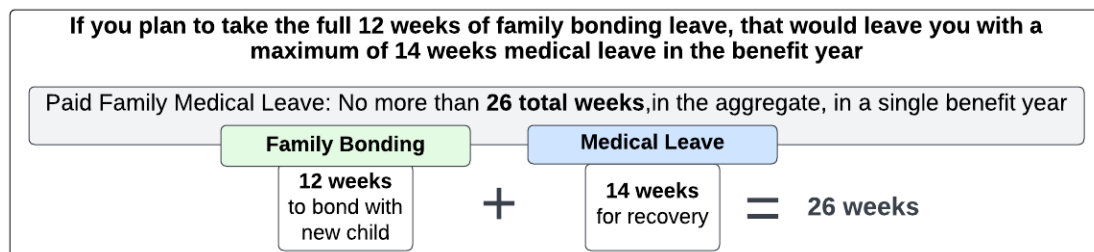


Postpartum Recovery: When Do I Go Back To Work?

It depends! We as your prenatal care providers can sign paperwork for Massachusetts Paid Family Medical Leave and/or disability insurance. Please check with your employer regarding any other benefits they may offer as part of your compensation package.

Massachusetts Paid Family Medical Leave (PFML)

- **Nearly all MA employees are eligible**
- Pays a percentage of your salary up to a state determined maximum
- Is limited to a **total of 26 weeks of leave in the year** that starts with the first day of leave
- There are two types of PFML for which eligible pregnant/birthing parents can apply:
 - *Family Bonding*: Covers up to 12 weeks of bonding leave for each parent in the first 12 months of the infant's life; granted by the state of Massachusetts upon submission of proof of birth letter provided after delivery. **No form from medical provider is needed.**
 - *Medical Leave*: Covers up to 20 weeks of leave to recover from **any serious health condition**, including pregnancy and childbirth. Recovery from pregnancy and childbirth is multi-dimensional and unique for every patient and thus warrants a discussion with the medical provider who will sign your form.
- Is paid for by the state through taxpayer funds
- Find more detailed information at: <https://www.mass.gov/info-details/paid-family-and-medical-leave-pfml-overview-and-benefits>



Short-Term Disability Insurance

- **Employers and/or employees may purchase insurance for an individual**
- Pays a percentage of your salary for the time you are *disabled* due to pregnancy or childbirth
- Is separate from PFML and requires separate paperwork provided by your employer or insurer
- Can be taken at same time as PFML

PATIENT RESPONSIBILITIES:

- ✓ Call the MA Department of FML at 833-344-7365 to confirm you are eligible to apply
- ✓ Have your provider sign your medical leave application confirming your due date
- ✓ Have your provider sign your disability insurance paperwork confirming your anticipated period of disability (if applicable)