

Alternative Point Options for 2021



June 2020

Wellness Points for 2021








- The point total to achieve the lowest premium discount on BorgWarner's medical plans has changed
 - Earn **4** points by September 30th, 2020 to achieve the best discount on your plan for 2021
 - This change and the alternative point options are only for wellness points counting towards 2021



~~5~~ points needed for best premium discount!
4

Standard Points Can Still be Earned

Earning 1 Point Each!

 <p>Complete the online Cigna Health Risk Questionnaire (HRQ)</p>	 <p>Complete one preventive dental cleaning/ exam</p>	 <p>Achieve a Body Mass Index of less than 30 OR: A weightloss of 5% as compared to your last weight with Cigna</p>	 <p>Achieve Total Cholesterol of less than or equal to 239mg/dl</p>	 <p>Achieve a fasting blood sugar of less than 100 mg/dl OR: Achieve a non-fasting blood sugar of less than 140 mg/dl</p>	 <p>Complete an onsite clinic visit OR register with MDLIVE for telehealth services**</p>	 <p>Complete one or more of the following: Preventive Annual Physical (with your Primary Care Physician or OB/GYN) Preventive Colon Cancer Screening (age 50+) Preventive Mammogram (age 40+) Onsite clinic visits are not eligible</p>
<p>Alternative to earn points: Enroll and participate in a Cigna telephonic coaching program that is most appropriate for you. There are multiple options available, including Weight Management, Stress Management, Disease Management or Healthy Eating. Call your Cigna Health Advocate at 1-800-237-2904 for the coaching program that's right for you.*</p>						

No alternatives available

No alternatives available. Go to www.MDLIVEforCigna.com to register!

*If you choose to, you may seek an alternative method through a Cigna Health Advocate at 1-800-237-2904.

** You may only register/earn point one time.

Alternative Point Options for 2021: Complete a Dental Cleaning OR a Metlife Financial Wellness Webinar

- If you cannot earn the dental cleaning/exam point, register for one of the Metlife Financial Wellness Seminars available on www.borgwarner.com/benefits, which include:
 - Smart Money Moves in your 20's and 30's: 10 Ways to Help Set Yourself Up for Financial Success
 - Smart Money Moves in your 40's, 50's, 60's and Beyond: 10 Ways to Help Set Yourself Up for Financial Success
- To get to the Registration Link, go to www.borgwarner.com/benefits and click on the link titled “2021 Updated Points” next to the U.S. Benefits box
 - Once on the next page, click the link to register for whichever seminar you would like
 - You will then receive a confirmation email that will contain the link to get to the webinar
 - Copy the link and then add to your calendar. If you add it to your calendar via the calendar invite, it will add the webinar to multiple days.
 - Once complete, you must either print off the certificate or take a snapshot/screen print of the final slide and send it to HR Link at hrlink@borgwarner.com to get credit for your point
- These webinars will be available to watch from June 1st – September 30th 2020

Alternative Point Options for 2021: Complete a Biometric Screening OR Coaching with Cigna

- You will earn all 3 biometrics points if you get them done, whether or not you hit the intended goal
- If your location is not opting to host a biometrics event this year, you also have the choice of:
 - Printing a [Wellness Screening form](#) from the BorgWarner benefits website and bringing it to your physician to fill out
 - Printing a [Wellness Screening form](#) from the BorgWarner benefits website and bringing it to your onsite clinic to fill out (if available)
 - Once complete, you will need to send to Cigna via secure fax

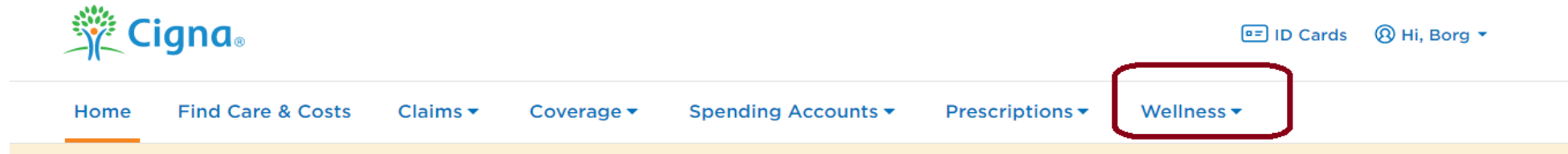
Alternative Point Options for 2021: Complete a Biometric Screening OR Coaching with Cigna

- If you do not complete your biometrics, you can coach with Cigna as an alternative way to earn 3 points
- This can be done two different ways:
 - Call Cigna at 1-800-237-2904 and either select the prompt that states “Personal Health Team” or let someone know you would like to speak to a coach
 - Go to www.myCigna.com, and see what online options are available

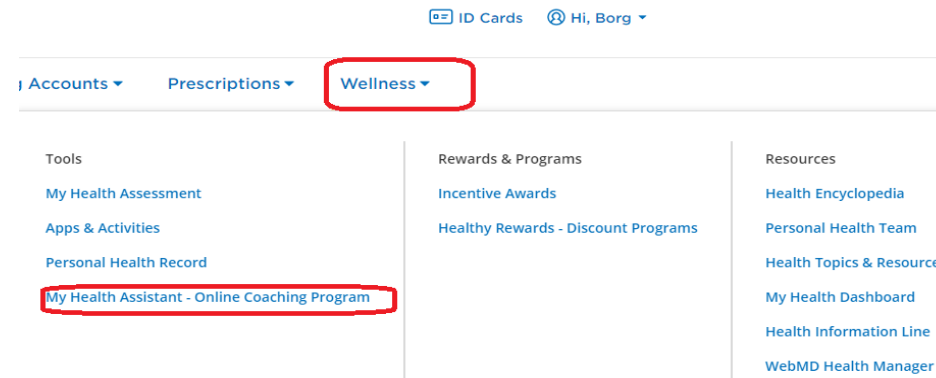


Alternative Point Options for 2021: Complete a Biometric Screening OR Coaching with Cigna

- For online wellness programs, login to www.myCigna.com and select “Wellness” at the top of the screen:



- Choose “My Health Assistant – Online Coaching Program”



Alternative Point Options for 2021: Complete a Biometric Screening OR Coaching with Cigna

- This will bring you to the “My Health Assistant” tab where you will see different goal opportunities that you can set and achieve:

The screenshot shows the Cigna My Health Assistant interface. At the top, there's a navigation bar with 'Cigna.' on the left and 'health services' on the right. Below this is a menu with options: Home, Dental Care Health Topic, Medication Advisor, Health Topics, Living Healthy, Health Record, My Health Assistant - Wellness, and My Health Assistant - Chronic. The 'My Health Assistant - Wellness' option is selected. Below the menu, there's a section for 'Track your daily progress' with a calendar icon and a link to 'See other weeks'. The main content area features a goal titled 'Tobacco Free for One Day' with a 'Tobacco Free' icon. The goal status is 'This goal has expired'. A progress bar shows '0 tobacco free days' out of a target of '1'. Below the progress bar, there are 'Reset Goal' and 'remove goal' buttons. To the right of the progress bar, there's a section titled 'TIPS FROM WEBMD COACHES' with three tips: 'Create or review your personal Tobacco Quit Plan', 'Get good music in the car', and 'Eat more healthy meals'. At the bottom left, there's a link to 'Read Related Tips and Articles', and at the bottom right, there's a 'MANAGE MY GOALS' button.

The screenshot shows the 'Lifestyle goals' section of the Cigna My Health Assistant interface. The title is 'Lifestyle goals' with a shoe icon. Below the title, it says 'Select a goal to improve your health lifestyle.' There are six goal cards arranged in a 2x3 grid. Each card has a title, an image, a description, and a 'Set this goal' button. The goals are: 'Enjoy Exercise' (Most Popular) with a cyclist image, 'Conquer Stress' with a mountain landscape image, 'Feel Happier' with a hot air balloon image, 'Eat Better' with a fruit basket image, 'Lose Weight' with a measuring tape and fruit image, and 'Quit Tobacco' with a person running image. Each card includes a brief description and a 'Source' link.

Alternative Point Options for 2021:

Complete a Biometric Screening OR Coaching with Cigna

- You will also have the option to coach for chronic conditions that are available, including: Asthma, COPD, CAD, Diabetes and Heart Failure
- Please note that coaching for chronic conditions will only earn you the points if you do it telephonically
 - If you coach for chronic conditions online, you **will not earn any** alternative points for 2021



Alternative Point Options for 2021: Diabetes

- Do you have high blood sugar, have been diagnosed with Diabetes, or are at risk for Diabetes?
- First time enrollees (06/01/2020 or after), may enroll in one of BorgWarner's two diabetes programs to earn a wellness point:



For those that have already been diagnosed with Type 1 or Type 2 diabetes. Contact Livongo at 800-945-4355 or go to join.Livongo.com/BorgWarner/begin.*



For those that are identified as being at risk for Type 1 or Type 2 diabetes. Take the eligibility quiz at OmadaHealth.com/BorgWarner to find out if you qualify.*

**If accepted, earn a point if you enroll*

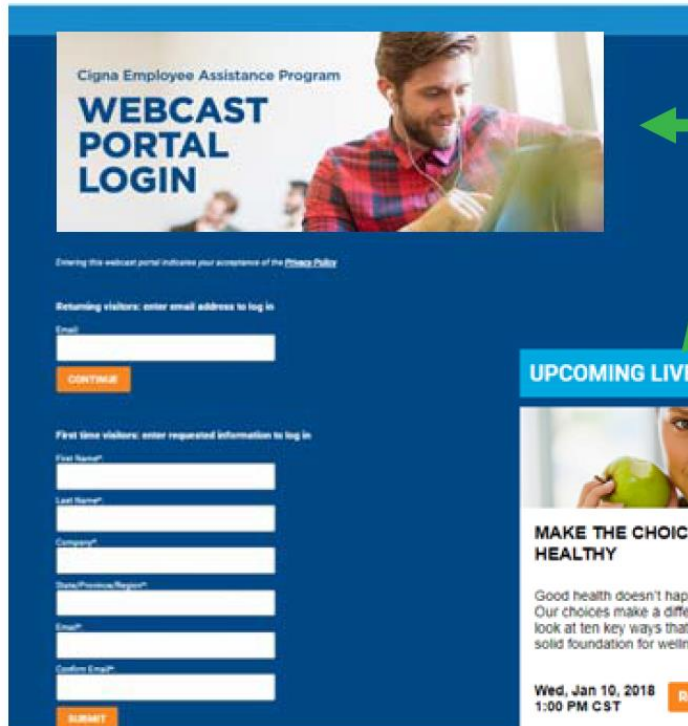
Alternative Point Options for 2021: Complete a Preventive Visit OR an EAP Webinar

- If you are unable to get a point for your preventive visit, you have the option of participating in an Employee Assistance Program (EAP) Webinar
- To participate in an EAP webinar, be on the lookout for posts intranet sites, Yammer and on monitors to let you know what is available for the month
- To get a point for the EAP webinar, enroll, complete and send a picture or screenshot that it will be available at the end to HR Link for credit at hrlink@borgwarner.com
 - It is up to you to turn this in- if HR Link doesn't receive, you will not receive credit for any points

OR...

Alternative Point Options for 2021: Complete a Preventive Visit OR an EAP Webinar

- Access live and on-demand EAP webcasts at: www.Cigna.com/EAPWebcasts



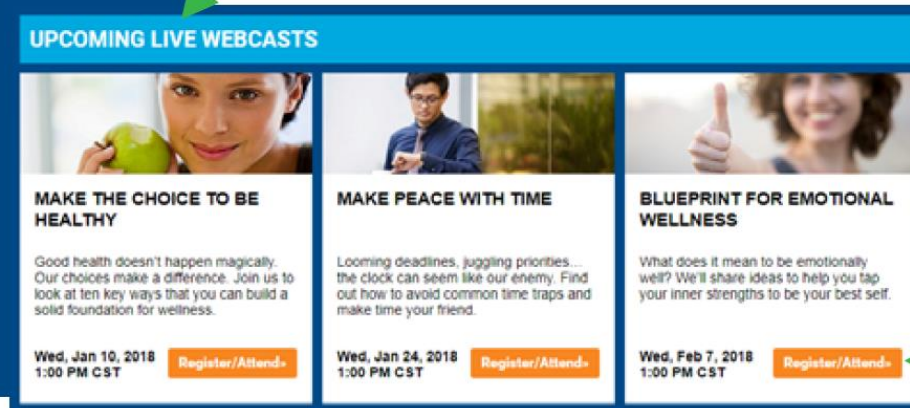
Cigna Employee Assistance Program
WEBCAST PORTAL LOGIN

Returning visitors: enter email address to log in
Email:
CONTINUE

First time visitors: enter requested information to log in
First Name:
Last Name:
Company:
State/Province/Region:
Email:
Confirm Email:
SUBMIT

Log in to enter into the seminar portal.

Locate the **LIVE** webcast you're interested in.
Upcoming live webcasts are listed first on the portal.



UPCOMING LIVE WEBCASTS

Webcast Title	Date and Time	Action
MAKE THE CHOICE TO BE HEALTHY Good health doesn't happen magically. Our choices make a difference. Join us to look at ten key ways that you can build a solid foundation for wellness.	Wed, Jan 10, 2018 1:00 PM CST	Register/Attend
MAKE PEACE WITH TIME Looming deadlines, juggling priorities... the clock can seem like our enemy. Find out how to avoid common time traps and make time your friend.	Wed, Jan 24, 2018 1:00 PM CST	Register/Attend
BLUEPRINT FOR EMOTIONAL WELLNESS What does it mean to be emotionally well? We'll share ideas to help you tap your inner strengths to be your best self.	Wed, Feb 7, 2018 1:00 PM CST	Register/Attend

Click on the “Register/Attend” button to be registered for the upcoming live webcast or to attend the presentation at the appointed date and time.

Alternative Point Options for 2021: Complete a Preventive Visit OR an EAP Webinar

- Access live and on-demand EAP webcasts at: www.Cigna.com/EAPWebcasts

To view an **ON-DEMAND** replay webcast, you can either scroll down and browse the on-demand section or click on a general topic to browse that specific section. Click the “Register/Attend” button and the webcast will begin.

REAL SUPPORT FOR REAL LIFE
Cigna Employee Assistance Program

We can all face challenges as we try to reduce stress, find balance, and be our best selves at work and in our personal lives. These wellness seminars and management trainings can help. Sign up for an upcoming live webcast listed below using the easy one-click registration. Or listen to an on-demand replay webcast whenever it's convenient for you.

ON-DEMAND REPLAYS

- Emotional well-being
- Family matters
- Financial health
- Health & wellness
- Management trainings
- Personal development
- Stress management
- Workplace topics
- Español

A green arrow points to the 'Personal development' option in the sidebar menu.

ON-DEMAND REPLAYS: Personal development

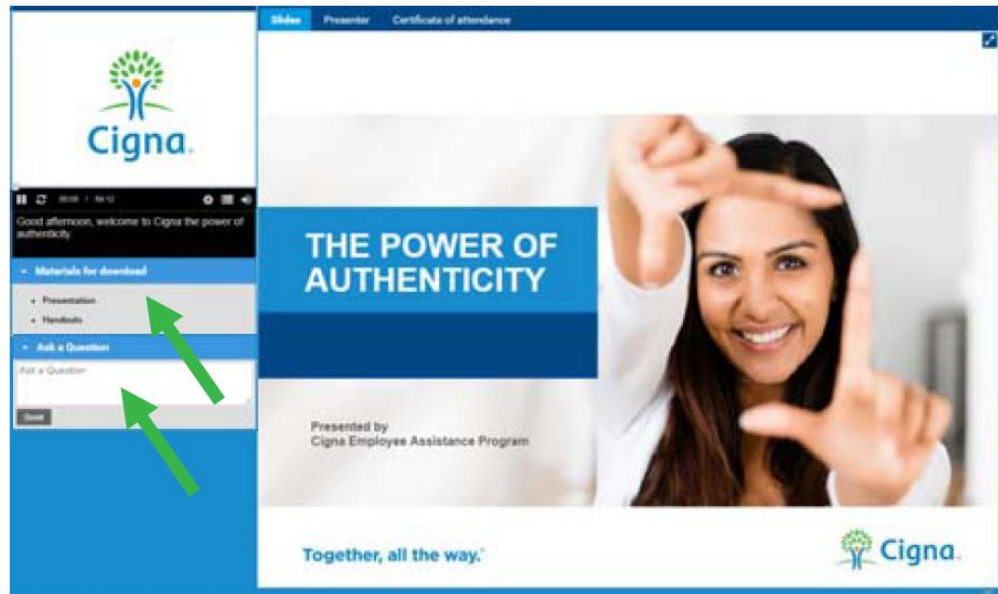
Back to Top >

<p>EFFECTIVE COMMUNICATION STRATEGIES</p> <p>In an era of texts and tweets, communication can suffer. Discuss how to use assertiveness and engagement to connect effectively with others.</p> <p>Register/Attend ></p>	<p>FINDING YOUR DRIVE</p> <p>Stay strong! Power through! If only it were that easy. Finding and maintaining willpower and motivation can be hard. Learn what can help.</p> <p>Register/Attend ></p>	<p>THE POWER OF AUTHENTICITY</p> <p>Does your public image match your inner truth? Discover the benefits and growth that can come when it does. And learn how to make it so.</p> <p>Register/Attend ></p>
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A green arrow points to the 'Register/Attend >' button for 'THE POWER OF AUTHENTICITY'.

Alternative Point Options for 2021: Complete a Preventive Visit OR an EAP Webinar

- Access live and on-demand EAP webcasts at: www.Cigna.com/EAPWebcasts



Presentation slides and handouts are available for download on the left side of the player.

Questions can be submitted prior to and during the live presentation.

- ★ A certificate of attendance is available. Viewers must click “yes” when prompted during the seminar and submit the post survey. The certificate PDF is sent via email once the webcast concludes.

If you have difficulties receiving your webinar certificate, please reach out to HR Link at hrlink@borgwarner.com or 844.429.5465.

★ ****All steps must be completed to get your certificate****

OR...

Alternative Point Options for 2021:

Complete a Preventive Visit OR Coach with an Onsite Health Coach

- If you are unable to get a point for your preventive visit, you have the option to coach with your onsite clinic health coach (where available)
- To coach with an onsite health coach, talk to your Local HR Partner for virtual coaching information to sign up for socially-distanced in-person sessions
 - Attendance will be tracked by the health coach and turned in for credit for a point



2021 Spousal Surcharge Update

- The 2021 spousal surcharge will be waived if enrolled spouses complete the Cigna Health Risk Questionnaire no later than September 30th 2020
 - The preventive visit requirement for spouses is waived for 2021 only
- Spouses will need to login in to their own myCigna account at www.myCigna.com to complete their HRQ



Thank you!



Combustion



Hybrid



Electric