What are the Verizon Boxes in my Home?

There should be four Boxes:

ONT (Optical Network Terminal) plugs into the Transformer or vice versa. The ONT transfers the FiOS signals for TV, Phone and Internet to your in home wiring.

Transformer plugs into electrical outlet

Router plugs into an electrical receptacle only.

What can be plugged into the Router:, Set Top Box must be plugged into the Router,

Computer may be plugged into the Router or may be on WiFi.

Battery Back Up/ PowerReserve plugs into the Transformer only