

Pregnancy & childbirth: How do I start a leave with Aflac?

Start your leave

Choose from one of these two paths:



Contact our customer care center

toll free at **1-800-206-8826** between 8 a.m. and 8 p.m. ET, Monday - Friday



Access the portal by visiting [This Link](#). Then select the **Report a Leave** button in **My Cases**. If you have questions, call us.

Helpful info to have on hand



- The date of delivery or the estimated date of delivery.
- Your anticipated last day worked.
- The anticipated first day of absence based on your work schedule.
- The anticipated end date of your recovery period. (This date is generally six to eight weeks after the delivery date.)
- Your health care provider's information.
- You [may/will] be required to submit documentation if you need leave prior to your delivery date.
- After recovery, you may be eligible to take additional time to bond with your child(ren) under FMLA, a state leave and/or an employer leave policy. If you plan to take bonding time, there is an option to let us know your plans.
- Not sure? It's okay. You can update your case manager during your pregnancy/childbirth leave.
- Please notify us immediately if you plan to take bonding time so we can make necessary updates and notify your employer.

After you file your leave



- **Your case number is assigned:** Once your intake is complete, you will receive a case number. You will see this number on communications that Aflac sends to you.
- **Your leave is reviewed:** An Aflac case manager may contact you if any additional information is needed.
- **Your welcome packet is sent to you:** A welcome packet is sent to you based on your preferred method of communication. The packet will contain a letter summarizing benefits, next steps and any needed forms.
- **Keep us updated:** Once you deliver or if your absence dates change, contact Aflac right away so we have the latest information to manage your claim.



Scan the QR code to learn about our portal features.



Group life, disability, and absence services are administered by Continental American Insurance Company (CAIC); in New York, products and services are administered by American Family Life Assurance Company of New York; in California, coverage is offered by Continental American Life Insurance Company. Products may not be available in all states and may vary depending on state law. Absence services are not insurance and are not legal advice.

Continental American Insurance Company | Columbia, SC

AGC2400314
EXP 12/26