How to complete the ONLINE Health Appraisal:

Go to the Be Well at Sparrow Website:  atsparrow.sparrowbewell.com

1. If you have already created an account, login with your username and password. If you have forgotten your password, click “Forgot your Password?”. You will directed to answer a security question and can then reset your password.

2. New users will need to create an account. To begin, click the link “sign up today”.

3. Caregivers will create their own account and spouses who need to complete a health assessment will create their own account, separate from the Caregiver. A distinct email address is required for each account.

4. Once you click the link, you will be taken to the page where you will enter all your information.

NOTE: This information is kept confidential and can not be viewed by anyone at Sparrow.
To create your account, fill in the required information (from top to bottom)

1. Create a login name – this can be anything you want it to be
2. Choose a password. Your password must contain 1 capital letter and 1 number. It must be at least 8 characters.
3. Create a password recovery question.
4. Enter your Caregiver number (with NO leading zeros). You must enter this number to be matched in the system. Caregiver’s spouses will use their spouses Caregiver number with an “S” on the end, for example “543251S”.
5. Enter an email address – can be any email you want
6. Choose a Portal Display Name – this will be the name displayed at the top of the page when you login.
7. Complete the other requested information.
8. Accept the Purewellness terms of use (if you agree) and click “SUBMIT”.

Newly hired Caregivers will be uploaded to the Be Well at Sparrow system on a weekly basis. If you are newly hired and the system does not recognize you, please check back in a week. If
you continue to have problems, please email bewellatsparrow@sparrow.org and someone will respond in a timely manner.

Once you accept, you will be taken to the dashboard of the “Be Well at Sparrow” portal.

Roll the pointer over “Manage My Health” to reveal the sub menu. Click “Health Assessment”.

You may also click the picture of the red apple on the rotating images in the center of the screen to quickly reach your Health Assessment.
This will bring you to the actual health assessment.
Continue to answer all the questions and when you are done on the page, click “Next”.

To receive credit, all questions, except the biometric data on the last page of the health assessment, must be answered.
Upon completion of the Health Assessment, you will be automatically linked to the Smoker Attestation Survey. Click “Next” when you have completed the questions.

Once you have completed all the questions, you will receive a wellness score as well as a review of areas that may be of high risk to you. The wellness score is for you and is not used by Sparrow in any way.

You can return to the dashboard and utilize any of the features offered through Sparrow Be Well.