

March 2026

Webinar calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Balancing work and motherhood 12pm ET	4	5 Finding your inner leader 3pm ET	6	7
8	9	10	11 Health trends: Help or hype? 1pm ET	12 Emotional intelligence 3pm ET	13	14
15	16	17 Learning the art of small talk 3pm ET	18 Hinge health 101 1pm ET	19 Building resilience and balance for everyone 11am ET	20	21
22	23	24	25	26 Values clarification reflection 3pm ET	27	28
29	30	31	<p>Fidelity and Care@Work webinars all month long</p> <p>Explore Fidelity webinars here</p> <p>Explore Care@Work webinars here</p>			

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](#)

