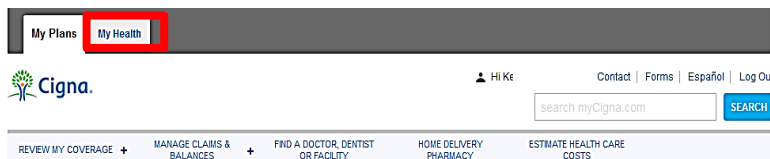


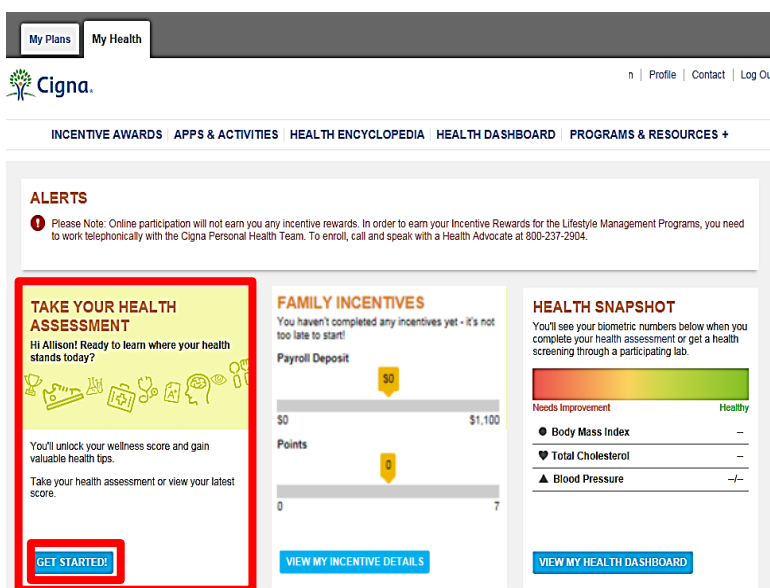
Completing your Online HRQ (Health Assessment) for Monthly Premium Incentive

To get to the MyCigna website, go to www.borgwarner.com/benefits and click on the  logo.

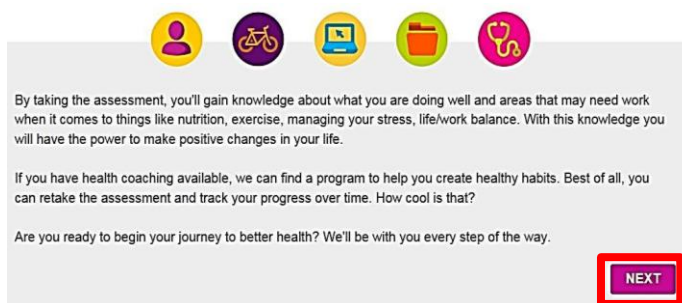
1. Once you log into your mycigna.com account, click on the “My Health” tab at the top of the page.



2. Click on “Get Started” under “Take Your Health Assessment”



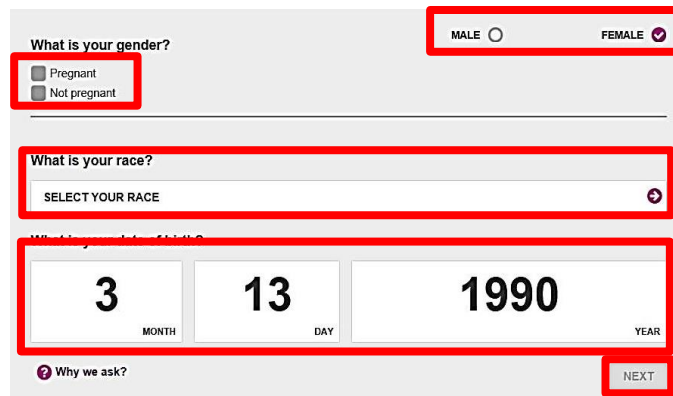
3. Click on “Next” on the welcome page.



4. 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.)



What is your gender? MALE FEMALE

Pregnant
 Not pregnant

What is your race?
SELECT YOUR RACE

3 MONTH 13 DAY 1990 YEAR

Why we ask? NEXT

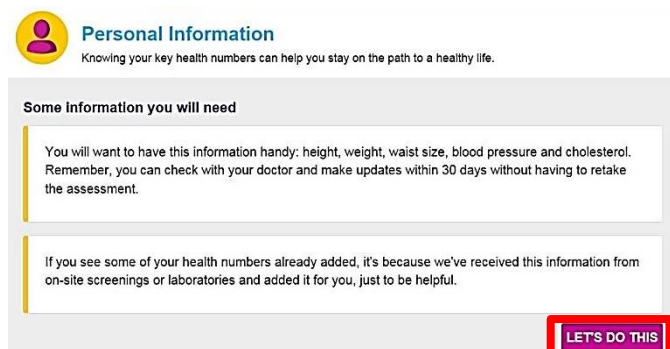
6. Choose "Let's Take a More Traditional Approach."
When prompted again, confirm that you'd like to take a more traditional approach.



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.

I'D LIKE A MORE TRADITIONAL APPROACH LET'S PLAY!

7. 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.

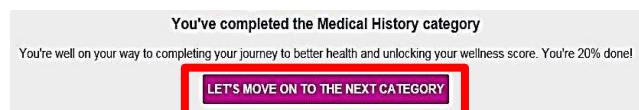
Some information you will need

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!

8. 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 complete the Health Assessment, you will receive a "grade" and the completion date will update on the "my health" tab. **Be sure that you see the new date to ensure you receive credit for completion of the assessment.**