

April 2026

Webinar calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Improving productivity 3pm ET	8 All about virtual physical therapy 1pm ET	9	10	11
12	13	14 Don't wait for Monday: Get motivated now 3pm ET	15 Hinge Health 101 1pm ET	16	17	18
19	20	21	22	23 Unplug to recharge 3pm ET	24	25
26	27	28 Building energy and focus 3pm ET	29	30	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](#)

