

Driver Safety Month

HEALTHY TIP SHEET - JUNE



Practice Safe Driving Habits

More than 37,000 people die in car accidents 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 drive safely and 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 Uber, 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

Want More Information?

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

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

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