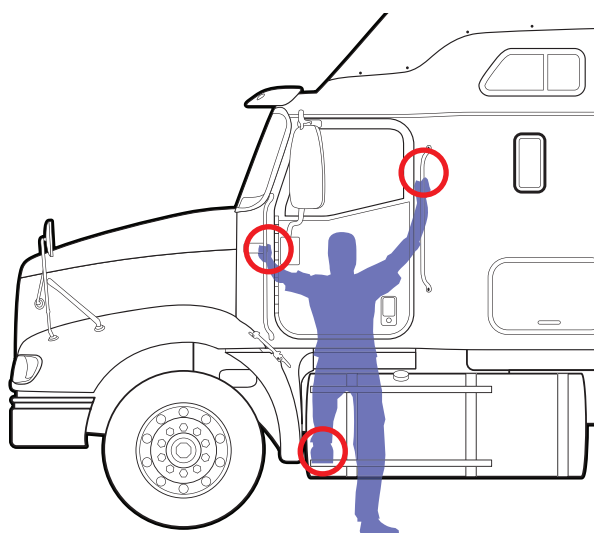


Avoid a fall.

Safely entering or exiting a vehicle can be as important as how you drive it.



Use the three-point contact method...

Three of your four limbs must be in contact with your vehicle — two hands and one foot, or two feet and one hand.

Use the three-point contact method to stay safer today.

For more information, visit us at [UnitedHeartland.com/walksafe](https://www.unitedheartland.com/walksafe).

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