

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)

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Stay focused for safety

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.

Beyond cell phones: Avoid driver distractions

1 Eating and drinking:

- One of the leading accident causing distractions — consuming food or beverages.
- It can lead to spills or even choking incidents.
- Keep your hands on the wheel and avoid eating while driving.
- Secure beverage cups in holders.

2 Navigation systems — use with caution:

- Be mindful when using navigation screens.
- Looking at screens can divert your attention from driving.
- Review alternate routes ahead of time to be prepared for any changes en route.

3 Radio and controls — set up before you go:

- Adjusting the station, volume, or temperature can distract you.
- It takes your hands off the wheel and your eyes off the road.
- Set up your controls before starting your trip to minimize distractions.

4 Avoid rubbernecking — stay focused:

- Keep your attention on the road.
- Looking at external distractions (like accidents, billboards, or scenic views) can impair your visual and cognitive focus.

5 Passenger conversations — be mindful:

- Talking with passengers can be distracting.
- Emotional or complex discussions may tempt you to look away from the road.
- Stay focused on driving.