



ask!

ask!

*asking for what you need*

When you don't communicate your needs it can lead to frustration and feelings of resentment. Whether it's a promotion you deserve or more support from your partner with household duties, your Employee Support Program is available anytime, any day, to help you ask for what you need.

#### ONLINE SEMINAR

Say What You Mean the Right Way:  
Healthy Forms of Communication

There are many ways to communicate how you feel to the people in your life. Explore how you can use communication to strengthen your relationships.

Visit your home page starting Dec. 18th:

[www.allonehealthep.com](http://www.allonehealthep.com)

USERNAME: **mwcc**

PASSWORD: **employee**

TOLL-FREE: **800-451-1834**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.