren Missouri and Ameren Illinois rate-regulated utility subsidiaries. Ameren Illinois provides electric transmission and distribution service and natural gas distribution service. Ameren Missouri provides electric generation, transmission and distribution services, as well as natural gas distribution service. Ameren Transmission Company of Illinois develops, owns and operates rate-regulated regional electric transmission projects in the Midcontinent Independent System Operator, Inc. For more information, visit [Ameren.com](http://Ameren.com), or follow us at [@AmerenCorp](https://www.facebook.com/AmerenCorp), [Facebook.com/AmerenCorp](https://www.facebook.com/AmerenCorp), or [LinkedIn.com/company/Ameren](https://www.linkedin.com/company/Ameren).

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