

January 2026

Webinar calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fidelity and Care@Work webinars all month long Explore Fidelity webinars here Explore Care@Work webinars here				1	2	3
4	5	6	7	8 Exercise and mental health: 3pm ET	9	10
11	12	13 Self care 15-minute recharge: 3pm ET	14 Exercise myths 1pm ET	15	16	17
18	19	20	21 Hinge Health 101: 1pm ET The power of self-awareness 2pm ET	22 Breathe out stress 15-minute recharge: 3pm ET	23	24
25	26	27 Invest in yourself through personal growth: 3pm ET	28	29	30	31

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](#)

