

February 2026 Webinar calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Mindfulness in the workspace 3pm ET	6	7
8	9	10	11 Getting back to sports and hobbies 1pm ET	12 Be present in the moment 3pm ET	13	14
15	16	17	18 Hinge Health 101 1pm ET	19 Strengthening connection in relationships 3pm ET Healthy Heart, Healthy You 12:30pm ET	20	21
22	23	24 Mindfulness practice 3pm ET Financial wellness for changing times 11am/4pm ET	25 Sandwich Generation 2pm ET Cyber security awareness 11am/4pm ET	26 Finances: What I wish I knew yesterday 11am/4pm ET	27	28
Fidelity and Care@Work webinars all month long Explore Fidelity webinars here Explore Care@Work 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](#)

