



Check Out Our Podcast Series

We are providing information in a helpful new way.

[LISTEN NOW >](#)

Welcome! How Can We Help?

- [Check your claim status](#)
- [Learn about claim decisions](#)

First Time Here? Choose Your Role:

- [Sick, Injured, or Post-Surgery](#)
- [Pregnant or Just Had a Baby](#)
- [Father/Partner Bonding with Baby](#)
- [Adoptive/Foster Parent](#)
- [Family Caregiver](#)
- [Employer](#)
- [Healthcare Provider](#)



Temporary Disability Insurance

You may be eligible for [Temporary Disability Insurance](#) benefits if your physical or mental illness or injury prevents you from working and was not caused by your work.

[LEARN MORE >](#)



Family Leave Insurance

You may apply for [Family Leave Insurance](#) benefits if you are bonding with a newborn, newly adopted, or newly placed foster child. You may also apply if you are caring for a loved one with a serious physical or mental health condition, or to handle certain matters related to domestic or sexual violence.

[LEARN MORE >](#)



Maternity Leave Coverage

Expectant mothers may qualify for both Temporary Disability and Family Leave Insurance benefits. Find out how the two programs work together for [Maternity Leave Coverage](#).

[LEARN MORE >](#)





Debit Card Information

We issue benefits on a [prepaid Money Network/My Banking Direct debit card](#). Find out how and when you'll receive your card.

[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.

[LEARN MORE >](#)



Frequently Asked Questions

Workers, employers, and healthcare providers can [get answers to common questions](#) about our programs.

[LEARN MORE >](#)



Listen to Our Podcast

Check out our podcast series - a resource packed with common questions and answers in a conversational format.

[LISTEN NOW >](#)

Division of Temporary Disability and Family Leave Insurance

Home

Information for Workers

[When You're Sick, Injured, or Post-Surgery](#)
[When You're Pregnant or Just Had a Baby](#)
[Fathers/Partners Bonding with Newborns](#)
[Parents Bonding with Newly Adopted Children](#)
[Caring for a Family Member](#)
[Coping with Domestic/Sexual Violence](#)
[Is Your Job Protected?](#)
[Applying for Benefits When You're Unemployed](#)
[Helpful Resources](#)

Information for Employers

[Temporary Disability Insurance](#)
[Family Leave Insurance](#)
[Private Plan Information](#)
[Employer Toolkit](#)
[Helpful Resources](#)

Information for Healthcare Providers

[Submit a Medical Certification](#)
[Temporary Disability Insurance](#)
[Family Leave Insurance](#)
[Helpful Resources](#)

About Our Programs

[Temporary Disability Insurance](#)
[Family Leave Insurance](#)
[Maternity Coverage](#)
[Job Protection Information](#)
[Listen to Our Podcasts](#)
[Program Statistics](#)
[Laws and Regulations](#)

Need Help?

[Contact Us](#)
[Get Help with Our Online System](#)
[Frequently Asked Questions](#)
[Glossary of Terms](#)
[Additional Support & Assistance](#)

Statewide

Governor Phil Murphy

