



Easily file and manage your FMLA leave online, anytime

Unum provides you with a simple, secure way to manage your FMLA (Family and Medical Leave Act) leave online. Whether you're filing for the first time or updating an intermittent leave, our Web service is easy and intuitive. It also allows you to view updates, correspondence, documentation and more. Best of all, this online option is available at your fingertips, 24/7—whenever you want and need it.

To get started, go to www.unum.com/claims, and register or sign in, if you already have an account.



SECURE & EASY ACCESS:

- Short and simple process that saves time
- Convenient access, day or night
- Website security that safeguards your personal data

ONLINE UPDATES MAKE MANAGING FMLA EASIER

- Change your contact information if you move
- Add or update the doctors and medical providers associated with your leave
- Opt out of leave-related mail if you would rather view correspondence online
- Quickly upload documents from your personal computer or mobile device
- Check your available leave

WHAT EVENTS QUALIFY FOR FMLA LEAVE?

Under the FMLA, eligible employees can take up to 12 workweeks of unpaid leave during a 12-month period for:

- Medical leave due to the employee's own serious health condition
- Birth, adoption or foster-care placement of a child
- Care of that employee's parent, spouse or child with a serious health condition
- Any qualifying exigency for a spouse, child or parent of a service member who is on covered active duty — or notified of an impending call or order to covered active duty — as a member of the reserve or regular components of the Armed Forces
- Military caregiver responsibilities

MONITOR YOUR PROGRESS.

Our secure site helps eliminate delays and confusion.

Here are a few main features:

- File your FMLA leave paper-free, 24 hours a day, 7 days a week
- Upload documents from your personal computer
- Review leave status and correspondence
- Verify or edit personal payment information
- Get updates 24/7 with mobile Web access that's optimized for smartphones
- Record intermittent leave right when you take it, using our mobile app



Managing your FMLA leave is just a touch away.
Go mobile with the Unum Customer App.



Have additional questions?
Please call us at:
1-866-779-1054
Monday – Friday,
8 a.m. to 8 p.m.



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