



Energy Manager Tutorial for Residential Customers

Logging Into Energy Manager



How do I sign into Residential Energy Manager?

1. Go to cmpco.com, click "Sign in/Register" to login into your My Account or to create a My Account if you've not yet registered. Once logged in, click "Go to the Portal" under **Energy Manager**.
2. This will bring you to your account's personal Energy Manager portal.

The screenshot shows the CMP website's sign-in page. At the top, there are navigation links: Account, Smart Energy, Outages, Safety, and About CMP. In the top right corner, there is a 'Sign in / Register' button. The main heading is 'Sign in to your account'. Below this, there are two input fields: 'UserID' with a green checkmark icon and 'Password' with a green eye icon. There are links for 'Forgot password?' and 'Forgot ID?'. A green 'Sign in' button is located below the password field. At the bottom, there is a link for 'Don't have an online account yet? Register now'. To the right of the sign-in form, there is a photo of a woman drinking from a cup, with the text 'Moving into a new home and need service?' and a paragraph about service transfer, followed by a green 'Find Out More' button.

Usage Information

Your Energy Manager Portal just got an upgrade. Come and check our new features.

Smart Meters provide information about your energy use that you can explore by the hour, day, month, and year.

Energy Manager

- View your usage in relation to the weather and your bill.
- Manage your use with tips, actions, and goals.
- Compare your use against other typical customers.
- Learn how your appliances and lighting influence your usage.
- Download your data in Green Button XML or CSV format.

Go to the Portal

Hi, Dustin.

Explore personalized energy saving challenges, understand how your energy usage is impacting your bill, and learn about ways you can save.

Your energy usage at:
123 Any Street, Anytown, ME

✕ Insights Overview

✕ Compare Your Usage

✕ Home Profile Summary

✕ How Does My Home Use Energy?

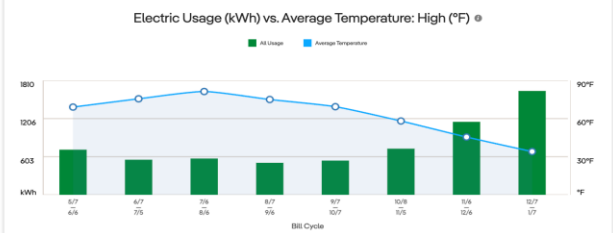
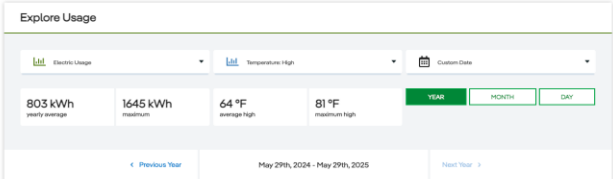
✕ More

Recent Billing Data

Energy Manager Overview

Sections Include:

- Welcome
- Recent Energy Usage
- Explore Usage
- My Home Profile
- My Top Energy Savings Tips
- How Does My Home Use Energy?
- Electric Bill Compare
- Your Online Resources



My Home Profile

Thanks for updating your home profile! You're on track to receive future insights about where you're using energy, comparisons to similar homes and personalized savings recommendations.

6 of 6 quizzes completed View all quizzes

Update your Home Profile

123 Any Street
Anytown, ME

Type of Residence: Single Family
Cooling: Heat Pump
Size of Home (in sqft): 1200
Heating Fuel: Electric

Your Top Energy Savings Tips

View All

Use free heat from the sun

Save up to \$231 a year

You probably can't heat your whole home for free. But you can use the sun's free heat by opening the window coverings on your sunny windows during the day—close curtains and shades at night to reduce the heat loss through your windows.

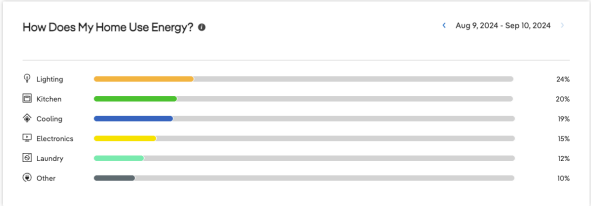
Complete

Close your window coverings in the summer

Save up to \$101 a year

In the summer, the sunlight streaming in through your windows heats your home. The sun's heat will make your home less comfortable and make your air conditioner use more energy. Close your window coverings during the day to block the sun's rays and keep your home cooler.

Complete



Electric Bill Compare

Recent Bill: September 9, 2025 Compared To: August 8, 2025

Aug 09 - Sep 09 (32 days): 297 kWh, \$94, \$17

Jul 10 - Aug 08 (30 days): 367 kWh, \$111

*Bill amounts calculated without taxes, fees, and credits, and may not match your bill total.

Your electric charges are about \$17 lower than your previous bill.

Your Online Resources

Know before you plug: Wondering how much that space heater or air fryer is really costing you? With our Energy Calculator, you can estimate the cost of running your appliances before the bill arrives. Go to calculator

How about more peace of mind?: With SimplePay, your energy bill stays consistent month to month. No more guessing. No more stress. Check SimplePay

We are here to help: Struggling to keep up with your energy bill? C&E offers payment plans, assistance programs, and support services to help you stay on track. Assistance programs

Central Maine Power

Hi, Dustin.

Explore personalized energy saving challenges, understand how your energy usage is impacting your bill, and learn about ways you can save.

123 Any Street, Anytown, ME

Log out

- Insights Overview
- Compare Your Usage
- Home Profile Summary
- How Does My Home Use Energy?
- More

Recent Energy Usage



Recent Energy Usage/Recent Billing Data

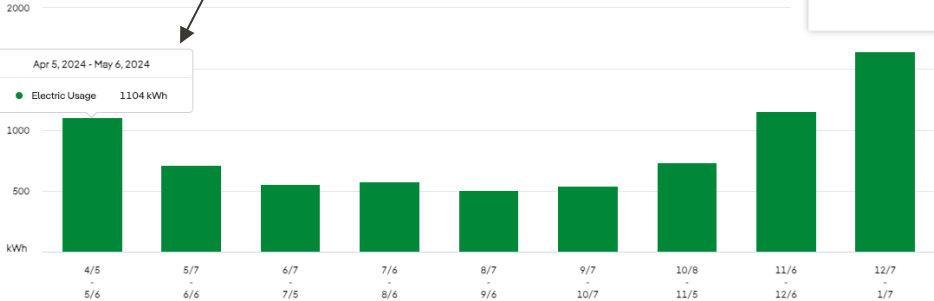
- Choose how you would like to view your usage – by monthly kWh or by monthly cost.
- Displays year long timeframe for usage data.
- Highlights your home’s energy usage and historical energy consumption.
- Hover over the chart to see exact usage within selected range.

Recent Energy Usage

Apr 2024 - May 2025

Usage Billing

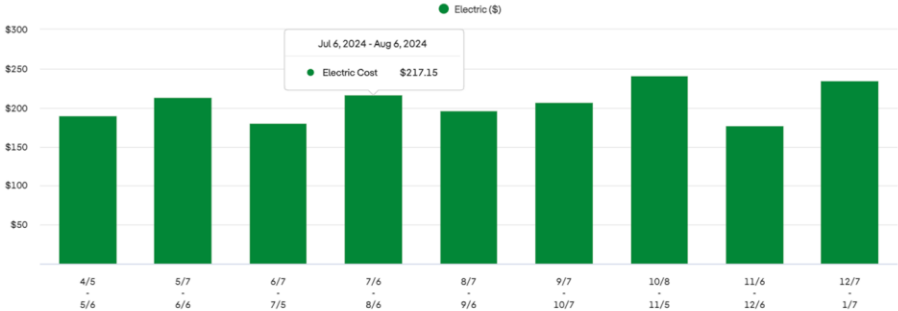
Electric (kWh)



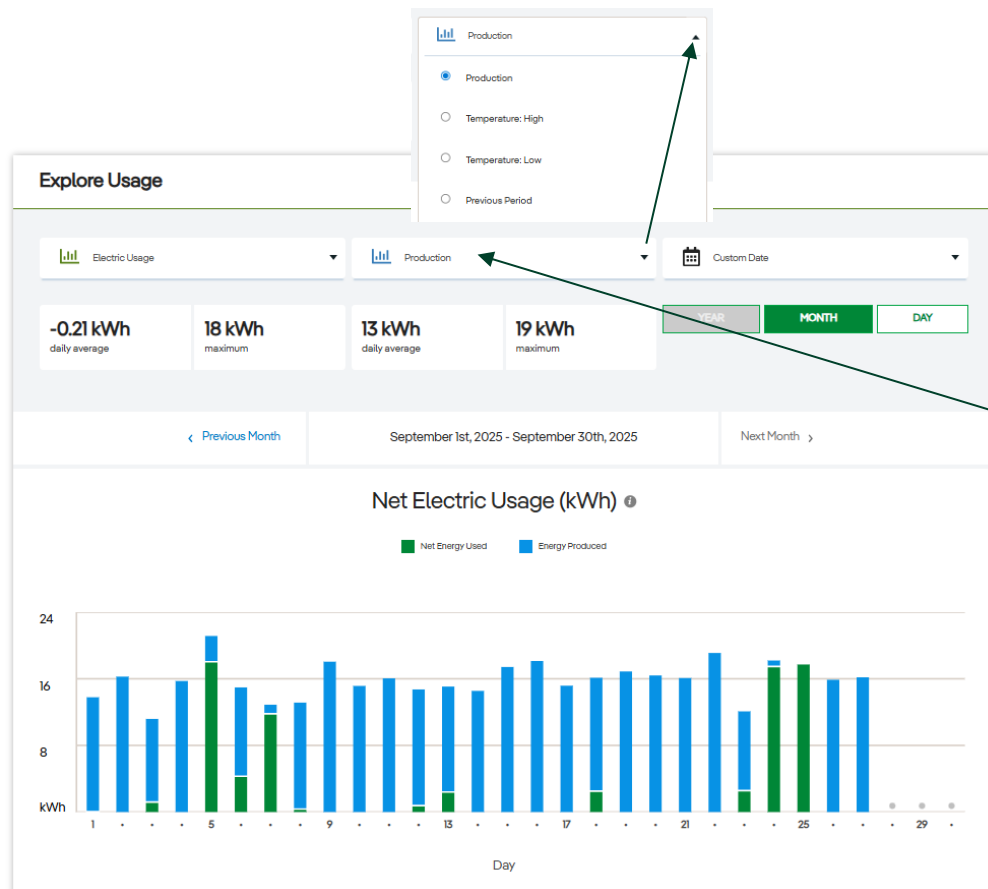
Recent Billing Data

Apr 2024 - May 2025

Usage Billing



Explore Usage: Production



Self-Generating Customers

Customers who self-generate can explore their production.

When "Electric Usage" is selected from the first drop down, and "Production" from the "Compare To..." drop down, customers can explore their monthly and daily net production.

Please note:

- Customers who self-generate need to ensure they are viewing the account that has their production meter to see these details.
- The graph shows the net energy used and the net energy produced in the specified area.



Take the Home Profile Quizzes

- Customize your home profile by taking the quizzes.
- As you complete each quiz, top energy savings tips will be provided.

Optimize your home

Our short quizzes are quick and easy ways to learn more about your own home. They also enable us to provide you more accurate comparison data and recommendations. Complete all of our Home Profile Quizzes below to better personalize Energy Challenges that help you find everyday opportunities to save.

6 quiz of 6 quizzes completed

The Basics | 1 minute quiz **COMPLETE**

Take a few seconds to get relevant comparison information, offers, and personalized tips.

Update

Home Sweet Home | 4 minute quiz **COMPLETE**

Take this quiz to find out common areas where a house leaks energy.

Update

Water Usage | 1 minute quiz **COMPLETE**

Did you know that a family of four can use 400 gallons of water every day? Learn about the most impactful steps you can take to conserve water.

Update

Lighting & Electronics | 2 minute quiz **COMPLETE**

Lighting and electronics can significantly contribute to your energy usage over time. Find out what "vampire" drains may exist in your home.

Update

Your Lifestyle | 3 minute quiz **COMPLETE**

Are you a weekend warrior? A homebody? Take this quiz to describe the aspects of your lifestyle which influence your energy use.

Update

Appliances | 3 minute quiz **COMPLETE**

Take this quiz of energy consuming appliances in your home.

Update

Your home profile

Take short quizzes to get more accurate comparison data and personalized energy efficiency opportunities.

0 of 6 quizzes completed

[View all quizzes >](#)

Continue quiz

123 Any Street
Anytown, ME

Type of Residence
Single Family

Size of Home (in sqft)

Cooling

Heating
Natural Gas

My Top Energy Savings Tips

Turn off lights when you leave a room



Save up to \$5 a year

Turning off your lights when you leave the room may be the oldest advice in the book, but it is still a good tip. Always turn off your lights as you won't shorten their life by doing so.

[Complete](#)

How Does My Home Use Energy?

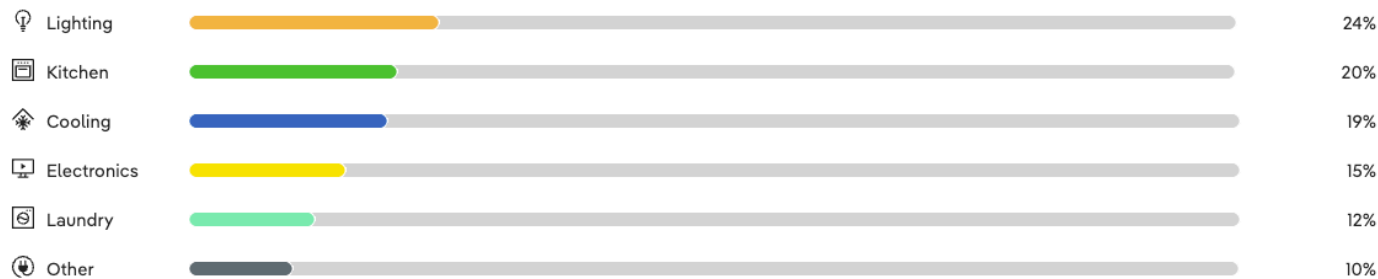


See Where Your Energy Is Used

- This area shows the breakdown of your home's energy usage into various categories based on information provided by your quiz answers.
- To learn more about how these numbers are calculated, hover over the tooltip ⓘ next to “**How Does My Home Use Energy?**” title.
- You can compare your breakdown to other billing periods by selecting the time period you want to see from past billing periods.

How Does My Home Use Energy? ⓘ

< Aug 9, 2024 - Sep 10, 2024 >



Top Tip

For greater accuracy, complete the Home Profile Quizzes.



Why Does My Bill Change From Month to Month?

This section explains why your bill has changed

- You can compare your current bill to a previous bill.
- The key reasons your bill has changed are displayed for you – no guesswork!

How it works

- You can use the dropdowns to compare any recent two bills and learn why the costs are different.
- Click on the **“Explore your usage”** button to return to the top of the page.

Electric Bill Compare

Recent Bill

September 9, 2025

Compared To

August 8, 2025

Aug 09 - Sep 09 (32 days)

297 kWh

\$94 ↓ \$17

*Bill amounts calculated without taxes, fees, and credits, and may not match your bill total.

Jul 10 - Aug 08 (30 days)

367 kWh

\$111

*Bill amounts calculated without taxes, fees, and credits, and may not match your bill total.

Your electric charges are **about \$17 lower** than your previous bill.

Key reasons why your bill changed:

Weather-related Usage

↓ \$27

You used less weather-related electricity during your recent bill period, likely due to an average temperature **decrease of 3°F**.

Bill Period

↑ \$6

Your recent bill period was **2 days longer**.

Miscellaneous energy price changes

↑ \$4

The pricing for your electric services may change between billing periods. This is likely due to Commodity Costs, Rate Costs, and other miscellaneous costs.