



## When You're Sick, Injured, or Post-Surgery

Find out how to get benefits when you can't work due to a non-work-related illness or injury.

### Workers: Apply Online

[Start an application](#)

[Finish an application you started](#)

### Access an Existing Claim

[Check claim status](#)

[Extend or end a claim](#)

[Update your name or address](#)

[Access claim documents](#)

[For Employers](#)

[For Healthcare Providers](#)

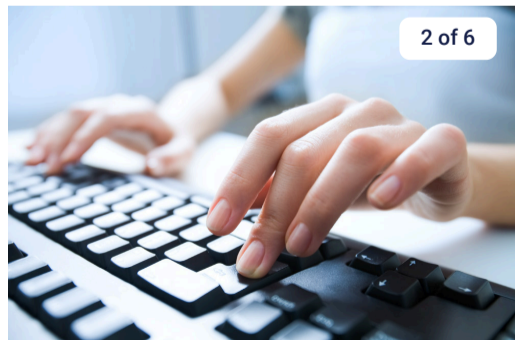
### Here's How to Get Started:



#### BEFORE YOU BEGIN

Check out our video tutorial. It'll guide you through the process with detailed step-by-step instructions. Plus you'll get helpful tips for completing your application.

[WATCH THE VIDEO NOW >](#)



#### Step 1: Create an Account

If you don't already have an account for our secure online system, [click here](#) and follow the prompts from the "First Time User?" button.



#### Step 2: Start an Application

You'll then be directed to the first page of the application. Read it and click the box to confirm you agree with the terms before filling out the rest of the pages.



#### Step 3: Print Instruction Forms

After your parts are complete, you'll be prompted to print instructions with a unique Online Form ID number. Give them to your healthcare provider so they can complete your part online.

- [Before You Apply](#)
- [How to Apply](#)
- [After You Apply](#)
- [Private Plan Insurance](#)

About the Program

Who Qualifies for State Benefits



How Much I Need to Earn to Qualify



How the Program Is Funded



How Benefits Are Calculated



Work-Related Disabilities



### Frequently Asked Questions

Get answers to common questions about Temporary Disability Insurance benefits, including the application process.

[LEARN MORE >](#)



### Debit Card Information

We issue benefits on a prepaid Money Network/My Banking Direct debit card. Find out when to expect yours in the mail, and how to access your funds.

[LEARN MORE >](#)



### Print an Application

Although the quickest way to apply is online, you can print out an application to submit by mail or fax if you prefer.

[DOWNLOAD NOW >](#)



### Form Look Up

Not sure why you received a letter from us? Get information about the forms and notices we send.

[LEARN MORE >](#)



### Approved Healthcare Providers

Here's a list of the medical practitioners approved by the division to submit medical information for both Temporary Disability and Family Leave Insurance.

[LEARN MORE >](#)



### Printable Handouts for Workers

Our convenient guides about Temporary Disability Insurance are here for you to download and print.

[LEARN MORE >](#)

LEARN MORE AT:  
[myLeaveBenefits.nj.gov](https://myLeaveBenefits.nj.gov)

## CASH BENEFITS FOR HEALTH CONDITIONS AND PREGNANCY/CHILDBIRTH RECOVERY

### NJ TEMPORARY DISABILITY INSURANCE

Temporary Disability benefits can partially replace your wages when you have to stop working due to a physical or mental health condition or other disability unrelated to your work, including pregnancy/childbirth and COVID-19.

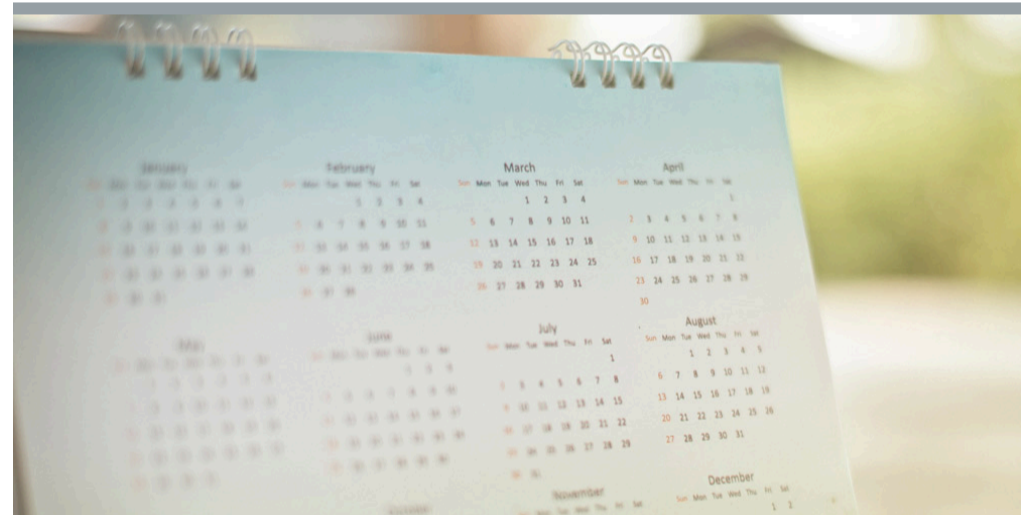
#### Most New Jersey workers qualify

To be eligible you must:

#### Read our Printable Handout

Download our helpful guide on cash benefits for health conditions.

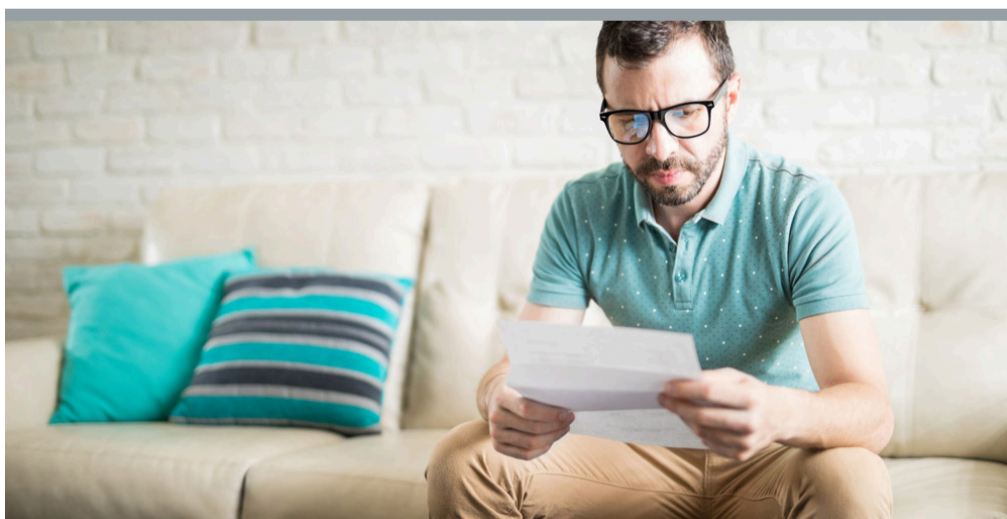
[DOWNLOAD NOW >](#)



#### The Waiting Week, Explained

We know that no one wants to wait to get their money, but our Temporary Disability program has an unpaid week built into it by law.

[LEARN MORE >](#)



#### Appealing a Decision

Every decision notice we send has instructions for filing an appeal if you don't agree with the decision. Here's what to do next.

[LEARN MORE >](#)

## Division of Temporary Disability and Family Leave Insurance

[Home](#)

[Information for Workers](#)

[Information for Employers](#)

[Information for Healthcare Providers](#)

[About Our Programs](#)

[Need Help?](#)

### Statewide

[Governor Phil Murphy](#)

[Lt. Governor Tahesha Way](#)

[NJ Home](#)

[Services A to Z](#)

[Departments/Agencies](#)

[Contact Us](#)

[Privacy Notice](#)

[Legal Statement & Disclaimers](#)

[Accessibility Statement](#)



Copyright © State of New Jersey, 1996-2024  
Department of Labor and Workforce Development  
1 John Fitch Plaza,  
Trenton, NJ 08625