



You can help protect yourself from getting injured. Did you know that injuries are a leading cause of disability for people of all ages? Injuries also happen to be the leading cause of death for Americans ages one to 44.

Many injuries can be prevented when people practice safe behaviors. Be aware of potential dangers and take the proper safety precautions to prevent unintentional injuries and deaths.

The following present the highest risk for injury or death:

- Choking
- Drowning
- Falls
- Fires and burns
- Motor vehicle accidents
- Poisoning
- Weather-related emergencies

These dangerous activities also can result in injuries and death:

- **Prescription drug abuse:** Prescription painkiller overdoses are a growing problem in the United States, especially among women.
- **Distracted driving:** Each day in the United States, approximately nine people are killed and more than 1,153 people are injured in crashes that involve a distracted driver, according to the National Highway Traffic Safety Administration.

For more safety information, visit the National Safety Council website at nsc.org, the U.S. Department of Health and Human Services website at healthfinder.gov, the Centers for Disease Control and Prevention website at cdc.gov and the National Highway Traffic Safety Administration website at nhtsa.gov.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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