

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://www.nationwide.com/DriveThe5)

The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners.  
© 2024 Nationwide GCO-0774AO (03/24)



# Eliminate cell phone distractions

**Distracted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

## 1 **Activate do not disturb:**

- Block calls, texts, and notifications.
- Customize it to allow important contacts or apps.

## 2 **Keep it hidden:**

- Out of sight, out of mind.
- Stow your phone in your pocket to avoid distractions.

## 3 **Park it or go hands-free:**

- Whenever possible, park when making or taking calls.
- If you must take a call while driving, use a Bluetooth® headset or speakerphone.
- Limit time spent on calls—hands-free doesn't mean distraction free.

## 4 **Plan ahead:**

- Set your destination in navigation system and adjust settings before driving.
- Avoid making adjustments while on the road.

## 5 **Use voice commands:**

- Perform tasks without physically touching your phone.
- Utilize voice recognition for safer interaction.