

## 8 hands-free car tips for a safer drive.



A few seconds is all it takes. Taking your eyes off the road to check a text message can lead to life-changing consequences. [Texting and driving](#) is one of the most dangerous distractions, but the good news is that it's also one of the easiest to prevent. These eight hands-free car tips will help you drive more safely and [steer clear of distractions](#).

1. **Use hands-free technology like talk-to-text.** Because many vehicles come with Bluetooth technology, options like hands-free calling and texting are more accessible. Use it to make calls and respond to text messages without [taking your hands off the wheel or your eyes off the road](#).
2. **Turn on “do not disturb” features.** Avoid the temptation of texting or calling altogether by turning on your phone's do not disturb option. It will silence your notifications and can even send alerts to anyone trying to contact you that you're unavailable. As soon as you arrive, you can switch the feature off, and your calls and texts will be waiting for you. There are also downloadable apps that can block communication while you're in motion and alert loved ones when you've arrived safely. Apps like this can be helpful for parents monitoring teens or new drivers.
3. **Pull over before responding.** If an urgent or unavoidable text does come through, pull over to answer. Safely route to a parking lot, neighborhood, or rest stop and park your vehicle before responding.
4. **Let loved ones know your driving plan.** Another great way to avoid an

influx of text messages or calls while you're behind the wheel is by letting your spouse, children, or close friends know when you're hitting the road. Let them know approximately how long you'll be driving so they can wait to reach out.

5. **Consider sharing your location.** This lets loved ones check if you're on the road before they text or call you.
6. **Explore high-tech vehicles.** Many modern cars come equipped with driver-assist technology, such as lane-keeping systems, adaptive cruise control, and even hands-free driving. While these features don't eliminate the need for driver attention, they can add an extra layer of safety and help reduce distractions.
7. **Set your phone up before you drive.** Before hitting the road, adjust your GPS, queue up your playlist, send any last-minute messages, and ensure your phone is connected to Bluetooth settings, in case you need to answer a call via the button on your steering wheel. By setting up your phone beforehand, you can minimize the urge to reach for it while driving.
8. **Make the glove box your go-to spot.** If you find it hard to resist checking your phone, place it out of reach. Storing your phone in the glove box, center console, or even in the backseat can remove the temptation to glance at notifications.

These hands-free car tips will help you stay connected without compromising safety. For even more protection and peace of mind on the road, talk to a [local, independent agent](#) about [auto insurance](#).

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