May

Webinar calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fidelity, PNC, and Care@Work webinars all month long Explore **Fidelity** webinars here Explore **Care@Work** webinars here Explore **PNC Bank** webinars here					1	2
3	4	5 Mental health awareness in the workplace 3pm ET	6	7	8	9
10	11	12 Habits to improve sleep for you and your family 3pm ET	13 Mental health and chronic pain 1pm ET	14 Top 10 thinking errors that make you feel stuck 3pm ET	15	16
17	18	19 Practice Gratitude 3pm ET Education planning 11am/4pm ET	20 Hinge Health 101 1pm ET Cyber security awareness 11am/4pm ET	21 Raising financially savvy children 11am/4pm ET	22	23
24	25	26	27	28 Finding simple joys 3pm ET	29	30
31						

Duration Key:

- 15 minutes
- 30 minutes
- 60 minutes

IRON MOUNTAIN

LOGIN AND ELIGIBILITY DETAILS

- **Emotional Support Program: Resources for Living**
  - Eligibility: All Mountaineers
  - 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



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