

Online Personal Health Management System

We are pleased to offer our parents free access to a great benefit:-

Online Personal Health Management System (OPHMS)
A unique web based tool that can help you:-

- ✓ **Improve health**
- ✓ **Get fitter**
- ✓ **Lose weight**
- ✓ **Eat healthily**
- ✓ **Reduce stress**



To take advantage of this offer:

- Simply email enquiries@revitalised.co.uk
- In your email, quote the activation code – **PARENT/COWLEY/001** along with your full name.
- The Revitalised team will activate your membership and confirm login details with you directly.
- Then just visit www.ophms.com/cowley.aspx and login!

Any problems – email enquiries@revitalised.co.uk – you can also nominate a friend or family member for free membership.



Login

