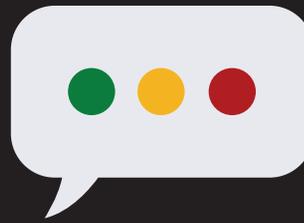


DON'T TEXT AND DRIVE



THESE 5 TOOLS CAN HELP!

Drivers who pick up their phone while behind the wheel are often responding to audible phone or text notifications almost instinctually, out of a sense of urgency or curiosity. Eliminating notifications is an effective way to remove the temptation. With that in mind, this non-exhaustive list of technology-based tools will allow you to silence your phone and reduce distractions while driving.

01 APPLE'S DO NOT DISTURB WHILE DRIVING FEATURE.

Hard-wired into the operating system since iOS 11, your iPhone can detect when you're behind the wheel, either through the vehicle's Bluetooth or the phone's accelerometer. The phone will then automatically switch to 'Do Not Disturb' mode.

When activated, messages generate a customizable auto-reply. If the phone is connected to the vehicle's Bluetooth, phone calls will come in as usual. Otherwise, calls are silenced unless the same person calls twice in a row or is listed in your Favourites.

To set this, go to **Settings → Do Not Disturb**. The feature can be dismissed when you're not driving.

02 LIFESAVER APPLE STORE AND GOOGLE PLAY STORE

This app, which is used heavily in the corporate fleet and professional driver industry, operates by remaining open in the background at all times. When it detects speeds associated with vehicular travel, it locks out the phone and notifications. It also provides an opt-out for passengers and an emergency contact button.

03 DRIVE SAFE GOOGLE PLAY STORE

Drive Safe offers very similar functionality to Apple's Do Not Disturb While Driving feature. It works by connecting to your vehicle's Bluetooth or by detecting your speed. When activated, a customizable auto-reply is generated. According to some reviews, this app also blocks incoming phone calls over Bluetooth, eliminating another potential source of distraction.

04 AT&T DRIVEMODE GOOGLE PLAY STORE

This app, designed by tech giant AT&T, is similar to those mentioned previously: it silences calls and notifications and sends automated replies to texts. The threshold for its activation is set at approximately 25 km/h. It also includes a unique feature that notifies a parent if the app is disabled or removed.

05 MOTOVATE APPLE STORE AND GOOGLE PLAY STORE

In addition to removing the temptation of alerts, Motovate introduces a gaming element that allows you to create a team with family and friends and engage in a friendly "safe driving" competition. There is also an option to accumulate safe driving points that can be exchanged for contest entries or rewards offered by your team.



WHILE THE USE OF THESE AND OTHER TOOLS CAN HELP, REMEMBER THAT IT IS YOUR RESPONSIBILITY TO PAY ATTENTION TO THE ROAD AND DRIVE SAFELY.