

September Webinar calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Creating more harmony at work 3pm ET	4	5
6	7	8	9 Sleep and pain 1pm ET	10 Guided visualization 3pm ET	11	12
13	14	15	16 Hinge Health 101 1pm ET	17 Developing resilience daily 3pm ET	18	19
20	21	22 Managing mental load 3pm ET	23	24	25	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.rfl.com/IRM](https://go.rfl.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

