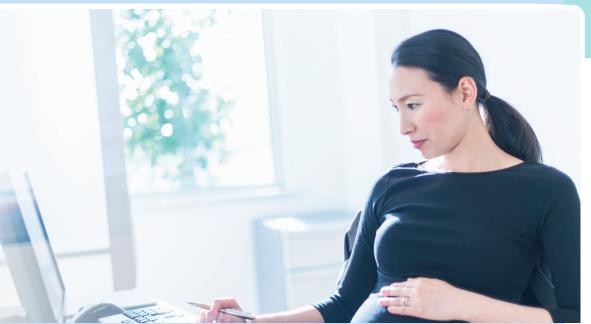
# Disability benefits can help protect your financial security

# Pregnancy can bring many surprises — both wonderful and challenging.

While it is hard to plan for the unexpected, having disability benefits can help you approach delivery with peace of mind.

# **Preparing for maternity leave in 3 steps**

- Contact your HR or Benefits team (HR/Benefits) to learn about your disability benefits and the Family and Medical Leave Act (FMLA).
- File a short-term disability claim one to two months before going on leave, online https://app.standard.com/benefits/employee/soc/ or by phone 844-404-2111. Your claim will be set up in a suspended status until you go out on leave.\*
- When you stop working, a short-term disability case manager will reach out to you and HR/Benefits to share next steps. Short-term disability benefits usually cover at least six weeks for a vaginal delivery and eight weeks for a C-section.





### **Using Resource Advisor**

This member assistance program is part of your disability benefits. It provides resources and services to new and expecting mothers. Please visit **Carelonwellbeing.com/resourceadvisor** With Resource Advisor, you and your household members can:

- Access counseling services in person, by phone, or through online video chat.
- Have up to three, **no-cost** counselor visits per issue or concern.
- Search for advice on parenting, finding child care, and budgeting.



## **Returning to work**

- Leaves vary by state. Be sure to work with your HR Benefits team and your absence/disability case manager to ensure you understand all leaves available to you.
- HR/Benefits can help you complete paperwork and transition back into the workplace.



### Securing your finances

- Disability benefits can help replace part of your income while you are unable to work.
- If you do not have life insurance, it may be a good time to consider it to protect your family. You have up to 30 days after your baby's delivery to add dependent life insurance.

We want you and your newborn(s) to have the best possible start. If you experience pregnancy-related complications or need more time to heal after childbirth, we are here to support you.

\*You will need documented health reasons to file a short-term disability claim or take an extended leave.

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