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Distracted Driving



Distracted driving is fast becoming one of the country's biggest health concerns.

As more and more drivers text while on the road, distracted driving crashes are steadily increasing year over year. In fact, the Center For Disease Control and Prevention estimates that **9 people are killed every day in the U.S.** as a result of crashes involving a distracted driver.

However, distracted driving doesn't just mean texting and driving. You can be distracted by one of many activities.

What Is Distracted Driving?

Distracted driving means driving while not fully paying attention to the road. Many people think of **texting and driving** or talking on the phone when driving; however, you can also be distracted by:

- Reaching for your phone.
- Changing the music.
- Using an app.
- Checking your GPS or map.
- Taking a photo.
- Checking email.
- Posting to social media sites.
- Eating and drinking.



Other Distractions

Even talking to a passenger in your car can be a distraction. You are distracted **ANY TIME** your mind and/or your eyes are off the road.

What Can I Do?

Pre-Trip: BEFORE you start driving: Turn off your electronic devices (phones), set your GPS if you need one, set your music/radio, set your environmental controls and seats, look around for anything that might become a distraction once you start moving.

Multitasking while driving: Those phone calls you want to make during the "down time" driving to work are a distraction. Pull over into a safe area and make or take your call.

Multitasking while sitting in traffic or at a stop light: Sitting still in traffic is still dangerous. While you're paying attention to your phone, you're not able to pay attention to people around you.

Outside help: There are services/apps you can use to manage calls and texts while you're driving. Some are: Canary[®], DriveOff[®], DriveMode[®], DriveScribe[®], Lifesaver[®], TextBuster[®], etc.

Practice what you preach: Just as you tell your teenage drivers to put their devices away and pay attention to the road and to other drivers - you should as well. Remember, they will do what they see you doing.

Eating and Drinking: We all have our coffee or soft drink handy in the car. If you get yours at a drive-thru, pull into a parking spot to fix your drink - add cream and sugar, fix the lid or straw. And what about that burger or those fries? If you need to eat while you're traveling, pull over and enjoy your meal. The few minutes it takes to eat is worth it.

Information Sources: DMV.org, exchange.aaa.com, ghssa.org, nsc.org

you drive. It could also be ALL the other things distracting your attention.

Passengers - Are you paying more attention to your passengers or kids than the road?

Grooming? - Are you putting on makeup or shaving while trying to drive?

Pets - Are your pets loose in the car or are they in your lap?

Loose "stuff" - Are you constantly reaching for something in a bag or purse sliding around on the floor?

Eating - Are you trying to eat a big messy burger with one hand while trying to find that french fry you just dropped between the seats?

Be honest with yourself. How many distractions are in YOUR own car?

Are YOU the distraction?

Information Source: NSC.org



Turning 65 soon? You Are Invited to Attend Our Information Session - at No Cost!

To assist with creating a better understanding, we have put together a program to help clarify *Original Medicare Part A and Part B*. The program will be held each Tuesday morning from 10:00 to 11:00 am in our office.

You're welcome to drop in any Tuesday morning at 10:00 am. Though it would be helpful to let us know you're coming. Please give us a call: 704.893.2793.

Do you have questions about your insurance?

Do you have the insurance you need? Have you had any life changes that might affect your insurance coverage?

Call us today! We'll look at what you have and answer your questions.

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