

Swift Maternity Claims

What you need to know for your maternity leave



Congratulations! We know what a busy time this is for you—going to doctor visits, getting your home ready for baby and finishing projects at work before you start your maternity leave.

That's why we strive to make your leave claims process as straightforward as possible. So when it's time to take baby home, you can focus on what really matters—getting to know your little one.

To learn more, contact your benefits representative.

With Swift Maternity claims, you get:



A head start on your claim

You can file a claim up to 60 days before your due date, even if you're still at work. If you deliver earlier or later than anticipated, or if you must stop working before your due date, we can adjust your benefit period as needed.



Simple birth confirmations

No need to chase down your doctor for a physician's statement. We can accept other documents as confirmation—even a photo of your baby's ID bracelet.*

* Additional medical information may be needed in some situations.



That personal touch

Starting when you first file your claim to when your benefit payments begin, your case manager is there for you. They will help ensure your claim is processed quickly and efficiently, and will follow up with your employer or doctor for any additional information needed for your claim.

Birth confirmation

To confirm your baby's birth, email any of the following to: LADCLA@symetra.com

- A photo or scan of your baby's maternity ward identification bracelet.
- Your baby's birth certificate.
- Your discharge paperwork.
- A statement from your attending physician.
- Any other medical documentation indicating the procedure or date of birth/delivery.

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Ready to start your claim?



Start your claim online

1. Visit www.symetra.com/MyGO
2. Click “Submit my claim.”
3. Select “Time away from work” as the claim type and enter your details.



Or by phone

Call **1-877-377-6773** between 8 a.m. and 8 p.m. EST, Monday through Friday.

We'll initiate your claim and assign a case manager.

Next steps

1 Find out if you qualify for other types of leave.

The Family and Medical Leave Act (FMLA) is a federal law that requires certain employers to provide up to 12 weeks of unpaid, job-protected leave for several reasons, including pregnancy, childbirth and to care for a new baby. You may also qualify for state-sponsored leaves, depending on where you live or work. Ask your benefits representative if you're eligible for other leaves, and how they work with your Symetra group disability insurance benefits.

2 Update your benefits and beneficiary designations.

The birth of a child is considered a qualifying life event. If you need to add your baby to your health, disability or life insurance, or make other changes to your plan, do so as soon as you can after your baby is born.

3 Get support and guidance before, during and after you give birth.

With your Symetra disability insurance, you have 24/7 access to resources that can help you throughout your maternity claim and beyond. Your employee assistance program can connect you with counselors and other specialists who can provide guidance with managing stress, work/life balance or finding child care. And if you don't yet have a will, the will preparation program can give you the tools you need to create a simple and customized will for your baby's future.

Once you start your Symetra disability insurance Swift Maternity claim, the experts at your health care navigation program can explain how your benefits work, negotiate provider fees and payment plans, and answer any questions you may have about medical care for you or your new baby.

If you have questions about your Symetra group disability insurance, contact 1-877-377-6773 or LADCLA@symetra.com



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