

Disability benefits can help protect your financial security after childbirth

Pregnancy can bring many surprises — both wonderful and challenging.

While it's hard to plan for the unexpected, having disability benefits can help you approach delivery with peace of mind.

How to prepare for maternity leave with disability benefits

- 1** Contact your HR or Benefits team (HR/Benefits) to learn about your disability benefits.
- 2** File a short-term disability claim one to two months before going on leave: online at myspecialtyappsanthem.com/claims/alic or call us at **844-404-2111**. We'll hold the claim so it's ready when you go out on leave.*
- 3** When you stop working, a short-term disability case manager will reach out to you and HR/Benefits to share next steps. Short-term disability benefits usually cover at least six weeks for a vaginal delivery and eight weeks for a C-section.



More ways to prepare for your leave



Find help navigating parenthood

Your disability benefits also include access to Resource Advisor, which offers help and resources for navigating parenthood. Visit ResourceAdvisorCA.anthem.com and log in with program name **ResourceAdvisor**. With Resource Advisor, you can:

- Connect with a counselor by phone, video call, or in person.
- Have up to three **no-cost** counselor visits per issue.
- Receive advice on parenting, finding child care, and budgeting.



Know your return-to-work plan

- Leaves vary by state. Work with your HR/Benefits team and your absence/disability case manager to make sure you understand your leave options.
- HR/Benefits can help you complete paperwork and transition back into the workplace.



Secure your finances

- Disability benefits can help replace part of your income while you are unable to work.
- If you don't have life insurance, it may be a good time to consider it to protect your family. You have **up to 30 days** after your baby's delivery to add dependent life insurance.

Do you have questions about your disability benefits?

Contact your Disability Case Manager for more information or call us at **800-232-0113**.

*You will need documented health reasons to file a short-term disability claim or take an extended leave.

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