



Helping the **whole school community** to lead a **healthier lifestyle!**

As part of our on-going Healthy School initiatives, we are delighted to be able to offer all of our parents / carers **free** access to the **Online Personal Health Management System** (OPHMS).

The OPHMS is provided in partnership with Revitalised Limited – and is a specialist web-based health management resource that offers you **individually tailored** support, information and guidance in all areas of your well-being.

To get your login details, you simply need to email enquiries@revitalised.co.uk stating your name and the offer code **PARENT/COWLEY/001**.



Then just [click here](#) to access the OPHMS login page.

