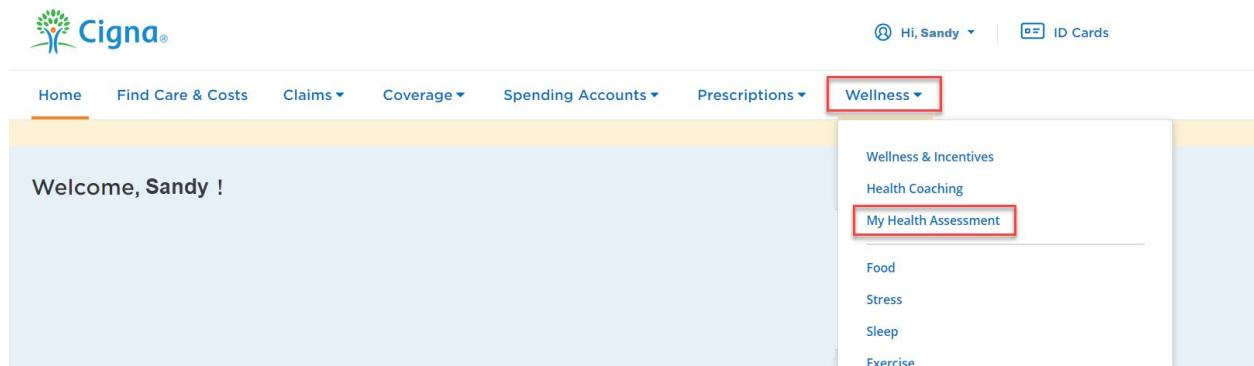


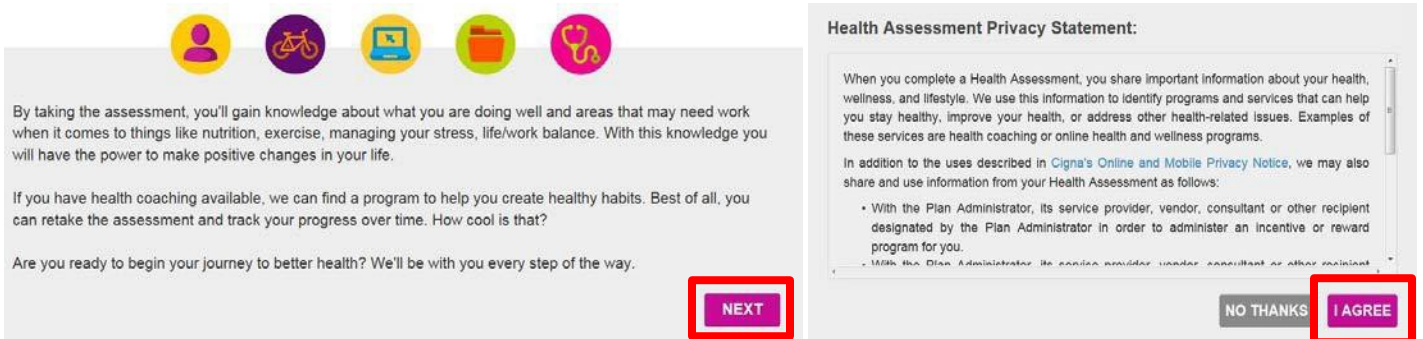
Completing your Health Risk Questionnaire

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

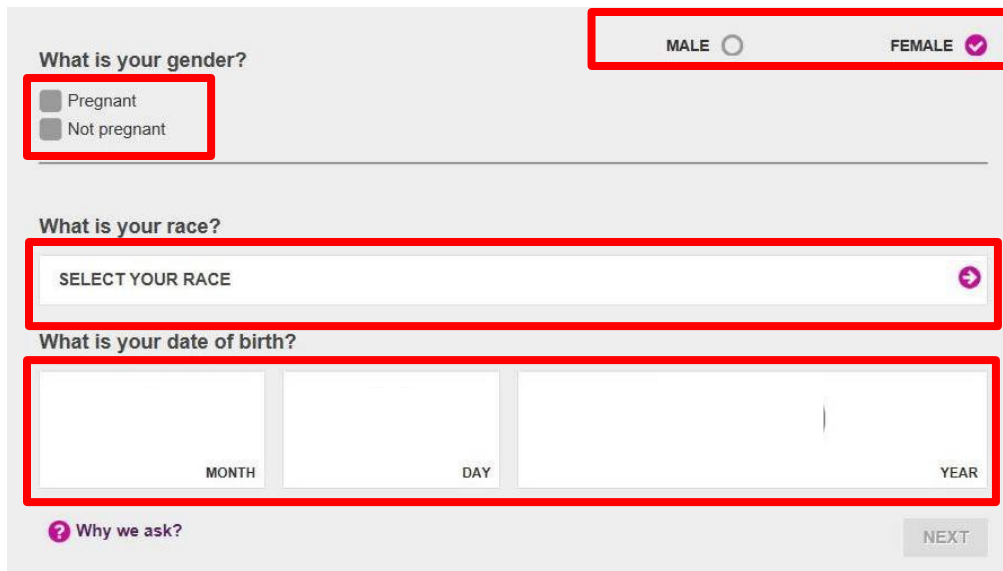
1. Once you log into your mycigna.com account, use the “Wellness” tab at the top of the page and select “My Health Assessment”.



2. Click on “Next” on the welcome page. On the next screen, “Agree” to the Privacy Statement



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



What is your gender? MALE FEMALE


Pregnant
 Not pregnant

What is your race?
SELECT YOUR RACE

What is your date of birth?
MONTH DAY YEAR

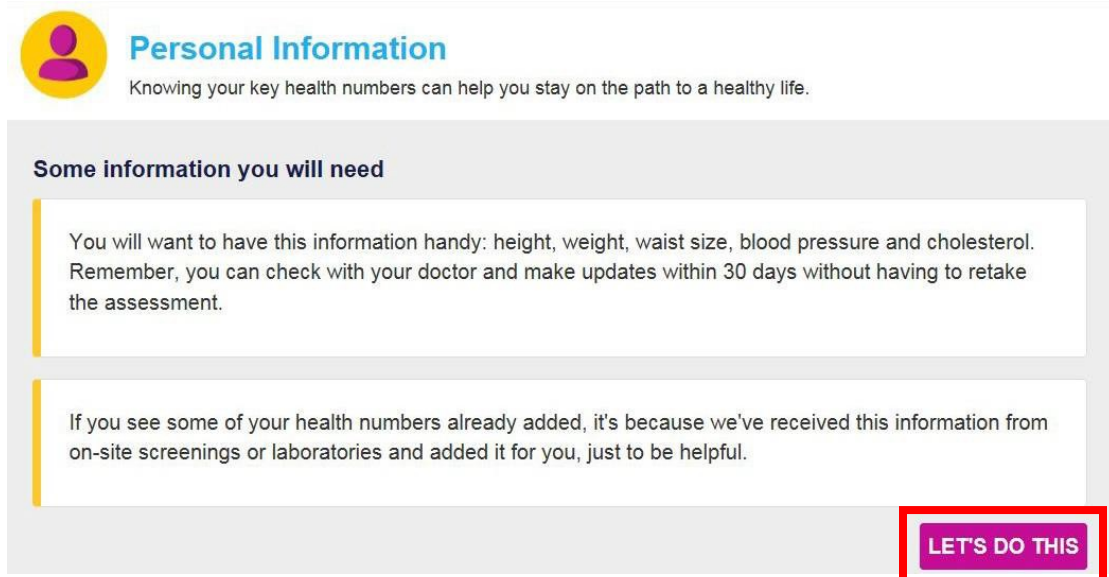
[? Why we ask?](#)


- Choose "Let's Take a More Traditional Approach." When prompted again, confirm that you'd like to take a more traditional approach.



Are you ready to have fun while learning where your health stands today? Our animated adventure will take you on twists and turns through different health categories. At the end you'll unlock your wellness score and gain valuable health tips. Only you hold the key to discovering your health potential.

5. 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.



 **Personal Information**
Knowing your key health numbers can help you stay on the path to a healthy life.

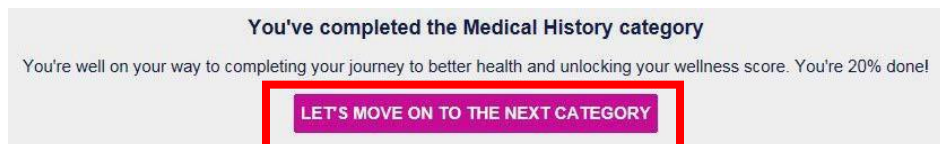
Some information you will need

You will want to have this information handy: height, weight, waist size, blood pressure and cholesterol. Remember, you can check with your doctor and make updates within 30 days without having to retake the assessment.

If you see some of your health numbers already added, it's because we've received this information from on-site screenings or laboratories and added it for you, just to be helpful.

LET'S DO THIS

6. 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.”



You've completed the Medical History category

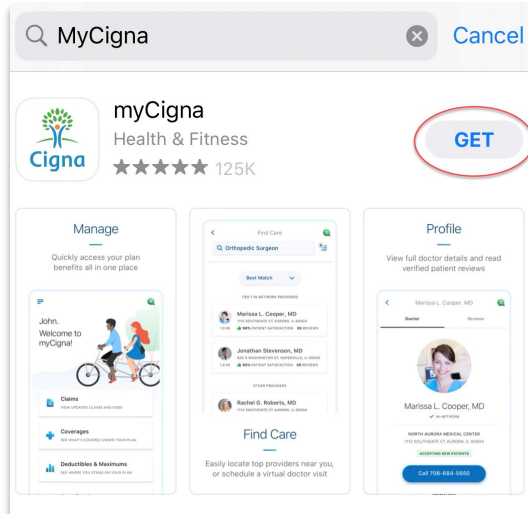
You're well on your way to completing your journey to better health and unlocking your wellness score. You're 20% done!

LET'S MOVE ON TO THE NEXT CATEGORY

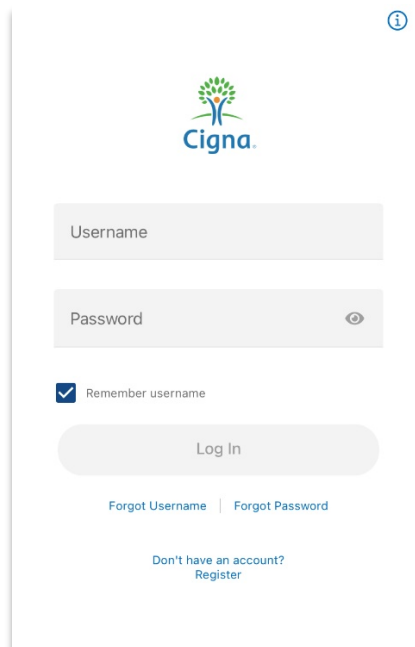
After you finish the Health Assessment (HRQ), a message will appear on the screen that says “congratulations on completing your health assessment”. **Be sure that you view this message to confirm your completed assessment has been submitted to Cigna.** You may email a confirmation to yourself if you 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.

Completing your Health Risk Questionnaire – Mobile App Instructions

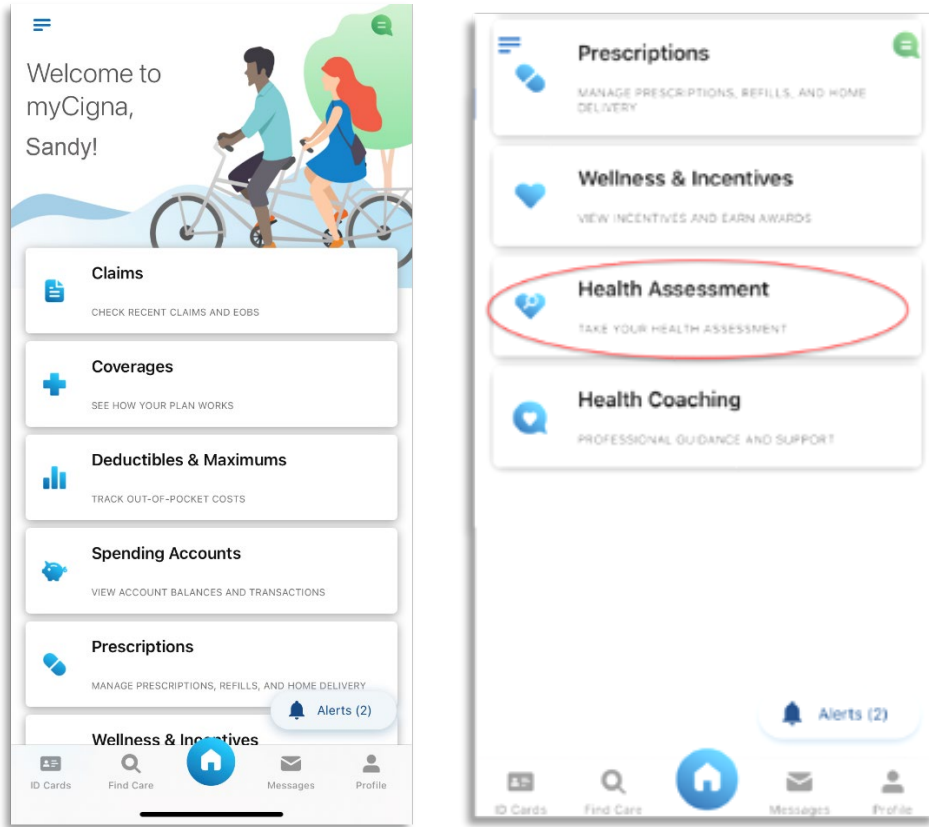
1. Download the myCigna mobile app if you haven't already done so.



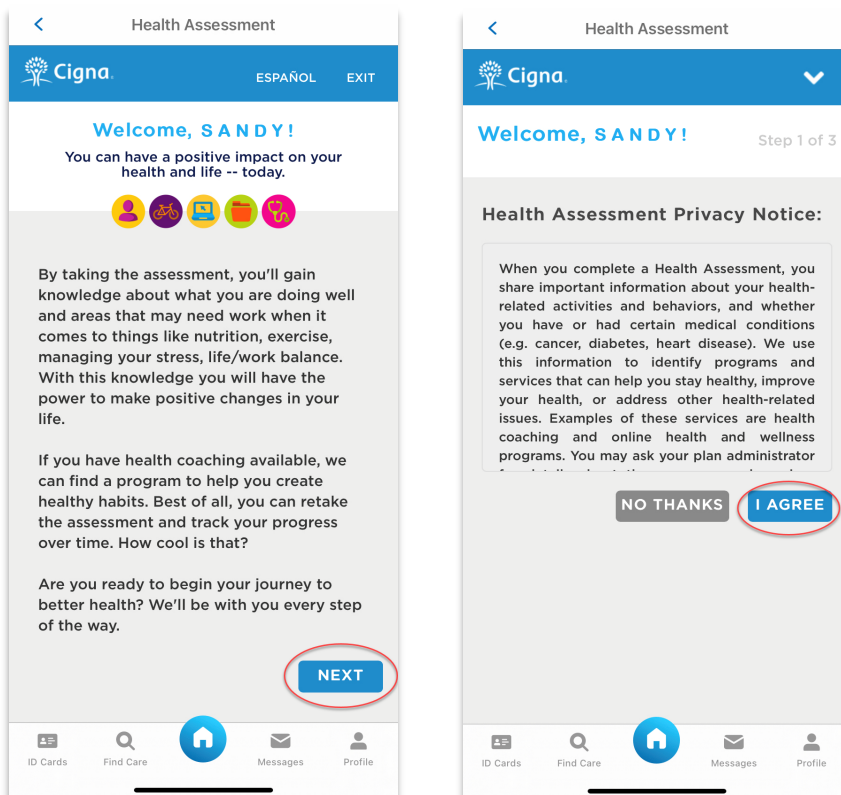
2. New Enrollees will need to “register” to create an account the first time. Otherwise, if you are a returning user then log in with your username and password.



3. After you log in, scroll down and click on 'Health Assessment.'



4. Click on "Next" on the welcome page. On the next screen, read through and "Agree" to the Privacy Statement.



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

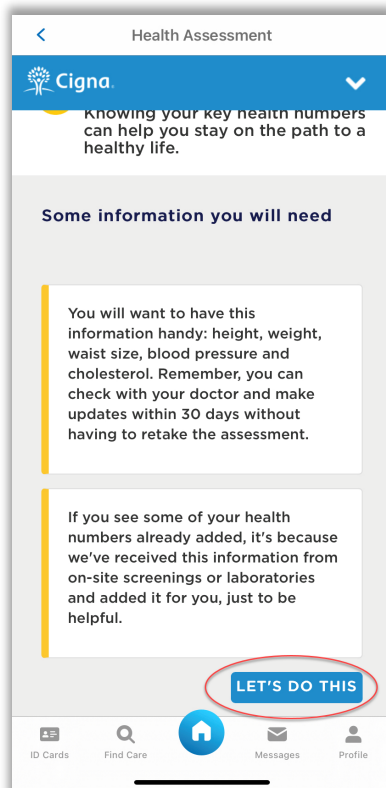


The screenshot shows the 'Health Assessment' screen in the Cigna app. At the top, it says 'Welcome, SANDY!' and 'Step 2 of 3'. The form includes the following questions and options:

- What is your gender identity?** with radio buttons for MALE and FEMALE. The FEMALE option is selected with a blue checkmark.
- Are you pregnant?** with radio buttons for YES and NO.
- What is your race?** with a dropdown menu labeled 'SELECT YOUR RACE' and a right-pointing arrow.
- What is your date of birth?** with three input fields: MONTH (04), DAY (15), and YEAR (1960).

At the bottom of the form, there is a link for '? Why we ask?' and a 'NEXT' button. The bottom navigation bar includes icons for ID Cards, Find Care, Home (selected), Messages, and Profile.

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.

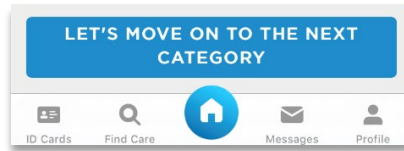


The screenshot shows the 'Health Assessment' screen in the Cigna app. At the top, it says 'Knowing your key health numbers can help you stay on the path to a healthy life.' Below this, there is a section titled 'Some information you will need' with two text boxes:

- Text Box 1:** "You will want to have this information handy: height, weight, waist size, blood pressure and cholesterol. Remember, you can check with your doctor and make updates within 30 days without having to retake the assessment."
- Text Box 2:** "If you see some of your health numbers already added, it's because we've received this information from on-site screenings or laboratories and added it for you, just to be helpful."

At the bottom of the screen, there is a blue button labeled 'LET'S DO THIS!' which is circled in red. The bottom navigation bar includes icons for ID Cards, Find Care, Home (selected), Messages, and Profile.

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.”



8. After you finish the Health Assessment (HRQ), a message will appear on the screen that says “congratulations on completing your health assessment” along with your score. **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.

You can re-take the assessment at anytime and track your progress

