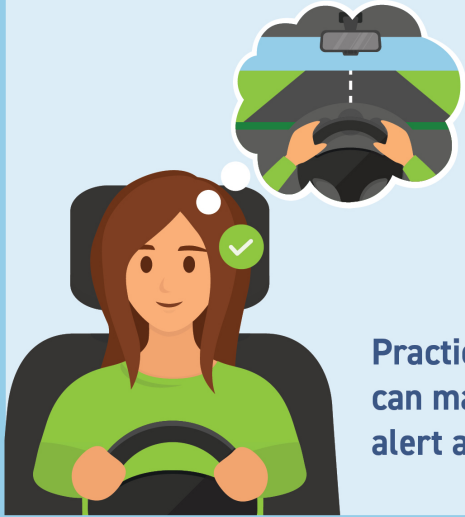


# Ways to tackle distracted driving



Practicing mindfulness can make you more alert and focused.

Consider driving a car with AEB (Auto Emergency Braking).



Passengers can help offset tasks that could potentially distract the driver.



Get your playlists, podcasts or audiobooks ready **BEFORE** you start driving.



Put your phone on Do Not Disturb mode.

Pull over somewhere safe if you really need to reach for that object.



No distraction is worth the risk.