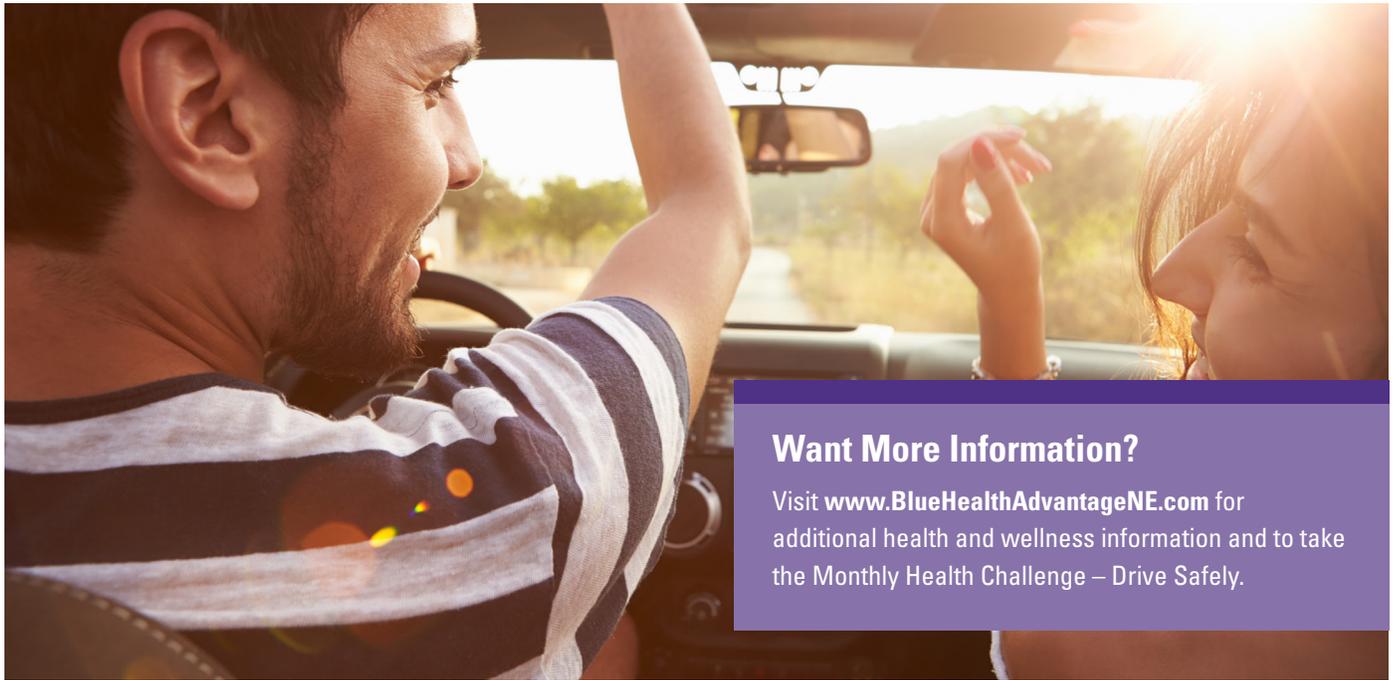


Driver Safety Month

HEALTHY TIP SHEET - JUNE



Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Drive Safely.

Practice Safe Driving Habits

More than 37,000 people die in car accidents in the U.S. each year, and an additional 2.35 million are injured or disabled. Yet, most car accidents from a pile up to a simple fender bender are preventable. Follow the tips below to develop safe driving habits.

Hands off your Cell Phone

- One of every five car accidents are caused by drivers using cell phones
- Using a cell phone to talk or text while driving can delay reaction time as much as driving drunk
- Pull over to respond to a call or text or use the hands free feature

Watch your Speed

Thirty percent of all fatal car accidents are caused by speeding

Don't Drink and Drive

- Just a few drinks can slow your reaction time, coordination, memory and judgement
- Use a designated driver, call a taxi or ride-share service, or ask someone for a ride

Wear your Seatbelt

- Wearing a seatbelt reduces your risk of injury by 50 percent if you are in an accident
- Make sure all passengers buckle up
- It only takes a few seconds and could save your life

Be Prepared and Plan Ahead

- Make a commitment to give your full attention to driving when you get in the car
- Give yourself plenty of time to reach your destination
- Heed weather conditions and use common sense