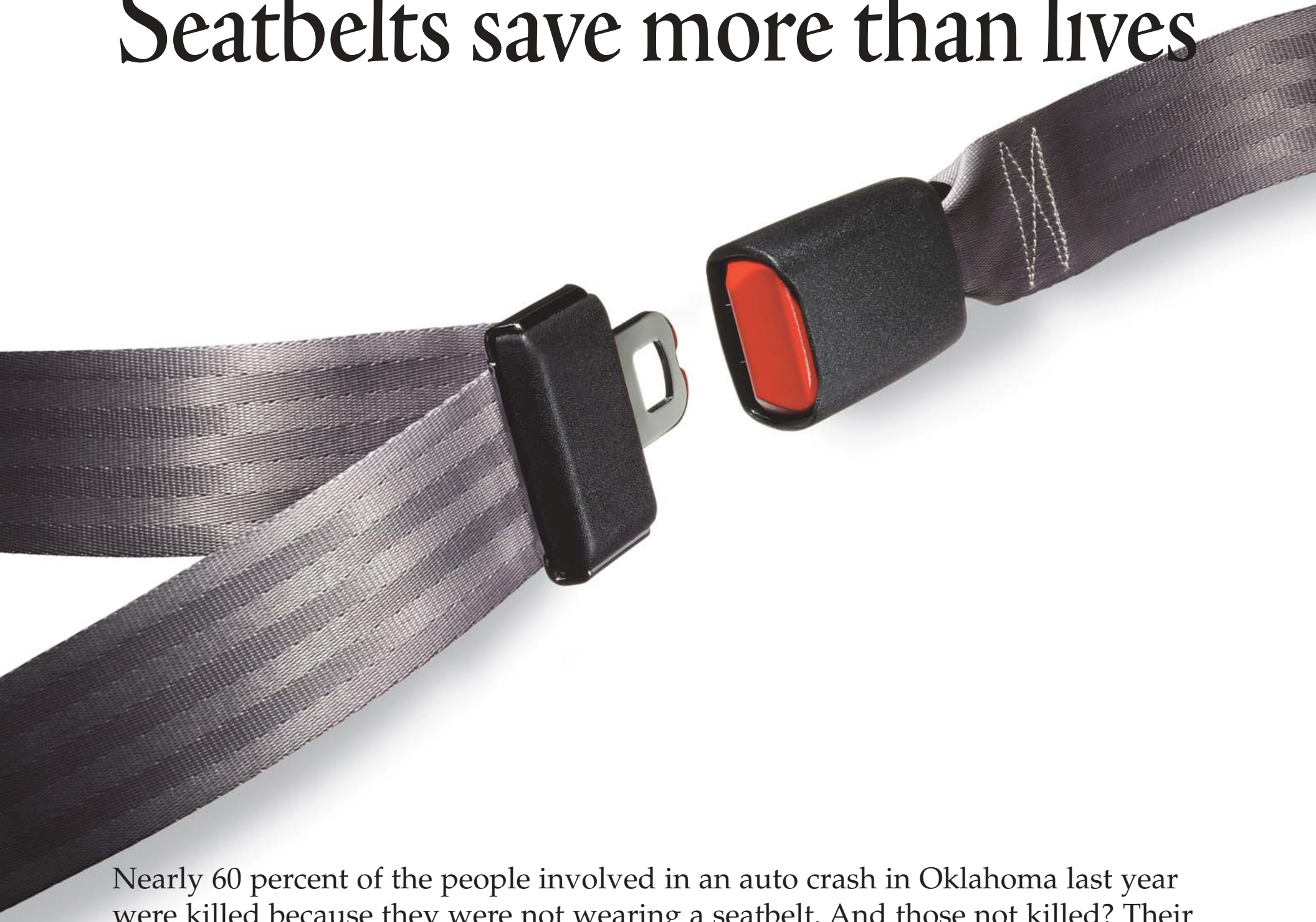


# Seatbelts save more than lives



Nearly 60 percent of the people involved in an auto crash in Oklahoma last year were killed because they were not wearing a seatbelt. And those not killed? Their injuries were much worse, resulting in higher hospital bills and lifelong disabilities. It is estimated that injuries cost the U.S. \$117 billion in medical expenses, representing 10 percent of the total U.S. medical expenditures. This does not include costs due to lost productivity and related nonmedical expenditures.

## Buckle up — Save your life and your money!

What you can do:

- ✓ Buckle your seatbelt every time you ride in the car and insist your passengers buckle up, as well
- ✓ Secure children in age-appropriate car seats
- ✓ Drive safe speeds for road conditions
- ✓ Watch out for the other guy — failure to yield causes more than 10 percent of all accidents
- ✓ Don't drink and drive — alcohol and drug-related crashes killed 168 Oklahomans in 2003
- ✓ Pay attention — being distracted caused 15 percent of fatal crashes in 2003

Holding down health care costs:  
your health choices matter



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