

# Health and Wellness Tip of the Week - Week 51

December is Healthy & Safe Holiday Month. It's the perfect time to remind employees about the importance of staying healthy and safe this Holiday Season.

December 21, 2015

## Avoid Holiday 'Spirits' When Driving

December is a time to get into the spirit of the holidays with parties and get-togethers. It's also Drunk and Drugged Driving Prevention Month. Enjoy your social events but heed the warning — drinking and driving can spoil the holidays.

How can you, your family and friends stay safe when alcohol is involved? Think about these tips before hitting the road:

- ▲ Always decide who the non-drinking driver will be before any drinking starts.
- ▲ If you are hosting a party, offer alcohol-free drinks.
- ▲ Make sure guests leave with a sober driver.
- ▲ Take keys away from friends or family if they are not fit to drive.
- ▲ Get a ride home or call a taxi if you have been drinking.

### Deer Oaks - Take a cab and send the bill to us!

The holidays are the perfect time to gather with friends and family to celebrate the joy of the season and ring in the New Year. Deer Oaks, your EAP, encourages you to be safe this holiday season and choose a designated driver.

If you find yourself in need of a ride, call a cab and send the bill to us for reimbursement. This service is available once per year per participant with a maximum reimbursement of \$45.00 (excludes tip).

Simply call our Helpline for instructions on how to submit your receipt. It may take up to 45 days for reimbursement.

(866) 327-2400 | [www.deeroaks.com](http://www.deeroaks.com)

Source: Centers for Disease Control and Prevention



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