

SAFE DRIVING

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Distracted driving has been gaining much attention in recent years because of its alarming impact on highway safety. Each day, 9 people are killed and nearly 1,000 are injured as a result of distracted driving. According to the CDC, distracted driving is defined as driving while doing another activity that takes your attention away from driving. Distracted driving greatly increases your chance of being involved in a motor vehicle accident. If something can take your attention away from driving, then it is considered to be a distraction. Examples include: sending a text, talking on your phone (even on Bluetooth), using the navigation system, and eating.

TYPES OF DISTRACTIONS

- Visual: eyes off the road
- Manual: hands off the wheel
- Cognitive: mind off driving

SAFE DRIVING BASIC TIPS

- Buckle up. This is one of the most effective ways to save lives and reduce injuries in accidents.
- No multitasking. Focus only on driving
- Be a defensive driver. Be prepared to react to other drivers
- Plan ahead. Allot time to stop for restrooms, eating, and phone calls
- Put your phone on silent or “do not disturb”



WINTER DRIVING TIPS

- Take caution with areas on the road that tend to freeze quickly — overpasses, bridges, intersections, ramps, and shaded areas
- Check the weather and take heed of travel advisories
- Ensure your phone is fully charged
- Keep a highway emergency kit with appropriate items that fit your needs and climate

HIGHWAY EMERGENCY KIT SUGGESTIONS

- First aid kit
- Road flares
- Jumper cables
- Rain ponchos
- Rags
- Wet wipes
- Drinking water and nonperishable snacks

Winter/Cold weather items:

- Ice scraper
- Cat litter— for slick roads
- Blankets
- Hand warmers
- Extra gloves, scarf, and hat



Regularly take inventory of your highway emergency kit items and replenish those that have been used or expired.

Safe travels!

ADDITIONAL RESOURCES

For support from a registered nurse or registered dietitian or to ask questions, please call a Blues On CallSM health coach at **1-888-BLUE-428**.

Log in to the member website listed on the back of your member ID card.

- Click on the **Wellness** tab.
- Click on **Additional Resources** on the left.
- Click on **Health Topics** under **WebMD health information** to search health topics or use the medical encyclopedia to review health issues you want to know more about.

This article does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before participating in activities described in this article.