

REFERENCE GUIDE

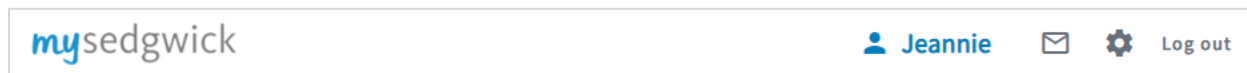
mySedgwick User Guide

for associates with disability, leave of absence, and/or accommodation claims

With mySedgwick, you can access up-to-date claim information in real time, contact your examiner, learn more about the claim process, and more. This guide will walk you through accessing mySedgwick and using its features.

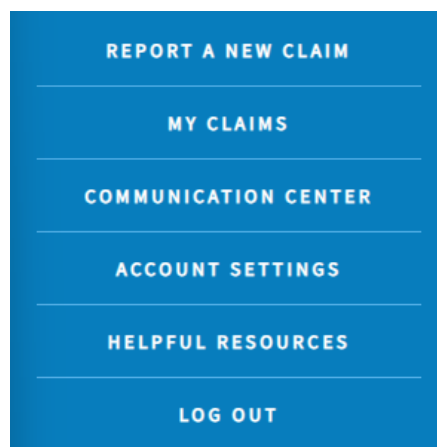
Navigation features

The bar at the top of the page includes icons for **Messages** (Communication Center), **Account Settings** and **Log Out**, features that are described below.



A navigation menu is displayed on the left side of each page and includes the following links:

- **Report a new claim:** If available, this link opens a separate browser tab where you can report a new claim.
- **My claims:** Opens the My claims page, described on page 3.
- **Communication Center:** Opens the Communication center page, enabling you to communicate directly with the examiners assigned to your claims. See page 16 for more information.
- **Account settings:** Allows you to change your password, update your security questions, and more. See page 17 for details.
- **Helpful resources:** Provides information about the claim process, helpful links to state websites, documents, and frequently asked questions. See page 18 for more information.
- **Log out:** Logs you out of mySedgwick.



My claims

The My claims page appears after you log in and provides a list of your claims, payments made, notifications about your claims, and more.

mysedgwick

Jeannie Log out

My claims

Hello Jeannie, here are some important reminders.

- Confirmation of your return to work date is required for **one** notification(s).
- Supporting documentation is required for **one** claim(s) as early as 4/27/2022.
- Supporting documentation has been received for **one** claim(s).

Report a new claim
Communication center
Helpful resources

CLAIM	STATUS	DETAIL	ACTIONS
Continuous Leave - C305260618200003TC	Open - Approved	BEGIN DATE: 7/3/2023 LEAVE TYPE: Employee Medical	⋮
Continuous Leave - C306120618200001TC	Open - Approved	BEGIN DATE: 5/22/2023 LEAVE TYPE: Employee Medical	⋮
Continuous Leave - C305180618200004TC	Open - Approved	BEGIN DATE: 5/1/2023 LEAVE TYPE: Employee Medical	⋮
Short Term Disability - C254501274000101	Open - Pending	BEGIN DATE: 4/1/2022	⋮
Continuous Leave - C204070618200004AA	Open - Conditional	BEGIN DATE: 4/1/2022 LEAVE TYPE: Employee Medical	⋮

Items per page: 5 1 - 5 of 6 < > >|

NOTIFICATIONS

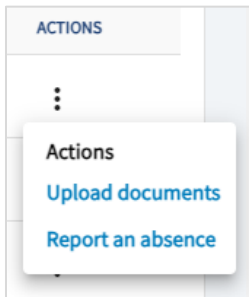
Filter

CLAIM	MESSAGE	DATE	DISMISS
Short Term Disability - C254501274000101	Confirm your Short Term Disability and Continuous leave of absence claim. FULL duty return to work date: 05/02/2024. Click here to confirm.	05/02/2024	✕

You can return to this page at any time by clicking **My claims** on the navigation menu. **Messages**  and **Notifications**  icons in the top-right corner of the page display the number of unread and undismissed items. To view a claim from here or any other page, click the claim number. Sort what's displayed on any grid in ascending or descending order by choosing the appropriate field from the **Sort by** menu. In addition to the main section, this page also includes the **Off work calendar** (described on page 14), a link to the **Communication center** (page 16), links to **Helpful resources** (page 18), and the **Leave balance summary** (page 4) section.

The following features are available in the main section of this page:

- **Important reminders:** Displays a bulleted list of reminders, if applicable.
- **Quick links:** Allows you to quickly access commonly used features, such as the **Communication center**.
- **Claim list:** Displays a list of your claims. To open a claim to view it, click the claim number shown. Click the three vertical dots in the **Actions** column to access various actions for the claim (options may vary).



- **Payments:** Displays a list of payments made within the past 12 months for your open claim(s) only. More details about the **Payments** tab, as it appears on the claim, are described on page 8.
- **Notifications:** Lists any information that has been deemed important for your claim. You can dismiss a notification from this list by clicking the **Dismiss**  icon.

LEAVE BALANCE SUMMARY

The **Leave balance** summary section of the My claims page shows any leave policies applicable to the claim, as well as the amount of time used and remaining for each policy.

Claim

The Claim page contains additional information relevant to a claim. To access this page, select a claim number from wherever it appears. In addition to the main section on this page (which includes various **Actions** described on page 10), this page also includes the **Claim activity** (page 12), **Communication center** (page 13), **Off work calendar** (page 14), and **Your contact information** (page 15) sections.

The screenshot displays the 'my sedgwick' web application interface for a 'Short Term Disability' claim. The left sidebar contains navigation links: 'REPORT A NEW CLAIM', 'MY CLAIMS', 'COMMUNICATION CENTER', 'ACCOUNT SETTINGS', 'HELPFUL RESOURCES', and 'LOG OUT'. The main content area is titled 'Short Term Disability - C254501274000101' and includes a 'View a different claim' link. Below the title are tabs for 'SUMMARY', 'BENEFITS', 'RESTRICTIONS', 'DOCUMENTS', and 'IMPORTANT CONTACTS'. The 'SUMMARY' tab is active, showing claim details: Name (Jeannie Ng - 1000575), Claim (Short Term Disability - C254501274000101), Begin Date (4/1/2022), Status (Open - Pending), and Companion Claims (C204070618200004AA). An 'Actions' section offers buttons for 'Report return to work', 'Upload documents', 'Visit helpful resources', 'Communication preferences', and 'Work Schedule'. A progress bar indicates the claim status: 01 CLAIM INITIATED (04/01/2022), 02 SUPPORTING DOCUMENTATION, 03 CLAIM DETERMINATION, and 04 CLAIM CLOSED. The 'Claim activity' section shows a list of messages with dates and messages, including updates on the 'Estimated FULL Return to Work date' and a thank you for authorization. The 'Communication center' section shows 'No messages' and a 'Send a message to start a conversation for this claim' button. The 'Your contact information' section displays the contact address (5508 Drive, Newark, New Jersey 07102) and electronic notifications (Email Address, Text SMS: 614-555-1212). The 'Off work calendar' section shows a calendar for May 2024 with a legend for 'Approved', 'Pending', 'Waiting Period', and 'Denied'. The bottom of the page features the Sedgwick logo and a footer with copyright information and links to 'CONTACT SUPPORT', 'PRIVACY POLICY', 'TERMS AND CONDITIONS', and 'HELP'.

my sedgwick Jeannie Log out

My claims > Short Term Disability - C254501274000101 [View a different claim](#)

Short Term Disability - C254501274000101

SUMMARY BENEFITS RESTRICTIONS DOCUMENTS IMPORTANT CONTACTS

Claim

Name Jeannie Ng - 1000575

Claim Short Term Disability - C254501274000101

Begin Date 4/1/2022

Status Open - Pending

Companion Claims C204070618200004AA

Actions

Report return to work Upload documents Visit helpful resources Communication preferences Work Schedule

01 CLAIM INITIATED 04/01/2022 02 SUPPORTING DOCUMENTATION 03 CLAIM DETERMINATION 04 CLAIM CLOSED

Claim activity

DATE	MESSAGE
05/02/2024	Estimated FULL Return to Work date for your Short Term Disability claim is 05/02/2024.
05/01/2024	Estimated FULL Return to Work date for your Short Term Disability claim was changed from 02/14/2024 to 05/02/2024. You have entered a new Return to Work date. It looks like you need more time away from work, so we may need some additional medical information to evaluate your claim.
02/12/2024	Estimated FULL Return to Work date for your Short Term Disability claim was changed from 02/09/2024 to 02/14/2024. You have entered a new Return to Work date. It looks like you need more time away from work, so we may need some additional medical information to evaluate your claim.
02/12/2024	Estimated FULL Return to Work date for your Short Term Disability claim was changed from 06/05/2023 to 02/08/2024. You have entered a new Return to Work date. It looks like you need more time away from work, so we may need some additional medical information to evaluate your claim.
06/12/2023	Thank you for returning your Authorization for Release of Medical Information on your Short Term Disability claim to us.

Items per page: 5 1 - 5 of 9

Communication center

No messages

Send a message to start a conversation for this claim

Type a message...

Send Clear

Your contact information

CONTACT ADDRESS
5508 Drive
Newark, New Jersey 07102
[Change contact address](#)

ELECTRONIC NOTIFICATIONS
EMAIL ADDRESS
TEXT SMS: 614-555-1212
[Change communication preferences](#)

Off work calendar

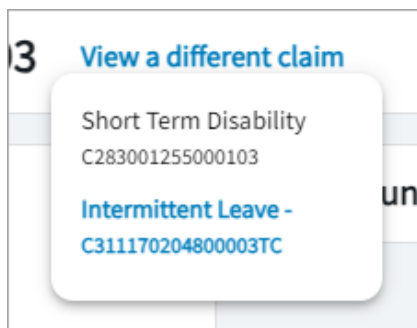
May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
Short Term Disability						
5	6	7	8	9	10	11
Short Term Disability						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Your license key is too old to work with this version. [More info](#)

Approved Pending Waiting Period Denied

If you have multiple claims, you can click **View a different claim** (near the top) to change claims without navigating back to the My claims page.



The claim's main section displays key details about the claim in several tabs:

- **Summary:** Contains your **Claim** number, claim **Status**, and other details. The claim tracker on this tab depicts the claim's progress; completed steps are shown with a green check mark.

Actions are described in detail on page 10.

Continuous Leave - C405030204800014TC [View a different claim](#)

[SUMMARY](#) [CERTIFICATIONS](#) [LEAVE BALANCE](#) [DOCUMENTS](#) [IMPORTANT CONTACTS](#)

Here are the important facts that are being used to process your claim. If you feel any of the information below is not accurate, please use the Communication Center to let us know.

The calendar below includes absence information, reported to date by or on behalf of the associate, for consideration and protection under the Family and Medical Leave Act, State Leave Laws, Military Leave, or other Company Leave Policies. Absence taken under a Paid Time Off program, such as Vacation and Sick Time is not included.

Claim	Actions
Name MEGAN MIDDLETON - 217162857	Report return to work Upload documents Visit helpful resources Communication preferences Work Schedule
Claim Continuous Leave - C405030204800014TC	
Begin Date 5/7/2024	
Status Open - Approved	
Leave Type Employee Medical	
Leave Caused By Other	
Relationship Self	

01 CLAIM INITIATED
05/03/2024

02 SUPPORTING DOCUMENTATION
DUE: 05/23/2024

03 CLAIM DETERMINATION

04 CLAIM CLOSED

- **Work schedule** (leave only): Displays your most recent work schedule (i.e., number of hours scheduled to work per day).

SUMMARYWORK SCHEDULECERTIFICATIONSLEAVE BALANCEDOCUMENTSIMPORTANT CONTACTS

EFFECTIVE DATE: 6/1/2022

WEEK 1 HOURS: TOTAL 40

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
0	8	8	8	8	8	0

EFFECTIVE DATE: 6/1/2022

WEEK 2 HOURS: TOTAL 40

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
0	8	8	8	8	8	0

- **Certifications** (leave only): Provides information about absence frequency and duration, as well as medical certification(s) applicable to the leave claim, including a progress tracker.

SUMMARYWORK SCHEDULECERTIFICATIONSLEAVE BALANCEDOCUMENTSIMPORTANT CONTACTS

Remember, multiple certifications may exist for each claim.

The current status of this leave is based on the most recent certification received from the treatment provider as shown below.

Certified Absence Frequency & Duration

ILLNESS

1 absence(s) every 1 week(s) with a duration of 8 hour(s) per absence

APPOINTMENT

1 absence(s) every 4 week(s) with a duration of 4 hour(s) per absence

Certifications

The certification(s) below are related to your Family Medical leave for your Self

Status Pending - Eligibility Review

✓

02

✓

✓

DATE REQUESTED
11/17/2023

DUE DATE
12/7/2023

BEGIN DATE
SUCCESS

END DATE
SUCCESS

- **Leave balance** (leave only): Lists any leave policies applicable to the claim, as well as the amount of time used for each policy.

SUMMARYWORK SCHEDULECERTIFICATIONSLEAVE BALANCEDOCUMENTSIMPORTANT CONTACTS

↑ Sort by

POLICY	TIME USED	?	POLICY EXHAUSTS
Federal Family and Medical Leave Act	0.00 Weeks		1/19/2024



- You can also [learn more](#) about leave rights in your state
- View your [leave balance summary](#) for all of your related claims

- **Payments** (disability only): Displays a list of payments made for the claim in the past 12 months, starting with the most recent.

SUMMARY	PAYMENTS	BENEFITS	RESTRICTIONS	DOCUMENTS	IMPORTANT CONTACTS
					↑ Sort by
ISSUE DATE	PAYEE	AMOUNT	PAYMENT METHOD	DETAIL	
11/28/2023 ?	ALYSSA SUAREZ	\$0.75	Voucher ?	GROSS-NET: \$0.75 - \$0.75 ? FROM-TO: 6/22/2022 - 6/22/2022	
11/28/2023 ?	ALYSSA SUAREZ	\$0.50	Voucher ?	GROSS-NET: \$0.50 - \$0.50 ? FROM-TO: 6/1/2022 - 6/2/2022	
9/7/2023 ?	ALYSSA SUAREZ	\$2,438.47	Voucher ?	GROSS-NET: \$2,438.47 - \$2,438.47 ? FROM-TO: 6/18/2022 - 6/30/2022	
Payment history for past 12 months. ?					↓

Shown are each payment's **Issue Date**, **Payee**, **Amount**, **Payment Method**, and payment details (**Detail**). Note the following:

- If a payment is scheduled, a message informs you when the next payment will be sent.
 - An icon in the **Payee** column helps to indicate whether the payee is a claimant or a medical provider.
 - If an explanation of bill review is available, a link to that is shown in the **Detail** column.
 - You can export information from this tab to a .csv file by clicking the **Export** button.
- **Restrictions** (disability only): Displays a list of work restrictions, along with dates for each restriction.

SUMMARY	PAYMENTS	BENEFITS	RESTRICTIONS	DOCUMENTS	IMPORTANT CONTACTS
					↑ Sort by
WORKING WITH RESTRICTIONS	RECOMMENDED DATES	TYPE	ACTIVITY	RESTRICTION	
11/1/2023 - 11/3/2023	11/1/2023 - 11/3/2023	Temporary	Computer Screen	More Than 8 Hours	
11/1/2023 - 11/3/2023	11/1/2023 - 11/3/2023	Temporary	Drive	8 Hours	
11/1/2023 - 11/3/2023	11/1/2023 - 11/3/2023	Temporary	Frequent Breaks	8 Hours	
11/1/2023 - 11/3/2023	11/1/2023 - 11/3/2023	Temporary	Climbing Poles	Occasionally	
11/1/2023 - 11/3/2023	11/1/2023 - 11/3/2023	Temporary	1 - 5 lbs.	Never	
Items per page: 5					1 - 5 of 8 < > >

- **Benefits** (disability only): Displays work status periods for the claim. To view previous work statuses, select the toggle  on the right side.

SUMMARYPAYMENTS**BENEFITS**RESTRICTIONSDOCUMENTSIMPORTANT CONTACTS

Benefit Plan

MAXIMUM BENEFIT DURATION DATE : 12/26/2023

↑ Sort by

BEGIN DATE	END DATE	BENEFIT FREQUENCY	BENEFIT RATE
6/1/2022	6/26/2022	Bi-weekly	Undefined
6/1/2022	6/30/2022	Bi-weekly	\$2626.04
12/1/2023	12/26/2023	Bi-weekly	\$2626.04

Work Status

View Prior Entries

↑ Sort by

WORK STATUS	AS OF	BENEFITS BEGIN	BENEFITS END	BENEFIT STATUS
OFF WORK	6/1/2022	6/1/2022	6/30/2022	Approved

- **Documents:** Displays a list of documents available to you and those you have uploaded. You can upload a document by clicking **Upload**.

SUMMARYWORK SCHEDULECERTIFICATIONSLEAVE BALANCE**DOCUMENTS**IMPORTANT CONTACTS

My Documents



No documents available for this claim

Upload Documents

Please upload your file below. Up to 10 files can be selected. Size limit is 6MB per file. The following formats are supported: .jpg, .png, .gif, .pdf, .rtf, .tif, .txt & .docx. Do not upload password protected documents as Sedgwick will not be able to open them.

 Upload



No documents uploaded for this claim

My Forms

↑ Sort by

DOCUMENT	OPEN
Release of Information	

- **Important Contacts:** Provides information about how to contact the examiner. If available, click **Contact examiner** to open the Communication center section of the page (described on page 13) where you can send a message to the examiner.

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ACTIONS

The **Actions** section of the **Summary** tab (shown on page 6) includes options for submitting a return-to-work date, uploading a document, opening the Helpful resources page, and more.

Actions



- **Report return to work:** Opens the Return to work page where you can submit the date you intend to return to work. From here, enter the **Return to Work Date**, specify the **Return to Work Type**, and add any **Additional Comments** before clicking **Submit**.

Return to work

NAME
Jasmine Burke

CLAIM
Short Term Disability - C283001255000103

Return to Work Date *

RETURN TO WORK TYPE *

☐ Full Duty ☐ Restricted Duty

Additional Comments

0/500

Submit

Clear

- **Upload documents:** Opens the **Documents** tab (see page 9).

- **Visit helpful resources:** Opens the Helpful resources page (described on page 18).
- **Report an absence:** Opens the Report an absence page. From here, enter the **Date of Absence**, its **Duration**, and the **Reason**, then click **Add absence**.

Report an absence

NAME

Jasmine Burke

CLAIM

- C283001255000103

Date of Absence



DURATION: 24 hours 60 minutes per day maximum

Please report in increments of 1 minutes.

Reason

☐ Illness
 ☐ Appointment

Add absence



There are no new requests

Use the form above to add absences

Cancel

- **Communication preferences:** Opens the **Change communication preferences** section of the Account settings page (described on page 16).

CLAIM ACTIVITY

The **Claim activity** section displays a list of milestone events that occurred for the claim, with the most recent activity listed first. To search for an event, click **Filter** to reveal a search field.

Claim activity

Filter

Sort by

DATE	MESSAGE
10/25/2023	Estimated FULL Return to Work date for your claim is 10/25/2023.
10/24/2023	Estimated RESTRICTED Return to Work date for your claim is 10/24/2023.
10/23/2023	Estimated FULL Return to Work date for your claim was changed from 10/24/2023 to 10/25/2023.
10/23/2023	Estimated RESTRICTED Return to Work date for your claim was changed from 10/23/2023 to 10/24/2023.
10/23/2023	Estimated FULL Return to Work date for your claim was changed from 10/17/2023 to 10/24/2023.

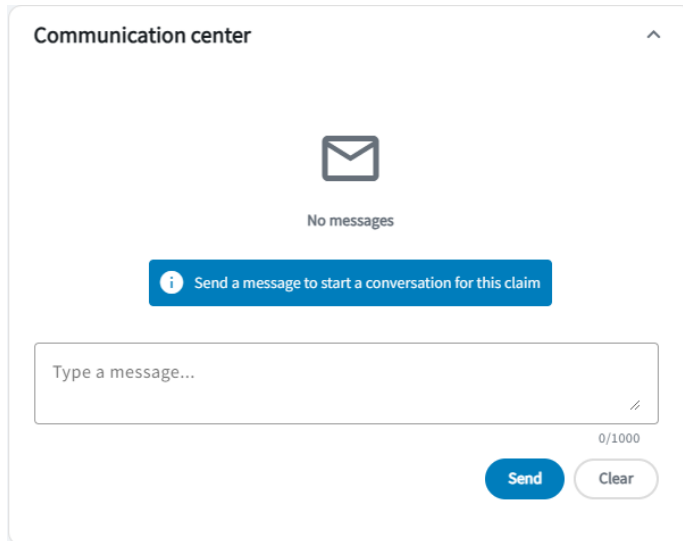
Items per page: 5

1 - 5 of 9

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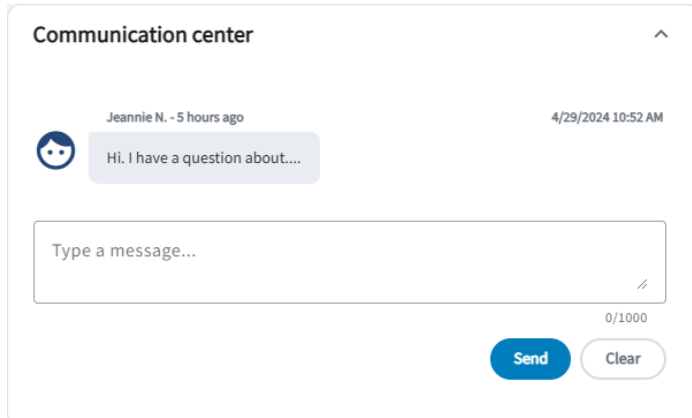
COMMUNICATION CENTER

The **Communication center** section enables you to communicate directly with the examiner on an open claim.



The screenshot shows the 'Communication center' header with an upward arrow. Below it is an envelope icon and the text 'No messages'. A blue button with an information icon and the text 'Send a message to start a conversation for this claim' is centered. Below this is a text input field with the placeholder 'Type a message...'. To the right of the input field is a character count '0/1000'. At the bottom are two buttons: 'Send' (blue) and 'Clear' (white with a grey border).

To start a conversation with the examiner, type your question or message in the text box and click **Send**.



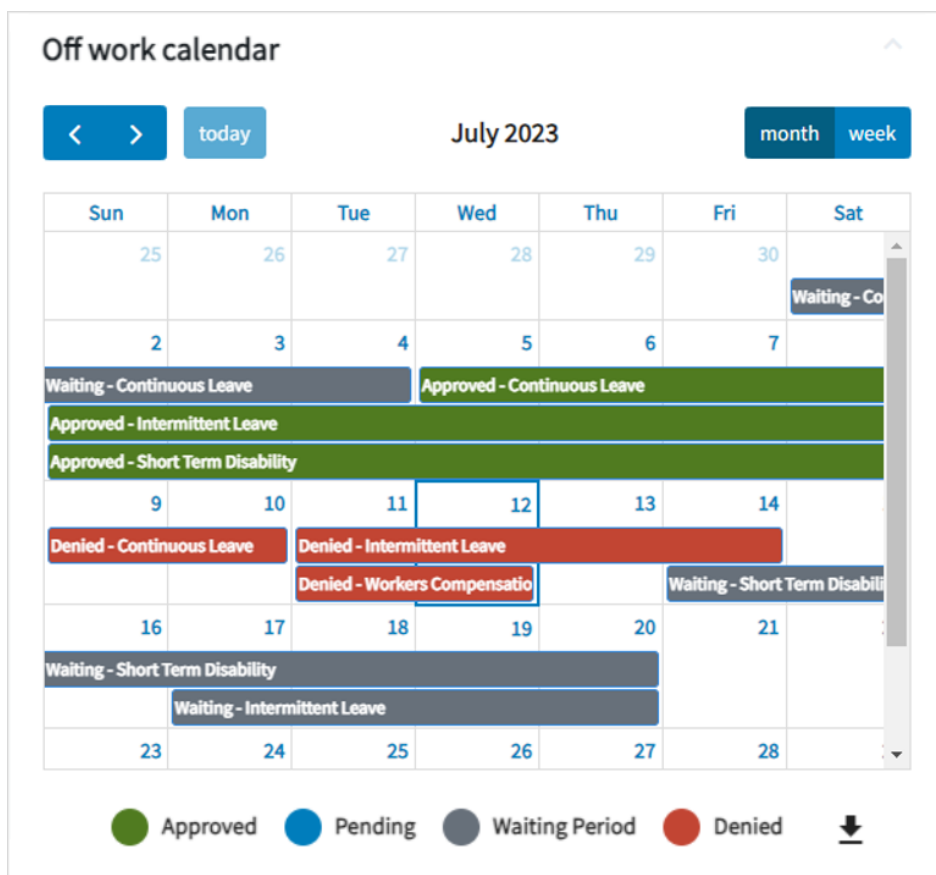
The screenshot shows the 'Communication center' header with an upward arrow. Below it is a message from 'Jeannie N. - 5 hours ago' with a date/time stamp '4/29/2024 10:52 AM'. The message content is 'Hi. I have a question about....'. Below the message is a text input field with the placeholder 'Type a message...'. To the right of the input field is a character count '0/1000'. At the bottom are two buttons: 'Send' (blue) and 'Clear' (white with a grey border).

The examiner's reply, when received, appears below your message. When an unread message exists, a **New** icon appears next to the date.

To send or view messages pertaining to all your claims, visit the Communication center page described on page 16.

OFF WORK CALENDAR

The **Off work calendar** displays your absence periods and their statuses in a monthly or weekly view, color-coded according to the key shown beneath the calendar. Use the arrows to change the month or week being viewed. You can toggle between views by clicking **month** or **week**, and the **today** button returns you to the current month/month. To export the information to a .csv file, click **Export** .



Click an absence period to view more details in the Event pop-up window.

Event ×

Claim Number : [C054900071000101](#)

Claim Type : Short Term Disability

Benefits Begin: 7/2/2020

Benefits End: 12/7/2023

Status : Open - Pending

Examiner :

First Absence :7/2/2020

Current Work Status: OFF WORK

Anticipated Return To Work Duty: At Work

Anticipated Return To Work Date: 5/16/2023

[Close](#)

YOUR CONTACT INFORMATION

Your contact information is available on open claims only and displays the contact information you have on file. To update your information, click **Change Contact Address**. This will allow you to provide updated information that will be sent to your examiner for review.

Your contact information

CONTACT ADDRESS

[Change Contact Address](#)

ELECTRONIC NOTIFICATIONS

EMAIL ADDRESS:

TEXT/SMS:

[Change Communication Preferences](#)

Communication center

The **Communication center** page enables you to communicate directly with examiners assigned to your claims.

The screenshot shows the 'mysedgwick' website's 'Communication center' page. On the left is a blue sidebar with navigation links: 'REPORT A NEW CLAIM', 'MY CLAIMS', 'COMMUNICATION CENTER' (highlighted), 'ACCOUNT SETTINGS', 'HELPFUL RESOURCES', and 'LOG OUT'. The main content area has a header with the 'mysedgwick' logo, user 'Jeannie', a mail icon, a settings icon, and a 'Log out' link. Below the header, the 'Communication center' section features a 'Filter' button and a 'Sort by' link. A table lists claims with columns for 'CLAIM', 'NAME', 'DATE', and 'ACTION'. The table contains six rows of 'Continuous Leave' claims, all assigned to 'Jeannie Ng - 1000575'. The 'ACTION' column provides 'View conversation' for the first claim and 'Start conversation' for the others. Below the table, the 'Conversation' section shows a chat interface for 'Jeannie Ng - 1000575' and 'Continuous Leave - C305260618200003TC'. It displays a message from 'Jeannie N.' with the text 'Hi, I have a question about...' and a timestamp of '4/29/2024 10:52 AM'. At the bottom of the chat is a text input field with the placeholder 'Type a message...', a character count '0/1000', and 'Send' and 'Clear' buttons. The footer includes the Sedgwick logo and links for '© 2024 SEDGWICK', 'CONTACT SUPPORT', 'PRIVACY POLICY', 'TERMS AND CONDITIONS', and 'HELP'.

CLAIM	NAME	DATE	ACTION
Continuous Leave - C305260618200003TC	Jeannie Ng - 1000575	4/29/2024	View conversation
Continuous Leave - C204070618200003TC	Jeannie Ng - 1000575		Start conversation
Continuous Leave - C305180618200004TC	Jeannie Ng - 1000575		Start conversation
Short Term Disability - C254501274000101	Jeannie Ng - 1000575		Start conversation
Continuous Leave - C204070618200004AA	Jeannie Ng - 1000575		Start conversation
Continuous Leave - C306120618200001TC	Jeannie Ng - 1000575		Start conversation

Your claims are shown at the top of the page. If you have not previously sent a message to the examiner for a specific claim, click **Start conversation** to begin a conversation. Otherwise, click **View conversation** to see an existing conversation at the bottom of the page.

To send a message, type it in the field provided and click **Send**. The examiner's reply, when received, appears below your message. When an unread message exists, a **New** icon appears next to the date.

Account settings

From the Account settings page, you can update your password, security questions, and more.

The screenshot shows the 'my sedgwick' website interface. On the left is a blue sidebar with navigation links: 'REPORT A NEW CLAIM', 'MY CLAIMS', 'ACCOUNT SETTINGS' (highlighted), 'HELPFUL RESOURCES', and 'LOG OUT'. The top right of the page shows the user's name 'Alyssa' and a 'Log out' button. The main content area is titled 'Account settings' and features a 'Change password' section. This section includes a blue box with password requirements: 8-16 characters long, at least one letter and one number, minimum one uppercase letter, one special character from @\$%*&+=!, different from the username, different from the current password and previous 12 passwords, and not the same as a password used in the last 90 days. Below this are three input fields: 'Old password*', 'New password*', and 'Retype New Password*'. A 'Show Passwords' checkbox is located below the fields. At the bottom right of the form are 'Save' and 'Cancel' buttons.

Click a header to expand the corresponding section:

- **Change password:** Enter your old password, then type your new password in both fields provided. Click **Save** to save your changes. New passwords must meet the requirements listed on this tab.
- **Change security questions:** Select a security question and enter your answer for each on this tab, then click **Save**.
- **Change multi-factor authentication:** Specify where you will receive multifactor authentication codes (**Email** and **Text/SMS**).
- **Change communication preferences:** Select your preferred language and specify the methods (**Email** and **Text/SMS**) through which Sedgwick may contact you with updates about your claim.

Helpful resources

The Helpful resources page is where you can learn about your claim, view informational links, watch helpful videos, and access educational documents.

The screenshot shows the 'my sedgwick' user interface. On the left is a blue sidebar with navigation links: 'REPORT A NEW CLAIM', 'MY CLAIMS', 'ACCOUNT SETTINGS', 'HELPFUL RESOURCES' (highlighted), and 'LOG OUT'. The main content area is titled 'Helpful resources' and includes tabs for 'LEARNING CENTER', 'HELPFUL LINKS', 'HELPFUL VIDEOS', and 'HELPFUL DOCUMENTS'. The 'LEARNING CENTER' tab is active, displaying a welcome message to 'Alyssa' and a list of topics: 'Here you can learn about all aspects of the claims process.' and 'Learn more about other claim types by selecting them from the right menu.' Below this is an illustration of a woman holding a tablet. The 'Introduction' section explains that Sedgwick administers Short Term Disability claims and provides information on how to file a claim. The 'What is a Short Term Disability Claim?' section defines the benefit and its purpose. On the right side of the page, there is a sidebar with a section titled 'I would like to learn more about...' containing radio buttons for 'Disability' (selected) and 'Leaves'. Below this is a list of links under the heading 'Disability': 'Introduction', 'What is a Short Term Disability Claim', 'Benefits Calculations', 'Submitting Claim Information', 'What's Next', 'After Your Decision is Made', 'Planning your Return', and 'How Do All of These Claims Work'.

Need help?

If you need help at any time, select **Contact Support** at the bottom of any page.