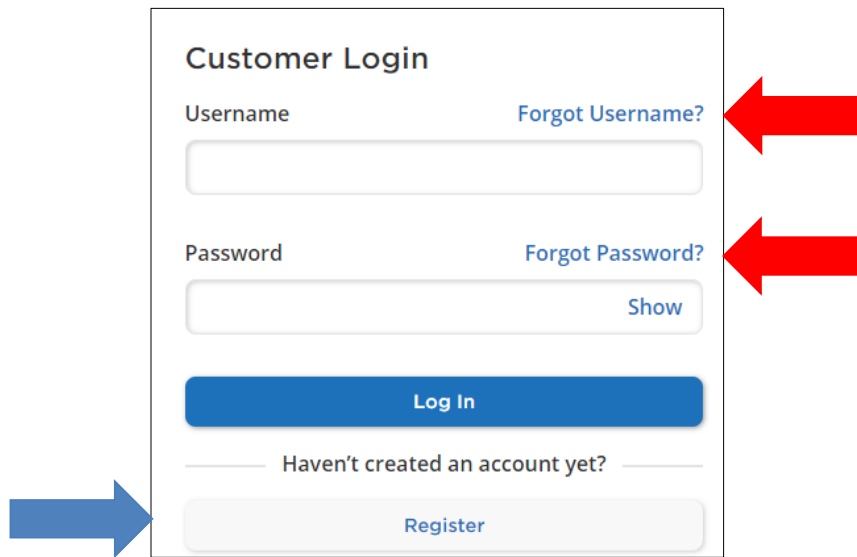


## Completing your Health Risk Questionnaire

To get to the MyCigna website, go to [www.mycigna.com](http://www.mycigna.com). As an alternative, you can also download the free [MyCigna](#) app for your smart phone. New Enrollees will need to “Register” to create an account the first time using the site.

If you already have created an account and forgot your username and/or password, please click on “Forgot Username?” or “Forgot Password?”.

**Need help with registration?** Call (800) 853-2713 **Need help logging in?** Call (855) 221-0273



The screenshot shows the 'Customer Login' form. It includes fields for 'Username' and 'Password', each with a corresponding 'Forgot' link. A 'Log In' button is present, along with a 'Register' button for users who haven't created an account yet. Red arrows point to the 'Forgot Username?' and 'Forgot Password?' links, and a blue arrow points to the 'Register' button.

1. Once you log into your [mycigna.com](http://mycigna.com) account, use the “Wellness” tab at the top of the page and select “My Health Assessment”.



2. Click on "Take My Assessment".

The screenshot shows the Cigna BorgWarner dashboard. At the top, there is a blue header with the Cigna logo and a dropdown arrow. Below the header, it says "Welcome back, BORG!". The dashboard is divided into three main sections: "WELLNESS SCORE" showing a score of 86, "PROGRESS" with a "TAKE MY ASSESSMENT" button highlighted in a red box, and "PERSONAL INFORMATION" listing various health metrics.

PERSONAL INFORMATION	
These are the answers from your last completed assessment	
Total Cholesterol	1 mg
HDL Cholesterol	1 mg
Blood Pressure	1 / 1
Weight	150 lbs
Waist	36 in
Height	5 '3"

3. Click on "Next" on the welcome page. On the next screen, "Agree" to the Privacy Statement

The screenshot shows the assessment introduction and privacy statement screen. It features five icons representing different health aspects: a person, a bicycle, a laptop, a folder, and a stethoscope. The text explains the benefits of the assessment and provides a "NEXT" button highlighted in a red box. To the right, there is a "Health Assessment Privacy Statement" section with a scrollable text area and "NO THANKS" and "I AGREE" buttons, with "I AGREE" highlighted in a red box.

4. Identify your gender, race, and birthdate.  
(Note: Women will need to identify if they are pregnant or not pregnant)

The screenshot shows the assessment form with the following fields highlighted in red boxes:

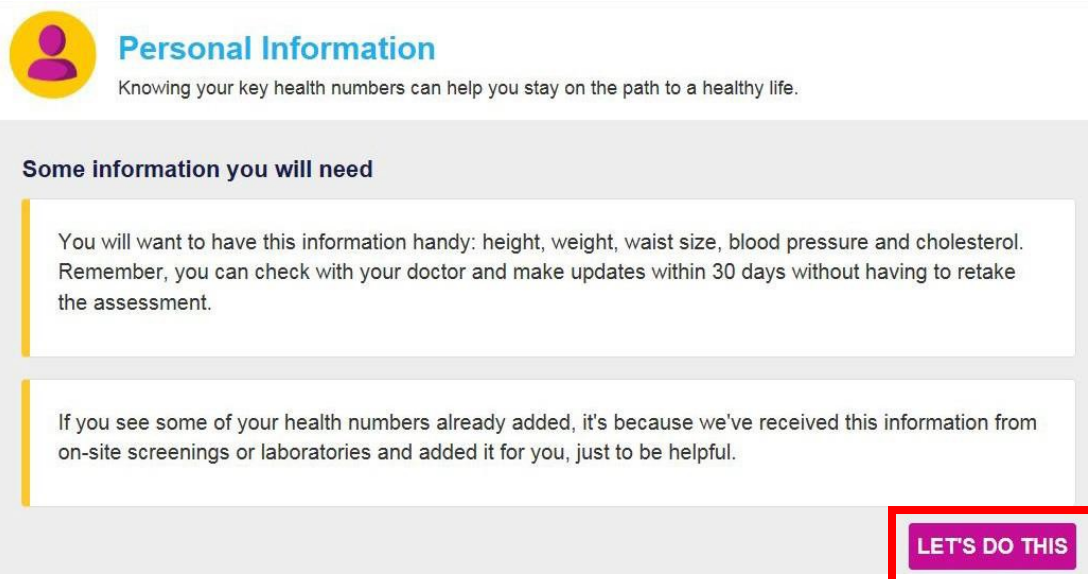
- What is your gender?** with radio buttons for **MALE** and **FEMALE** (selected).
- Pregnant** and **Not pregnant** checkboxes.
- What is your race?** with a dropdown menu labeled "SELECT YOUR RACE".
- What is your date of birth?** with input fields for **MONTH**, **DAY**, and **YEAR**.

At the bottom, there is a "Why we ask?" link and a "NEXT" button.

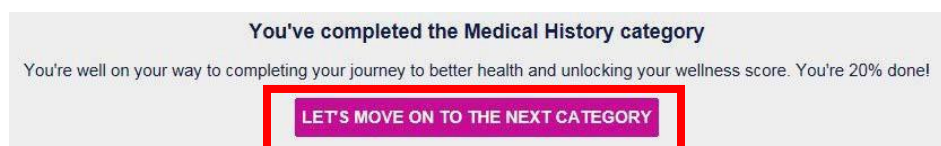
5. Choose “Let’s Take a More Traditional Approach.” When prompted again, confirm that you would like to take a more traditional approach.



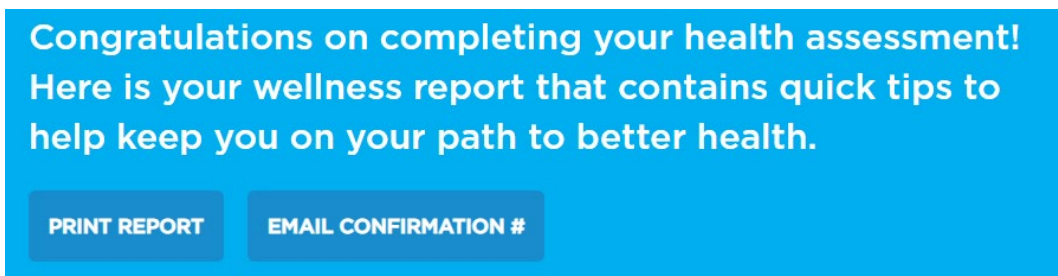
6. Click on “Let’s Do This!” The Personal Information sections asks questions about your personal health, like cholesterol, and blood pressure. If you do not know these values, feel free to click “I don’t know” or “I’m not sure”. You will have the option to update your personal information if you want to (this is not required) and you can re-take the assessment at any time.



7. There are 5 categories that you will need to complete (Personal Information, Lifestyle, Life & Work, Medical History, and Health Screenings). At the end of each section, click on “Let’s move on to the next category.”



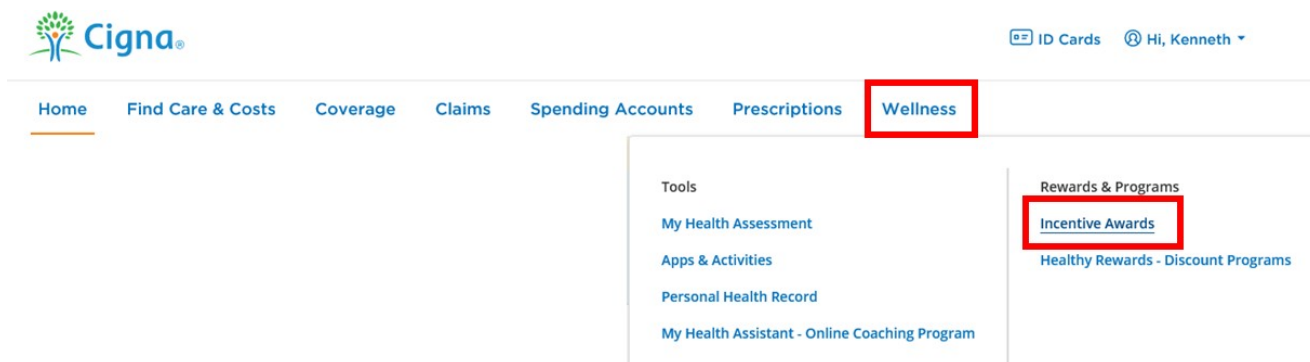
- After you finish the Health Assessment (HRQ), a message will appear on the screen that says “congratulations on completing your health assessment”. **Be sure that you view this message to confirm your completed assessment has been submitted to Cigna.** You may email a confirmation to yourself if you wish, but this step is not required for BorgWarner. The point for completion of the Health Assessment (HRQ) will automatically be loaded into your myCigna.com Incentive Awards dashboard in about a week after the successful completion date.



## View All Premium Incentive Points Earned to Date

Your Incentive Awards Dashboard gives you an overview of the goals you have met, and links you to Wellness Screening Forms or Physician Waiver Forms.

- Once you log into your mycigna.com account, use the “Wellness” tab at the top of the page and select “Incentive Awards” to get to your Incentive Awards Dashboard.



- From the Dashboard, you can view the Incentive(s) earned for the current plan period. Keep in mind that it can take up to 5 business days to see credit for completion of the online Health Assessment (HRQ). Wellness Screening Form/Biometric points can take 5-10 business days to register on the MyCigna site. Preventive point(s) can take up to 30 days to register on the MyCigna site.

The wellness screening form tools are located on the right side of the page. Click on “goals” for more information on earning each “point”.

## Incentive Awards

PROGRAM PERIOD: Current

If you think you might be unable to meet a standard for a reward under this wellness program, or if you have a disability that prevents you from doing so, you might qualify for an opportunity to earn the same reward by different means. For more info, contact us at 800-244-6224.

[OVERVIEW](#) [GOALS](#)

### Save, earn or score toward your 2019 awards

Your MotivateMe® program is designed using specific goals that reward you for healthy actions you take. Online pay... your Incentive Rewards for the Lifestyle Management Programs, you need to work telephonically with the Cigna Pe... and speak with a Health Advocate at 1.800.237.2904.

#### My Family Maximum

MotivateMe Core Goals

**\$700**  
Payroll Deposit

**7**  
Points

Everyone on the plan who's eligible to participate has a specific amount they can contribute toward the family maximum.

[View all goals](#)

#### Incentive Premium Points you've earned to-date

MotivateMe Core Goals

**\$0**  
Payroll Deposit

**1**  
Points

Earnings as of 03/06/2019

### My Family Recent Activity

VIEW RECENT ACTIVITY FOR: John

- ✓ John completed "Complete my preventive dental exam" 1 points awarded 11/01/2018

#### NEED HELP

- Email Customer Service
- For help finding something on the site please call 1-800-853-2713
- For help with plan and coverage information please call 1-800-237-2904

[VIEW MORE](#)

#### RELATED LINKS

- Submit Completed Form(s) Electronically
- Wellness Screening Form
- Outcome-Based Physician Recommended Alternative/Waiver Form

[VIEW MORE](#)

#### FAQ

- What is the MotivateMe® program?
- How do I get started earning awards?
- Do you have debit and/or gift card awards?

[VIEW ALL](#)