

June Webinar calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Tips for getting organized 3pm ET	5	6
7	8	9 Men's fertility: What you need to know for growing your family 6pm ET	10 Ergonomics for less pain at work and home 1pm ET	11 All work and no play: Avoiding burnout 3pm ET	12	13
14	15	16 Wellness for busy people 3pm ET	17 Hinge Health 101 1pm ET	18	19	20
21	22	23	24	25 Positive self-talk 3pm ET	26	27
28	29	30	Fidelity, PNC, and Care@Work webinars all month long Explore Fidelity webinars here Explore Care@Work webinars here Explore PNC Bank webinars here			

Duration Key:

- 15 minutes
- 30 minutes
- 60 minutes

LOGIN AND ELIGIBILITY DETAILS

- **Emotional Support Program: Resources for Living**
 - Eligibility: All Mountaineers
 - [Go.rfi.com/IRM](https://go.rfi.com/IRM)
 - Username: IRM
 - Password: Mountaineer
- **Emotional Support Program - Psych Hub**
 - Eligibility: All Mountaineers
 - [Member Sign Up | Psych Hub](#)
- **Access to Care Providers - Care@Work**
 - Eligibility: All U.S. Mountaineers
 - im.care.com
- **Cardiac and hypertension care - Hello Heart**
 - Eligibility: Mountaineers and adult dependents enrolled in an Aetna medical plan
 - join.helloheart.com
- **Virtual physical therapy - Hinge Health**
 - Eligibility: Mountaineers and adult dependents enrolled in an Aetna medical plan
 - hinge.health/ironmountain
- **Fertility and family planning - Maven**
 - Eligibility: Mountaineers and spouses/domestic enrolled in an Aetna medical plan
 - [Activate your account | Maven Clinic](#)
- **Your Money, Your Wellbeing**
 - Eligibility: All Mountaineers
 - IMFinancialWellbeing.com
- **Fidelity Financial Wellbeing Support**
 - Eligibility: Mountaineers eligible for the 401(k) plan or enrolled in HSA or FSA accounts
 - Netbenefits.com > Plan & Learn
- **Employee Banking Financial Wellbeing Education - Bank of America & PNC**
 - Eligibility: All Mountaineers

