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Federal Employees or Former Military Members



While unemployment eligibility rules are the same for federal employees, there are important differences related to documenting federal earnings. Review the information below before you apply to ensure proper processing and avoid payment delays.

If your separation was caused by a federal shutdown, pay special attention to your tax withholding. This is important because you will need to repay benefits if you return to work and receive retroactive pay.

The **fastest way** to submit a claim for unemployment insurance benefits is to use our [online system](#). Alternatively, you can call 732-761-2020 to apply for benefits by telephone.

You may want to print a copy of this information to have with you while you are completing your unemployment application.

MILITARY

If you only had military employment in the last 18 months, you must be physically in New Jersey to apply here. If you have had both non-military employment in NJ and military employment in the last 18 months and are not physically in New Jersey, you can apply online using your non-military wages only. If you are not physically in New Jersey and have military and non-military wages and want to use both, you will need to speak to an agent to file your claim.

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