

Short term disability

Your guide for a seamless process



For a simplified claim experience, file online: guardianlife.com



Are you filing your claim for maternity? Once you have delivered, contact Guardian to report your date and type of delivery. **Please inform us if you are taking baby bonding time following your recovery.**



We may need medical information to review your claim. **Included is an authorization form.** Please provide the authorization form to your physician(s) currently treating you for this condition. Your physician may require an alternate form.



To ensure timely payments, please keep Guardian and your employer informed of updates to your leave. **If you are not able to return to work as planned, contact Guardian so that we can reach out to your physician(s) for updated information.**



It's important your work state is indicated on the claim form. If you work from home and are unsure of your work state, please consult with your employer. If Guardian administers your State Paid Leave policy, you do not need to file a separate claim. We'll take care of that for you.



We will contact you, your employer or physician if any additional information is needed to make a claim decision. **Claim reviews are generally completed within 10 business days, and you will be contacted when a decision is made.***

Questions after submitting your claim? Contact Guardian at 800-268-2525. A Guardian representative is available to help you Monday through Friday, 8:00 am to 8:00 pm EST.