

# Heat Pump

## What is a heat pump?

A heat pump system is an air conditioning system that is able to both heat and cool using freon. This is accomplished by the use of a reversing valve, which reverses the flow of freon through the system. The use of freon to provide heat to your home is much more energy efficient than using electric heat strips. This means that in a heat pump system, heat strips are only used during defrost and for auxiliary or supplementary heat for extremely cold days.

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