

# Family & Medical Leave Handbook

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Employee and Employer Rights and Responsibilities under the  
Family and Medical Leave Act (FMLA), Oregon Family Leave Act (OFLA), Oregon Paid Family &  
Medical Leave (OPFML)



*This document provides general information regarding the University's administration of the Family Medical Leave Act (FMLA) and Oregon Family Leave Act (OFLA) and is not intended to be the sole source of information regarding FMLA, OFLA & OPFML. In all cases applicable state and federal laws, rules, policies, and collective bargaining agreements govern the employee's and the University's rights and responsibilities and obligations, not this document.*

*FMLA and OFLA are not optional. The law requires the agency to provide these entitlements.*

*Federal and state law prohibit retaliation against an employee with respect to hiring or any other term or condition of employment because the asked about, requested or used Family Medical Leave.*

*Due to the complexities of FMLA, OFLA & OPFML and their inter-relationship with the University's other leave policies, individuals are encouraged to consult with the OSU Protected Leave office within University Human Resources regarding employee and employer rights and responsibilities pertaining to FMLA, OFLA & OPFML.*

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## Introduction

The Family and Medical Leave Act (FMLA) and Oregon Family Leave Act (OFLA) were enacted to assist employees and employers in balancing the demands of the workplace with the needs of employees and their families when leave is needed for serious health conditions.

Whether you need to take time off work because of your own serious health condition or because you need to care for an eligible family member with a serious health condition you may be eligible for unpaid, job-protected leave during the leave year. Leave may be taken all at once or intermittently as the medical condition requires. The leave laws define who is eligible, what absences qualify, and how much leave time you may take.

- The **Family and Medical Leave Act** (FMLA) was enacted by Congress in 1993 and requires covered employers to provide eligible employees job protection, job restoration, and continuation of medical and dental benefits under certain conditions. FMLA is regulated by the U.S. Department of Labor, Wage and Hour Division.
- The **Oregon Family Leave Act** (OFLA) was enacted by the State Legislature in 1995 and requires covered employers to provide eligible employees job protection, job restoration, and continuation of medical and dental benefits under certain conditions. OFLA is regulated by the State of Oregon, Bureau of Labor and Industries (BOLI).

## Is OSU a Covered Employer?

Oregon State University (OSU) qualifies as a covered employer under both FMLA and OFLA. As such, OSU must comply with and consistently provide the protections afforded under the law(s) to all eligible employees.

## How does OSU define the Leave Year?

Under both FMLA and OFLA, an employer must designate its 12-month “leave year” by choosing one of four methods provided by the laws.

*Oregon State University has designated the “rolling forward” method to determine the leave year for University employees.*

What that means is OSU will use the 12-month period measured forward from the date any employee’s first FMLA leave begins. Under this method, an employee would be entitled to 12 weeks of leave during the year beginning on the first date FMLA leave is taken.

You are entitled to use any balance (or number of hours) of the 12 workweek FMLA/OFLA leave period that has not been used during the preceding 12 months.

## What can the FMLA and OFLA do for me?

FMLA and OFLA provide you with up to 12 weeks of job-protected time off for a qualifying reason for yourself or a qualifying family member. The time off you take under FMLA/OFLA may not be held against you in employment actions such as hiring, promotions, or discipline. Your health insurance will also be continued while you are on FMLA and OFLA leave as long as you continue to pay the same portion of the premiums you currently pay.

You may take time off as either a single block of time (**continuous**) or in multiple, smaller blocks of time (**intermittently**) if medically necessary. You can also take leave on a part-time basis (**reduced work schedule**) if medically necessary. If you need multiple periods of leave for planned medical treatments such as physical therapy appointments, you must try to schedule the treatment at a time that minimizes the disruption to OSU.

As a general rule, if you return from FMLA or OFLA leave before your leave is exhausted, you are entitled to be returned to the same (or equivalent) position you held when your leave started, as long as that position still exists.

## What absences qualify under FMLA and OFLA?

Serious Health Condition – FMLA and OFLA provide up to 12 weeks of unpaid protected leave when an eligible employee is unable to work because of their own serious health condition or to care for a covered family member who has a qualifying serious health condition. A qualifying serious health condition may include an illness, injury, impairment, physical or mental condition.

Parental Leave – FMLA and OFLA provide an eligible employee to take leave for the birth of a child and to bond with the newborn child, or for the placement of a child for adoption or foster care, and to bond with that child. All eligible employees have the same right to take leave to bond with their child but it must be taken within one year of the child's birth or placement and must be taken as a continuous block of leave unless the employer agrees to allow intermittent leave or a reduced work schedule.

Sick Child Leave, Non-serious Health Condition – OFLA provides up to 12 weeks of protected unpaid leave to care for a child of the eligible employee who is suffering from an illness, injury, or condition that is not a serious health condition.

Oregon Bereavement Leave Entitlement – Effective January 2014, bereavement is a qualifying reason under OFLA. OFLA provides up to 2 weeks of leave to an eligible employee to deal with the death of a covered family member, including grieving the death of the family member, attending the funeral or alternative service, and making arrangements necessitated by the death of the family member. Bereavement leave is per covered family member and must be completed within 60 days of the date the eligible employee receives notice of the death of the covered family member.

Military Family Leave Entitlement – FMLA provides a special leave entitlement that permits eligible employees (spouse, son, daughter, parent, or next of kin) to take up to 26 workweeks of unpaid leave to care for a covered servicemember or veteran with a serious injury or illness. A covered servicemember is a current member of the Armed Forces, including a member of the National Guard or

Reserves, who has a serious injury or illness incurred in the line of duty on active duty for which he or she is undergoing medical treatment, recuperation, or therapy, which may cause him or her to be medically unfit to perform the duties of his or her office, grade, rank, or rating. A covered veteran is a veteran who was a member of the Armed Forces, including a member of the National Guard or Reserves who was discharged or released under conditions other than dishonorable and was discharged within the five-year period before the eligible employee first requests FMLA military caregiver leave.

Qualifying Exigency Leave – FMLA provides unpaid protected time off for qualifying exigencies when a covered employee’s spouse, son, daughter, or parent is a member of the Armed Forces, National Guard, or Reserves and is deployed to a foreign country. A qualifying exigency includes: short notice deployment, military events and related activities, care of the military member’s parent, financial and legal arrangements, counseling, rest and recuperation (limited to 15 days), post-retirement activities (within 90 days), and any other event that the employee and employer agrees is a qualifying exigency.

Oregon Military Family Leave Entitlement – OFLA provides a special leave entitlement of up to 14 days of unpaid leave per deployment under OMFLA (Oregon Military Family Leave Act). OMFLA allows eligible employees to spend time with a spouse or registered same-sex domestic partner who is in the military (Armed Forces of the United States, the National Guard, or the military reserve forces of the United States) and has been notified of an impending call or order to active duty or who has been deployed during a period of military conflict.

## Who can use FMLA and OFLA leave?

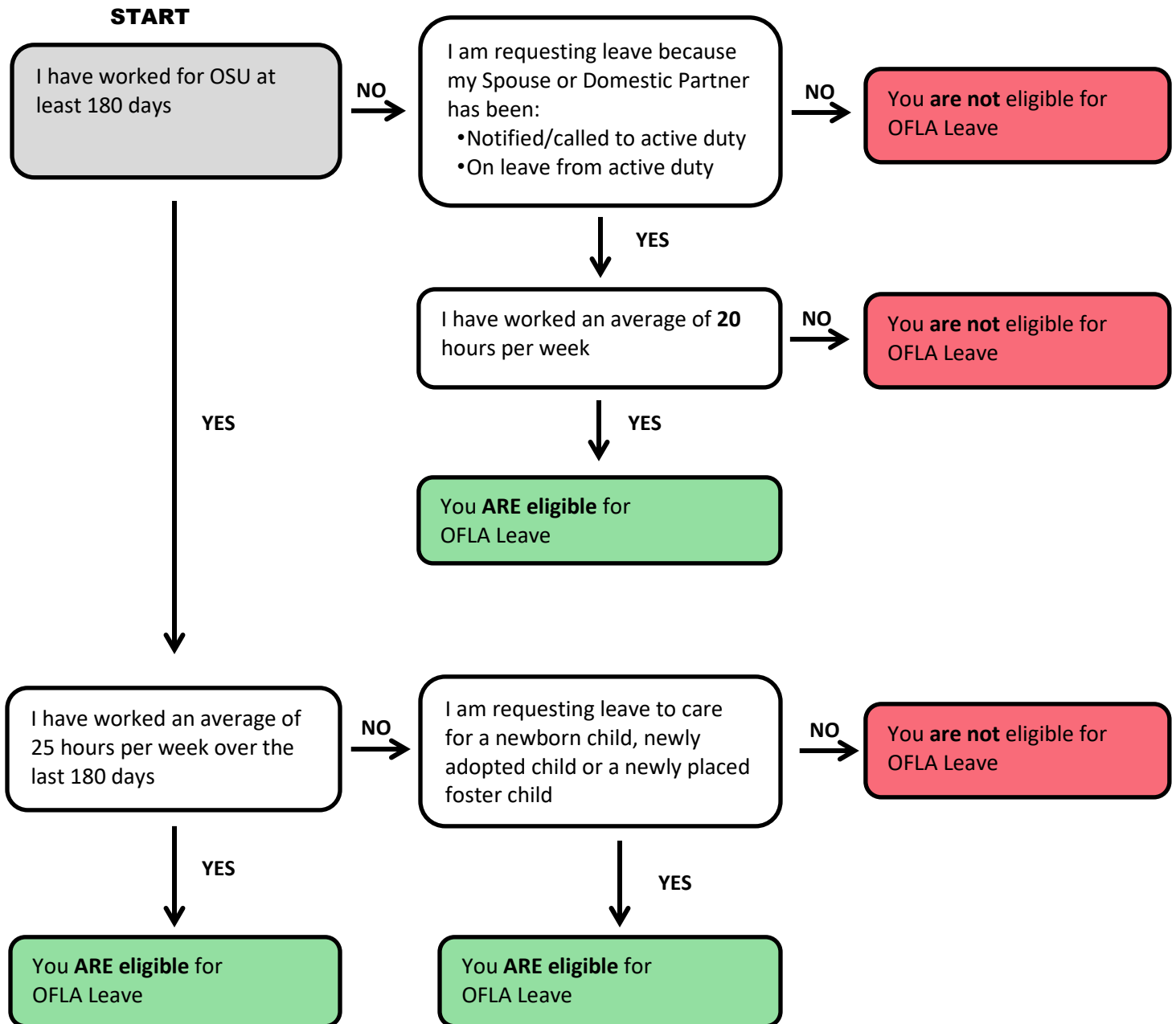
To be eligible to take FMLA and/or OFLA leave, an employee must meet the following criteria:

	FMLA	OFLA
<b>Employed by Oregon State University</b>	One year	180 days* <i>Exception:</i> Oregon Military Leave has no employment requirement
<b>Hours Worked</b>	1250 hours in past 12 months	Average of 25 hours per week <i>Exceptions:</i> <ul style="list-style-type: none"> <li>• <b>Parental Leave</b> has no hours requirement</li> <li>• <b>Oregon Military Leave</b> average hours requirement is 20 hours per week</li> </ul>

When counting the number of hours worked, OSU counts all hours the employee actually worked, including hours worked during temporary employment and qualifying absences for military leave. Paid (e.g., vacation, sick leave, etc.) or unpaid leave time **does not** count as hours worked for eligibility purposes.

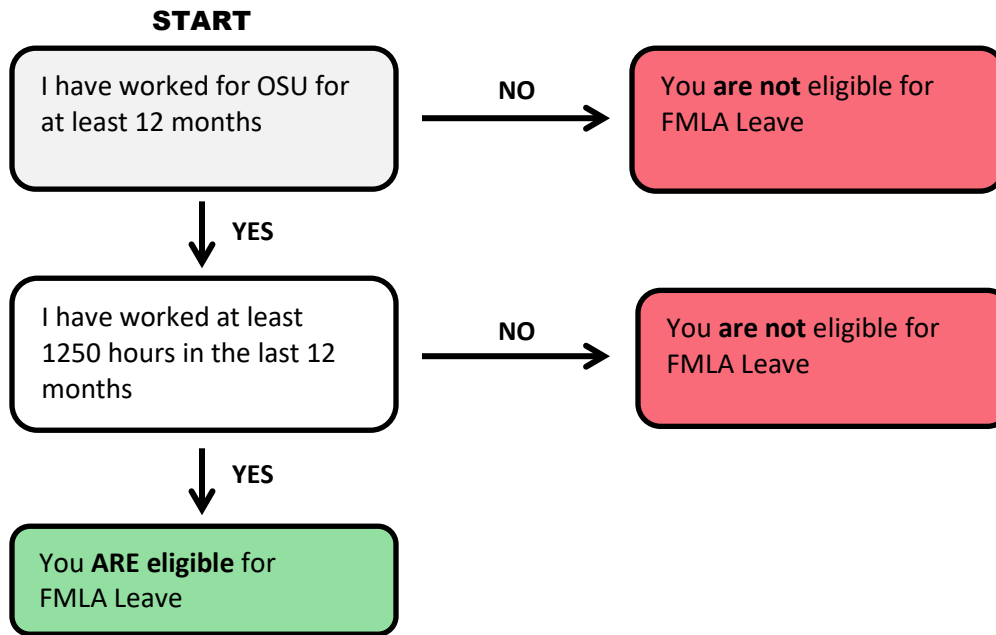
*\*As of January 1, 2022, OFLA allows employees who have a break in service due to termination, temporary furlough, or layoff of 180 days or less to retain their OFLA eligibility and count time prior to break in service to overall break in service. OFLA also expands eligibility during a public health emergency to employees working at least 30 days immediately preceding the leave (reduced from 180 days) and an average of 25 hours or more per week during those 30 days.*

## Am I eligible for OFLA leave?





## Am I eligible for FMLA leave?



## When can I use FMLA and OFLA leave?

You may take FMLA and/or OFLA leave for a variety of reasons. Refer to the chart below to determine if the reason for the leave qualifies under FMLA, OFLA or both.

FMLA Eligible	OFLA Eligible
Employee's own serious health condition. Includes disability related to pregnancy or childbirth	Employee's own serious health condition. Includes disability related to pregnancy or childbirth* <i>*May be entitled to additional leave if for pregnancy related reasons (OFLA Pregnancy Disability)</i>
Care of an eligible family member with a serious health condition	Care of an eligible family member with a serious health condition
Parental Leave to care for / bond with a newborn, newly placed adopted or foster child under the age of 18 (or incapable of self-care)	Parental Leave to care for / bond with a newborn, newly placed adopted or foster child under the age of 18 (or incapable of self-care)
	Sick Child Leave for a non-serious health condition*
	Bereavement Leave ( <i>up to 2 weeks of leave</i> )
Military Caregiver Leave	Military leave related to the deployment of an employee's spouse or registered same-sex domestic partner
Qualified Exigency for a covered military member's call to active duty	<i>*OFLA also expands the definition of sick child leave to include home care to the employee's child due to the closure of the child's school or childcare provider as a result of a public health emergency and allows for certain employer verification.</i>

## Who is an Eligible Family Member under FMLA and OFLA?

Eligible family members vary between FMLA and OFLA. Refer to the chart below.

FMLA	OFLA
<b>Spouse</b>	<b>Spouse</b> <b>Domestic Partner</b>
<b>Child</b> <ul style="list-style-type: none"> <li>Under age 18</li> <li>If 18 or older and incapable of self-care due to mental or physical disability</li> </ul>	<b>Child</b> <b>Child of Domestic Partner</b> <b>Child's spouse or domestic partner</b>  <b>Sibling or step-sibling</b> <b>Sibling or step-sibling's spouse or domestic partner</b>
<b>Parent</b> <ul style="list-style-type: none"> <li>Can be individual who stood <i>in loco parentis</i></li> </ul>	<b>Parent</b> <ul style="list-style-type: none"> <li>Can be an individual who stood <i>in loco parentis</i></li> </ul> <b>Parent of Domestic Partner</b> <b>Parent's spouse or domestic partner</b>
	<b>Grandparent</b> <b>Grandparent's spouse or domestic partner</b> <b>Grandchild</b> <b>Grandchild's spouse or domestic partner</b>  <b>Any individual related by blood or affinity whose close association with the covered individual is the equivalent of a family relationship</b>

## What if I don't want to use FMLA and/or OFLA leave?

If you are an eligible employee who is absent from work for a reason that qualifies under FMLA or OFLA leave, OSU may designate the absence as FMLA, OFLA, or both. The amount of paid leave you have accrued (e.g., sick leave, vacation leave) or your desire to "save FMLA and OFLA until later" are not a factor. FMLA and OFLA leave are not benefits; they are an entitlement that are applied as the need occurs.

## What is a Serious Health Condition?

A serious health condition is an illness, injury, impairment, physical or mental condition that incapacitates you or a family member for 3 consecutive days or longer, and involves at least one of the following:

- **Hospital Care** - Inpatient care (i.e., an overnight stay) in a hospital, hospice, or residential medical care facility, including any period of incapacity or subsequent treatment in connection with or consequent to such inpatient care.
- **Absence Plus Treatment** - A period of incapacity of more than three consecutive calendar days including any subsequent treatment or period of incapacity relating to the same condition), that also involves:
  - Two or more treatments by a health care provider, by a nurse or physician's assistant under direct supervision of a health care provider, or by a provider of

health care services (e.g., physical therapist) under orders of, or on referral by, a health care provider; or

- One treatment by a health care provider which results in a regimen of continuing treatment under the supervision of the health care provider.

- **Pregnancy** - Any period of incapacity due to pregnancy related disabilities, or for prenatal care.

**Chronic Conditions Requiring Treatments** - A chronic condition exists when the condition:

- Requires periodic visits for treatment by a health care provider, or by a nurse or physician's assistant under direct supervision of a health care provider;
- Continues over an extended period of time (including recurring episodes of a single underlying condition); and
- May cause episodic rather than a continuing period of incapacity (e.g., asthma, diabetes, epilepsy).

- **Permanent/Long-term Conditions Requiring Supervision** - A permanent or long-term condition(s) requiring supervision is defined as a period of incapacity which is permanent or long-term due to a condition for which treatment may not be effective. The employee or family member must be under the continuing supervision of, but need not be receiving active treatment by, a health care provider. Examples include Alzheimer's, a severe stroke, or the terminal stages of a disease.

- **Multiple Treatments (Non-Chronic Conditions)** - Any period of absence to receive multiple treatments (including any period of recovery time) by a health care provider or by a provider of health care services under orders of, or on referral by, a health care provider, either for restorative surgery after an accident or other injury, or for a condition that would likely result in a period of incapacity of more than three consecutive calendar days in the absence of medical intervention or treatment, such as cancer (chemotherapy, radiation, etc.), severe arthritis (physical therapy), and kidney disease (dialysis).

Important definitions for understanding what qualifies as a Serious Health Condition:

- **Incapacity** is the inability to work, attend school, or perform other regular daily activities due to a serious health condition or treatment for, or recovery from a serious health condition.
- **Treatment** includes examinations to determine if a serious health condition exists and/or evaluations of the condition. It does not include routine physical, eye or dental examinations.

## What is NOT a Serious Health Condition?

Examples of what would generally not be considered a serious health condition may include:

Common cold

Flu

Earaches

Sore throat

Treatment for acne

Headache (other than migraines)

Routine medical or dental visits

Plastic surgery for cosmetic purposes

Any of the above may become a serious health condition if medical treatment is sought and you or your family member are incapacitated for 3 or more calendar days.

## **How much FMLA and OFLA leave do I get?**

An eligible employee has up to 12 weeks of unpaid protected leave available during the 12-month “rolling forward” leave year. Some reasons for leave qualify under both FMLA and OFLA and some reasons qualify only under one of the leave laws. Leaves qualifying under both FMLA and OFLA are designated at the same time and run concurrently. Oregon Paid Family & Medical Leave (OPFML) will also run concurrently if an employee is eligible.

**Leave entitlement for part-time employees.** If you are a part-time employee your leave entitlement will be pro-rated. For example, if you normally work 30 hours per week, you are entitled to up to 12 weeks of leave at 30 hours per week.

**More than one qualifying condition.** You may need FMLA or OFLA leave for more than one qualifying condition at the same time or during the same leave year. Having more than one qualifying condition does not extend or increase your leave entitlement.

**Additional leave entitlements under OFLA.** You may be entitled to additional leave under the following circumstances:

- You are a birthing parent and use pregnancy disability leave; you may take up to an additional 12 weeks of OFLA leave during the leave year for any OFLA qualifying purpose (e.g., parental, family member’s serious health condition). For additional information, refer to Appendix D.
- You used a full 12 weeks of Parental leave under OFLA. You may take up to 12 additional weeks of OFLA leave in the same year for Sick Child leave (non-serious health condition).

**Limitations to FMLA leave when both spouses work at OSU.** If you and your spouse work for OSU, you must share the 12 weeks of FMLA entitlement when the leave is taken for:

- Parental leave (birth, adoption, or foster child placement); or
- To care for a parent with a serious health condition.

**Limitations to OFLA leave when two family members work at OSU.** If you and a family member both work for OSU, you may not take OFLA leave at the same time unless:

- One employee needs to care for the other employee who is suffering from a serious health condition;
- One employee needs to care for a child who has a serious health condition while the other employee is also suffering from a serious health condition;
- Both family members are suffering from a serious health condition; or
- Family members each want to use bereavement leave.

## When can I take Intermittent Leave or work a Reduced Work Schedule?

Reason for Leave	Intermittent Leave or Reduced Work Schedule*
<b>Parental Leave</b>	<b>FMLA &amp; OFLA:</b> Employee must take leave in one continuous block unless the supervisor chooses to permit the use of intermittent leave or a reduced work schedule
<b>Pregnancy Disability or Prenatal Care</b>	<b>FMLA &amp; OFLA:</b> Permitted when medically necessary
<b>Serious Health Condition</b> of Employee or a Covered Family Member	<b>FMLA &amp; OFLA:</b> Permitted when medically necessary
<b>Sick Child Leave</b> (non-serious health condition)	<b>OFLA:</b> The nature of sick child leave allows usage of leave as needed intermittently rather than in a continuous block of time.
<b>Qualifying Exigencies Leave</b> for an Employee whose spouse, child, or parent is on active duty or is called to active duty status.	<b>FMLA:</b> permitted as needed
<b>Military Caregiver Leave</b>	<b>FMLA:</b> Permitted as medically necessary

**\*Oregon Paid Family & Medical Leave (OPFML) can be used continuously or on an intermittent basis, however for the intermittent leave it must be taken in full day increments.**

## What are the Requirements for Intermittent Leave or a Reduced Work Schedule?

If you take time intermittently or work a reduced work schedule, you must be able to perform the essential functions of your job while you are at work. If you are unable to perform your job responsibilities while at work, you may be required to take continuous leave.

The use of intermittent leave or working a reduced work schedule requires you and your supervisor to work together to balance work and family. Conversations and exploring alternatives are the best way to resolve conflicts that might occur. If a situation arises that is not easily resolved between you and your supervisor, contact University Human Resources (UHR) before any action is taken.

If modifications to the job duties are requested, you or the supervisor must contact UHR before any action is taken.

**Remote Work:** A [Flexible Work Arrangement Agreement \(FWAA\)](#) is a document that defines the terms of the specific flexible work arrangement between an employee, their supervisor, and appropriate university leadership. FWAA's are required for situations where an employee performs assigned duties typically performed on-campus or at a university worksite during the standard work schedule of the employee's unit in an alternative manner. The FWAA defines the specific flexible working arrangement, fully remote, hybrid and/or irregular work schedule that has been authorized for the employee to work on a consistently scheduled basis, and how assigned duties will be completed. *\*Protected Leave does not automatically allow an employee to work remotely - a FWAA must be on file and/or if remote work is medically required, an employee must work with the Office of Equal Opportunity & Access (EOA) to determine if remote work is a reasonable accommodation. EOA can be reached at: [equal.opportunity@oregonstate.edu](mailto:equal.opportunity@oregonstate.edu).*

#### **Exceptions:**

- A FWAA is not required for occasional and intermittent worksite flexibility considered mutually beneficial between an employee and their supervisor. This flexibility has always been available to professional faculty, in consultation with their supervisor, and it will continue to be so without a FWAA.
- Consistent with longstanding practice, academic faculty have the flexibility to choose the location where they do their work, aside from scheduled on-site classes, required on-site office hours, and required on-site staff meetings or other engagements. Academic faculty do not need a flexible work agreement to continue these customary work practices.
- A FWAA is not required for approved non-medical leaves of absence, including sabbaticals.

#### **Added Considerations:**

- The process and FWAA form used for creating and approving a FWAA differs depending on the employee's work location. There can be additional safety regulations, minimum wage requirements, labor laws, payroll considerations, and operating costs involved when approving a FWAA involving a work location outside the state of Oregon.
- For employees working within the state of Oregon, please visit the [Working In-State \(Oregon\) webpage](#).
- Please visit the [Working Outside Oregon webpage](#) for employees working outside Oregon and within the United States.
- For employees working Internationally, please visit the [Working Internationally webpage](#).

For questions concerning Flexible Work Arrangement Agreements, contact the Employee Labor & Relations at: [employee.relations@oregonstate.edu](mailto:employee.relations@oregonstate.edu).

## Will I get paid during my FMLA and OFLA leave?

FMLA and OFLA are unpaid protected leaves. However, OSU policy generally requires you to use your accrued paid leave while on FMLA and OFLA leave before going into leave without pay (LWOP), however there are a few exceptions.

### **Oregon Paid Family & Medical Leave (OPFML) Benefit Exception**

If you are on FMLA or OFLA leave and are receiving OPFML benefits from The Standard, you are not required to use your paid leave while receiving OPFML benefits.

- You may elect to supplement your OPFML benefit with the use of your accrued leave (e.g., sick, vacation, etc) at either the percentage that will get you to 100% pay or 100% of your daily hours. Meaning, if you are receiving 75% pay from OPFML, you could supplement with 25% pay from your accrued leave at OSU or you could choose to use 100% of your accrued leave from OSU while receiving the 75% pay from OPFML.
- For OPFML, the use of sick leave DOES NOT reduce your OPFML benefit.
- The election to supplement your OPFML benefit with accrued leave must be made prior to your first pay check while out on protected leave.
- If you do not make an election to supplement with your accrued leave from OSU, the default is LWOP from OSU while on OPFML.
- Once your OPFML benefits end, you must resume using your accrued leave in accordance with OSU policy.
- See Oregon Paid Family & Medical Leave flyer in the Appendices for how to initiate an OPFML claim.

### **Disability Benefit Exception**

If you are on FMLA or OFLA leave and are receiving disability benefits from your PEBB short-term disability plan, you are not required to use your paid leave while receiving disability benefits (*unless required under the plan*).

- You may elect to supplement your disability benefit with the use of your accrued leave (e.g., vacation) at either 40% or 100% of your daily hours.
- Use of sick leave will reduce your disability benefit dollar for dollar.
- The election to supplement your disability benefit with accrued leave must be made prior to going out on FMLA/OFLA protected leave.
- Once your disability benefits end, you must resume using your accrued leave.

### **Academic & Professional Faculty**

- **Paid Family & Medical Leave** – 3 weeks of Paid Family & Medical Leave per [OSU policy](#)
- **Sick Leave** – must be used first, unless receiving disability benefits while on FMLA leave
- **Vacation Leave** – may elect to use vacation leave after exhausting sick leave. If vacation leave is not used, vacation leave will not be available until after returning from the FMLA/OFLA leave (FMLA/OFLA leave case is closed). If you elect not to use vacation leave, it must be made prior to going out on protected leave.
- **Compensatory Time** – may elect to use, but not required

## **Classified Employees**

All accrued leave must be used prior to going into LWOP, unless noted below:

- **Sick Leave** – must be used first, unless receiving disability benefits while on FMLA/OFLA leave
- **Vacation Leave** – may elect to retain up to 40 hours of accrued vacation leave before being placed on LWOP (*OUS/SEIU Collective Bargaining Agreement, Article 47-Vacation Leave, Section 14, regarding an employee's option to retain up to 40 hours of accrued vacation leave*)
- **Personal Leave Day**
- **Exchange Time** – may elect to use, but not required
- **Compensatory Time** – may elect to use compensatory time, but not required
- **Donated Hardship Leave** – must request Hardship Leave prior to going into leave without pay status.

The University may change a classified employee's pay period to mid-month reporting (16<sup>th</sup> – 15<sup>th</sup>) for the following reasons:

- The employee is working an intermittent or otherwise modified schedule due to medical necessity; *or*
- The employee exhausts all forms of paid leave and is anticipated to have intermittent leave without pay; *or*
- The employee requests a change in his/her work schedule resulting in fluctuating work hours from one month to the next.

## **What if I am off work due to a Workers' Compensation Claim?**

When you are absent from work due to a disabling compensable injury or you have a pending determination of a workers' compensation claim, FMLA leave will run concurrently if you meet eligibility requirements. OFLA leave will begin if your workers' compensation claim is denied or you refuse an offer of transitional work, if you meet eligibility requirements.

You will primarily work with the Workers' Compensation Officer within Risk Management. They can be reached at: 541-737-2916.

## **Will my insurance continue while I am on FMLA or OFLA leave?**

### **While on FMLA and/or OFLA Leave –**

- Your health insurance (medical, vision, dental, basic life) is continued if you use any amount of FMLA, OFLA, or OPFML leave during the month.
- OSU will continue to pay the same employer contribution toward your coverage even if you go into leave without pay status.
- You must continue to pay your portion of the premiums to avoid cancellation of your coverage. *Refer to Self-paying your premiums below.*
- Your optional benefits (life, disability, FSAs) will continue as long as you work or use sufficient paid leave to continue your coverage; by self-paying your premiums; or by arranging to have the premiums taken out of your pre-tax compensation.



### **Self-paying Your Premiums.**

If you do not have sufficient hours (work or OSU paid leave) to continue benefits, you can self-pay your portion of your health and optional benefits by:

- Contacting [Employee Benefits](#) and arranging to have your portion of the premiums deducted from your pay before you go into leave without pay status; or
- Or you will be invoiced for your portion of the health and optional premiums. You will be given instructions on how to submit your monthly payment for your share of the health insurance premium and any optional benefits you elect to continue to the University Payroll Office.

\*During an OPFML claim, employees will maintain existing health benefits. Employees will still be responsible for the employee share of their premiums during an OPFML claim. Please reach out to: [employee.pebbbenefits@oregonstate.edu](mailto:employee.pebbbenefits@oregonstate.edu) for information on how to self-pay your portion of the premiums during your OPFML claim.

### **Does my return date from FMLA or OFLA leave impact my insurance benefits?**

When and/or if you return to work from your approved FMLA and/or OFLA leave determines when and how your health insurance benefits are continued or reinstated.

**Direct Return** – is when you return to work the first day immediately following the end of your approved FMLA and OFLA leave.

- **Example:** Your FMLA/OFLA leave ends on Thursday, March 21<sup>st</sup>, and you return to work on Friday, March 22<sup>nd</sup>; you will be considered a direct return.
- You are not required to meet the hours requirement in the month you return to receive the employer insurance contribution for the following month.
- Your benefits continue with no break in coverage.
- Optional benefits, except for Flexible Spending Account(s) and long-term care, will be reinstated retroactively back the first of the month in which you returned to work. You must re-enroll in your Flexible Spending Account(s) and Long Term Care if you did not self-pay the premiums during your leave.

**Non-Direct Return** – is when you return to work on the second workday or thereafter following the end of your approved FMLA and OFLA leave.

- **Example:** Your FMLA/OFLA leave ends on Thursday, March 21<sup>st</sup>, and you return to work on Monday, March 25<sup>th</sup>; you will be considered a non-direct return.
- You must work or have sufficient paid leave in the month you return to receive the employer insurance contribution toward your health insurance for the following month (Classified employees = 80 hours; Unclassified employees = ½ of the available work hours in the month, hours range between 80-92 hours depending on the month).
- Benefits will be reinstated (except Flexible Spending Accounts and Long-term Care) effective the first of the following month once you meet the minimum hours. You must re-enroll in your Flexible Spending Account(s) and Long Term Care if you did not self-pay the premiums during your leave.

**Do NOT Return to Work** – if you do not return to work following family and medical leave, you may be required to reimburse the University for the full premium cost of health care coverage paid on your behalf during the entire leave period. You will not be required to reimburse the University if:

- You had sufficient paid leave to earn the employer insurance contribution during your leave; or
- You or your family member have a recurrence, continuation or onset of a serious health condition; or
- You cannot return for a reason that is beyond your control; or
- You were eligible for continued health care coverage under the Affordable Care Act (ACA).
- You will be considered as returning to work if you return to work for at least 30 calendar days.

### **What are the job protections for employees on an Oregon Paid Family & Medical Leave (OPFML) claim?**

OPFML provides job protections to employees taking OPFML if they have been employed for at least 90 calendar days. When an employee returns to work from OPFML, they are entitled to return to the position they held before the start of leave, if that position still exists.

If the position no longer exists, the employee is entitled to a position equal to their previous position before they took leave, with equal employment benefits, pay and other terms and conditions of employment.

## How do I request FMLA or OFLA leave?

Your initial notification can be provided by calling your supervisor or applying for protected leave (FMLA/OFLA) in EmpCenter under My Time Off, Establishment of a Protected Leave Case. Refer to Appendix A: How to Request Protected Leave in EmpCenter

You are not required to specifically ask for FMLA or OFLA leave for your first leave request, but you do need to provide enough information so the University is aware your absence(s) may qualify under the family medical leave laws. For example: you do not have to tell your supervisor or the University your diagnosis, but you do need to provide information such as, I've been to the doctor and have been given antibiotics and told to stay home for 4 days.

Once a condition has been approved for FMLA or OFLA leave and you need additional leave for that condition, your request must mention that condition or your need for FMLA or OFLA leave to the OSU Protected Leave office.

## How do I request an Oregon Paid Family & Medical Leave claim?

Please see OPFML Flyer in Appendices for all information needed to file an OPFML claim.

## Do I need to provide advance notice of my need for FMLA or OFLA leave?

You must provide the University with appropriate notice for your need for leave.

- You must generally give 30 calendar days advance notice for planned absences (paid or unpaid).
- If you learn of your need for leave less than 30 days in advance, you must give your notice as soon as you can. Generally, within two working days after you learn of the need for leave.
- If you need FMLA, OFLA leave, and/or OPFML unexpectedly (an emergency), you must inform your supervisor within 24 hours and give the OSU Protected Leave office [written notice](#) within three days of starting leave.

Unexpected events include, but are not limited to:

- A. An unexpected serious health condition of the employee or a family member of the employee.
- B. A premature birth, unexpected adoption, or unexpected foster placement by or with the employee.
- C. Safe leave.

If an employee does not provide the correct notice to their employer The Standard may reduce the employee's first weekly OPFML benefit amount by up to 25%.

Because FMLA and OFLA are entitlements the University, if given sufficient information, can designate leave as FMLA and OFLA without your agreement. The University will give you notice when FMLA and OFLA leave is invoked, specifying the reasons for such actions. OPFML has to be initiated by the employee – OSU cannot and will not initiate an OPFML claim on behalf of the employee.

## What are the leave request and call-in procedures I must follow?

You must follow the University's and/or your department's usual notice and call-in procedures unless you are unable to do so (i.e., you are receiving emergency medical care).

If you are unable to submit your request due to the nature of your condition/emergency, contact the [OSU Protected Leave office](#).

You may also designate a personal representative to act on your behalf, if necessary, by submitting the designation in writing to the [OSU Protected Leave office](#).

## What happens after I request FMLA or OFLA leave?

**Notice of Eligibility.** After you make a request for FMLA or OFLA leave, UHR will generally let you know within 5 business days if you are eligible for the leave entitlement and if additional information is needed such as the medical certification. If your leave request is submitted prior to 30 days before your leave is set to begin, the OSU Protected Leave office will run your eligibility on that 30 day mark.

**Medical Certification.** You may be required to submit the Medical Certification form for your own or your family member's serious health condition. The form is taken to your medical provider and provides the University with information to determine if your reason for the leave qualifies under FMLA and OFLA. At times, the University may have enough information to designate FMLA or OFLA leave without requesting medical certification.

The medical certification form must be returned within 15 days or your leave can be denied. If your leave is denied it means that you do not have job protection under FMLA and OFLA.

If the length of your request for family medical leave is for:

- 14 calendar days or less – the University generally will not require you to submit the medical certification form. If your leave extends beyond the originally anticipated 14 calendar days, you will need to submit a medical certification form at that time.
- More than 14 calendar days – the University requires the medical certification form to be submitted.

Medical documentation required for OPFML will be requested directly from The Standard and be returned directly to The Standard.

**Final Determination for FMLA and/or OFLA:** Once the University has enough information, you will be informed whether your absences qualify as FMLA and/or OFLA. You will also receive information on how much FMLA and/or OFLA leave time you have available, requirements to use your paid leave, information about your insurance, your reinstatement rights, and if you will be required to provide a Fitness for Duty Certification or status report before returning to work if you are absent for your own serious health condition.

All determinations for Oregon Paid Family & Medical Leave will come directly from The Standard Insurance Company, OSU's third party administrator.

**Medical Re-certification.** For pregnancy-related leave or chronic or long-term health conditions, recertification may be requested by the University no more often than every 30 days unless:

- An employee requests an extension of leave;
- The duration or nature of the condition has changed significantly; or
- The University receives information casting doubt on the employee's reason for the absences.

Under OFLA, the University may not request certification for sick child leave on the first three occasions during the leave year, but may do so beginning with the fourth incident, day, or occurrence and every subsequent occasion thereafter during the leave year. A doctor's note serves as medical certification.

### How do I report my leave on my timesheet?

You are to accurately report your absences on your timesheet in EmpCenter (online time and attendance system) and account for all hours in your regular workday with either paid and/or unpaid leave as appropriate. This applies to both salaried and hourly employees.

When you request FMLA/OFLA leave, you will be assigned a case number typically within 5 business days (or 30 days before leave is set to begin if requested in advance). This case number is to be associated with all leave (paid or unpaid) reported on your timesheet that is for your FMLA, OFLA and OPFML absences. All requested and approved protected leave will be counted toward your FMLA/OFLA leave entitlement regardless of your pay status (paid or unpaid). If you also have an OPFML claim, it will be counted toward your entitlement concurrently with your FMLA/OFLA protected leave.

If you are on **Continuous leave**, your timesheet in EmpCenter:

- Will prepopulate with "Leave of Absence" and the associated case number; and
- You **MUST** report the type of paid or unpaid leave you will be using for those absences by entering the leave type (sick, vacation, etc.) directly on your timesheet or by submitting a pre-approved leave request.

If you are using **intermittent leave**, record your absences on your timesheet in EmpCenter by:

- Submitting a pre-approved request for leave and associate the case number with the request when you have advance notice of the need for leave; or
- Enter the type of leave (paid or unpaid) and the protected leave case number directly on your timesheet for your FMLA/OFLA/OPFML absences.

For additional information on how to record protected leave on your monthly timesheet, refer to Appendix B, How Protected Leave looks on your timesheet.

## What are the expectations when I return from FMLA/OFLA leave?

Under the leave laws, you are expected to complete the essential functions of your position when not on FMLA and OFLA leave.

You need to work with your health care provider to determine the appropriate date of your return if your leave was for your own serious health condition. The University may request, but generally does not require, you to provide a work release or status report prior to returning from FMLA and OFLA leave.

Restrictions to work duties are not protected under the leave laws. If you anticipate ongoing restrictions that may impact your job, you should work with the Office of Equity and Inclusion to determine if any protections can be afforded through their office.

**Fitness for Duty Certification** – you may be required to provide a statement from your medical provider verifying you are able to return to work and if you have any limitations if you were absent because of your own serious health condition.

## What happens to my job when I take FMLA and OFLA leave?

Your reinstatement rights vary slightly depending on whether you are returning from FMLA or OFLA qualifying leave.

- **FMLA-only leave:** You have the right to be restored to the position you held prior to your leave or to an equivalent position. An equivalent position is one that is nearly identical to your former position in terms of pay, benefits, and working conditions and involves the same or substantially similar duties and responsibilities.
- **OFLA-only or FMLA/OFLA leave:** You have the right to be restored to the same position you held when your leave began.

Once the employee has been reinstated, the University may not be required to continue the employee's employment if the employee would have otherwise been laid off or terminated. The reinstated employee may be held to the same standards for performance, termination or layoff as other employees.

### Exceptions to reinstatement rights upon return from FMLA and OFLA leave.

The University's obligation to restore you to the same or an equivalent position ceases:

- If and when the employment relationship would have terminated either through a termination or layoff action if you had not taken leave (e.g., contract ends);
- You inform the University of your intent not to return to work at the expiration of the leave;
- You fail to return to work at the expiration of the leave;
- You are unable to perform an essential function of your position and reasonable accommodations are not appropriate; or
- You continue on leave after exhausting your leave entitlement in the 12-month period. If you exhaust your FMLA/OFLA leave and remain off work, your right to reinstatement

will be governed by the non-FMLA/OFLA leave policy, or other applicable laws, such as those relating to worker's compensation for workplace injuries.

### **What if I am unable to return to work after my FMLA or OFLA Leave?**

If you are unable to return to work for your own serious health condition, you will be referred to the Office of Equal Opportunity & Access (EOA) for any protections that may be afforded to you under the American with Disabilities Act (ADA).

If you do not return to work after your FMLA or OFLA leave, you may be required to reimburse the University for the full premium cost of health care coverage paid on your behalf during the entire leave period. You will not be required to reimburse the University if:

- You had sufficient paid leave to earn the employer insurance contribution during your leave; or
- You or your family member have a recurrence, continuation or onset of a serious health condition; or
- You cannot return for a reason that is beyond your control; or
- You were eligible for continued health care coverage under the Affordable Care Act (ACA).

### **How do I add or remove a dependent from my health insurance?**

If you lose and/or gain a dependent while on FMLA/OFLA leave, you will need to complete the Midyear Change form to either remove or add that dependent to your health insurance coverage. Please contact Employee Benefits at [employee.pebbbbenefits@oregonstate.edu](mailto:employee.pebbbbenefits@oregonstate.edu) or by phone at (541) 737-2805 for assistance.

Additional information on Midyear Changes is located at:

<http://hr.oregonstate.edu/benefits/insurance/how-enroll-how-make-changes-during-year/midyear-changes-health-optional-benefits>

Midyear Change form can be downloaded at:

<http://www.oregon.gov/DAS/PEBB/pages/forms.aspx>

### **Restricted Access to Medical Information**

Medical information relating to FMLA and OFLA leaves, whether verbal or written, will be kept confidential to the extent possible. Information will be shared on a need-to-know basis only. All medical documents including, but not limited to, medical certifications will be maintained in restricted access files separate from personnel files within the UHR Protected Leave Office.

The employee's supervisor is not to have any contact with the employee's health care provider regarding the employee's leave or medical condition while the employee is on FMLA/OFLA authorized leave.

Should UHR question the adequacy or the completeness of a medical certification provided by an employee's health care provider, a health care provider representing the University may

contact the employee's health care provider for purposes of clarification and authenticity with the employee's permission. If the employee declines to give UHR permission to inquire, through the University's health care provider, the employee's absence may not qualify as FMLA/OFLA leave.

## **Outside or Supplemental Employment**

Oregon State University prohibits unauthorized work for another employer while you are on FMLA or OFLA leave from Oregon State University. If you violate this policy, Oregon State University may not reinstate you to the position you held or an equivalent position following leave covered by FMLA or OFLA.

## **For questions and/or additional information**

University Human Resources | Protected Leaves  
Mailing: 236 Kerr Administration Building, Corvallis OR 97331-2132  
Phone: (541) 737-5946  
Fax: (541) 737-0553  
Email: [fmla@oregonstate.edu](mailto:fmla@oregonstate.edu)

## **Resources**

### **University Human Resources: Family and Medical Leave**

<http://hr.oregonstate.edu/benefits/leaves/family-and-medical-leave-act-fmla>

### **U.S. Department of Labor: Family and Medical Leave Act (FMLA)**

<http://www.dol.gov/whd/fmla/index.htm>

### **Oregon Bureau of Labor and Industries**

- Leave Laws – Family Leave FAQs  
[http://www.oregon.gov/boli/TA/pages/t\\_faq\\_leave\\_laws\\_01-2011.aspx](http://www.oregon.gov/boli/TA/pages/t_faq_leave_laws_01-2011.aspx)
- Oregon Family Leave Act (OFLA) - FAQs  
[http://www.oregon.gov/BOLI/TA/Pages/T\\_FAQ\\_Oregon\\_Family\\_Leave\\_Act\\_01-2011.aspx](http://www.oregon.gov/BOLI/TA/Pages/T_FAQ_Oregon_Family_Leave_Act_01-2011.aspx)

### **OSU MyTime (EmpCenter) – Time & Leave Reporting**

- Protected Leave Guide  
<https://mytime.oregonstate.edu/sites/mytime.oregonstate.edu/files/protected-leave-19-1.pdf>  
EmpCenter Training Center  
<http://mytime.oregonstate.edu/empcenter-training>

### **Short Term Disability**

- General Information - <https://www.oregon.gov/oha/PEBB/Pages/Short-Term-Disability.aspx>
- PEBB Plan Document:  
<http://www.oregon.gov/DAS/PEBB/docs/spd/subsections/shorttermdisability.pdf>
- Policy/Certificate - [https://www.standard.com/eforms/16066\\_442210.pdf](https://www.standard.com/eforms/16066_442210.pdf)

### **Employee Benefits – PEBB Midyear Changes**

<http://hr.oregonstate.edu/benefits/insurance/how-enroll-how-make-changes-during-year/midyear-changes-health-optional-benefits>



**Worker's Compensation Resources**

<https://risk.oregonstate.edu/workers-compensation>

**OUS/SEIU Collective Bargaining Agreement**

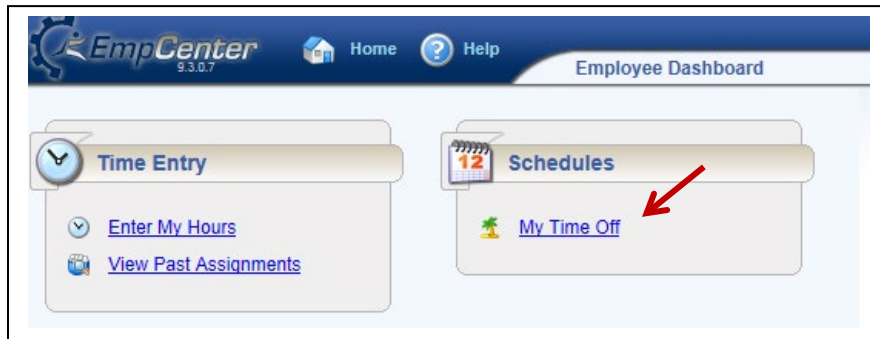
<https://hr.oregonstate.edu/main/documents/seiu-contract-collective-bargaining-agreement-2019-2021>

## APPENDIX A: How to Request Protected Leave in EmpCenter.

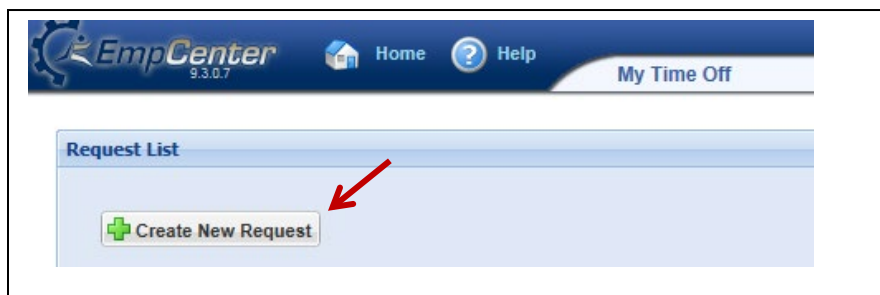
Protected Leave Guide –

<https://mytime.oregonstate.edu/sites/mytime.oregonstate.edu/files/protected-leave-19-1.pdf>

- Go to OSU MyTime website: <http://mytime.oregonstate.edu/>
- Login
- Establish a Protected Leave Case:
  - Select My Time Off



- Select Create New Request



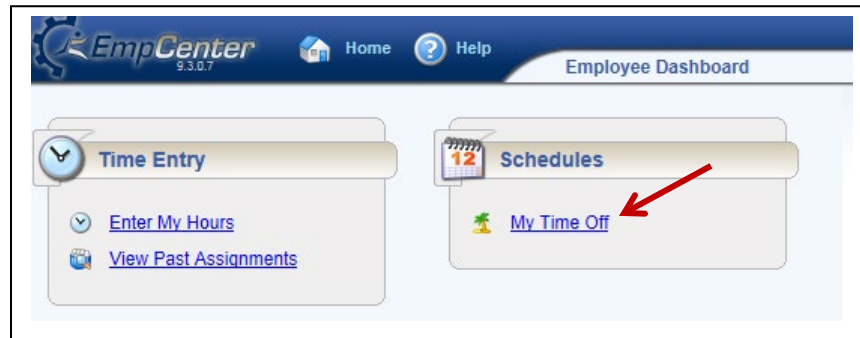
- Establish a Protected Leave Case

The screenshot shows a form titled 'I need to request time off for...'. The form is divided into two columns. The left column is titled 'Absences for FMLA, OFLA, and Military Leave' and contains text about FMLA, OFLA, and Military Leave, along with a list of examples including 'Serious Health Condition (Employee or Family Member)', 'Parental (Newborn, Adoption, or Foster Care Placement)', and 'Military'. The right column is titled 'Absences for Vacation, Sick, and Other' and contains text about requesting time off for a serious health condition, family, or military leave. Both columns have a 'Continue' button at the bottom. A red arrow points to the 'Continue' button in the left column.

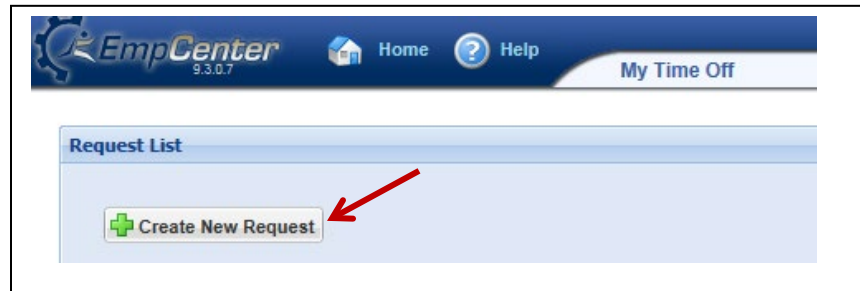
- Answer questions (who, what, when, etc.)
- Submit Request

Advance Request of Paid and/or Unpaid Leave (Pre-approved leave) for your Protected Leave Case. Leave requested can be on a continuous or intermittent basis.

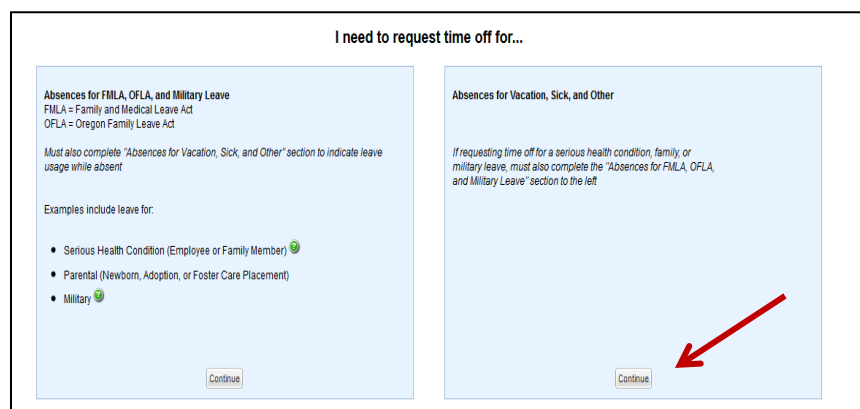
- Select My Time Off



- Select Create New Request



- Select Absences for Vacation, Sick, and Other



- Enter the dates and leave types for the time period you will be absent
- **For continuous Protected Leave cases:** Do NOT associate your protected leave case number to your advance paid/unpaid leave request. The case number will be prefilled on your timesheet for the days you will be absent.
- **For intermittent Protected Leave cases:** When you know in advance that you need to be absent, request your paid/unpaid leave in advance AND associate your protected leave case number to your paid/unpaid leave request.

## APPENDIX B: How Protected Leave looks on your time sheet.

### ➤ Continuous Protected Leave

- Timesheet is prepopulated with “Leave of Absence” for dates of continuous leave
- Pay Code and Hours must also be entered on timesheet using either the Advance request process (Pre-approved) or by entering the paid/unpaid leave pay code directly on your timesheet

#### Timesheet with Continuous Protected Leave without Pay Code:

Date	Pay Code	Hours	Leave C...	Comments
Wed 05/01	Leave of Absence	8.00	122	
Thu 05/02	Leave of Absence	8.00	122	
Fri 05/03	Leave of Absence	8.00	122	
Sat 05/04	Leave of Absence	8.00	122	
		0.00		

#### Timesheet with Continuous Protected Leave with Pay Code:

Date	Pay Code	Hours	Leave C...	Comments
Sun 05/05	Select Pay Code			
Mon 05/06	Sick	8.00		
Tue 05/07	Leave of Absence	8.00	122	
Wed 05/08	Leave of Absence	8.00	122	

### ➤ Intermittent Protected Leave

- Timesheet is **NOT** prepopulated with “Leave of Absence”
- Leave Case is associated directly with Pay Code and Hours either by requesting paid/unpaid leave in advance (pre-approved leave request) or by recording the case number directly on the timesheet.

Date	Pay Code	Hours	Leave C...	Clock Location	Comments	Total
Mon 07/01	Sick - Pre-Approved	8.00	1163			8.00
Tue 07/02	Sick - Pre-Approved	8.00	1163			8.00
Wed 07/03	Sick - Pre-Approved	8.00	1163			8.00
Thu 07/04	Holiday	8.00				8.00
Fri 07/05	Sick - Pre-Approved	8.00	1163			8.00
Sat 07/06	Select Pay Code					

## **APPENDIX C: Protected Leave & Short-term Disability**

In general, OSU policy requires you to use your accrued paid leave while you are on FMLA and OFLA leave prior to going into leave without pay (LWOP).

An exception to this policy exists if you are on FMLA and/or OFLA leave. If you are on FMLA and/or OFLA leave and you are enrolled in and file a claim with the PEBB Standard Insurance Short-term Disability policy, you may elect to go into leave without pay status while you are receiving disability benefits (unless required under the plan).

You will be required to use your accrued sick leave during the seven (7) day waiting period (if applicable) prior to the start of your disability benefits.

You may elect to supplement your disability benefit with the use of your accrued leave (e.g., vacation, comp time) at either 40% or 100% of your daily hours. If you elect to use sick leave, your disability benefit will be reduced dollar for dollar. You must make the election to supplement your disability benefit prior to going out on FMLA leave.

If your FMLA leave extends beyond your disability benefits, you must resume using your accrued leave.

### **Filing a Short-term Disability Claim:**

- Call Standard Insurance at (800) 842-1707, provide them with the following information
  - Employer – State of Oregon/OSU
  - Group Policy number – 442210
  - Name and Social Security number
  - Last day of work
  - Nature of claim and physician information

# Frequently Asked Questions About Filing a Short Term Disability Claim

The following questions and answers will help you file a claim by telephone with Standard Insurance Company should you become disabled. The steps outlined below will enable you to access our efficient claims services quickly and easily.

© Rectangular Snip

## **When should I report a Short Term Disability (STD) claim?**

Report a claim as soon as you believe your absence from work may extend beyond 7 calendar days. You may report a claim up to four weeks in advance of a planned disability absence, such as childbirth or a scheduled surgery.

## **What number do I call to initiate the claim process?**

Please call The Standard's Disability Claim Reporting Service at 800.842.1707 to report a claim.

## **What are the hours of operation for the Disability Claim Reporting Service?**

The Standard's customer service benefits examiners are available Monday through Friday between 7:00 a.m. and 5:00 p.m., Pacific Time. If you call outside these hours, you may leave a detailed voicemail message, including your name and phone number, and a customer service representative will call you the following business day during business hours. Please identify yourself as an employee of the State of Oregon.

## **When I call to report my claim, what questions will I be asked?**

You will be asked to provide the following information:

- Employer – State of Oregon
- Group Policy number - 442210
- Name and Social Security number
- Last day at work
- Nature of claim
- Physician information\*

*\*Within one business day of filing a claim, The Standard will fax an Attending Physician's Statement (APS) to your doctor for completion. The Standard will make up to three follow-up attempts to obtain the completed APS from your doctor. Although The Standard will be following up with your doctor to obtain the completed APS, we encourage you to contact your doctor and ask their assistance in completing the APS on your behalf.*

## **Who is responsible for notifying my agency or university of my absence?**

It is your responsibility to follow the normal agency or university absence reporting procedures by notifying your manager or supervisor of your absence. The Standard will notify your agency or university of your intent to file a STD claim.

### **Will I receive a confirmation from The Standard after I initiate a claim?**

After initiating a STD claim, The Standard will send you a letter confirming receipt of your claim. In addition, The Standard will include an Authorization to Obtain Information form for you to sign and return.

### **Where do I send the completed forms?**

Completed forms may be mailed to:

Standard Insurance Company  
Employee Benefits Division  
Consolidated Disability Benefits, C8D  
P.O. Box 2800  
Portland, OR 97204

Or if you prefer, you may fax completed forms to our office. Our toll-free Fax number is 800.378.6053.

### **How long does it normally take for a claim decision?**

Once The Standard receives a completed claim application, it will take approximately one week to make a claim decision. If we have not made a decision within one week, you will be notified with details.

### **If my claim for STD benefits is approved, how long will it take to receive my first check?**

STD benefit payments are paid in arrears on a weekly basis. In most cases, STD checks are mailed on Wednesday of each week. STD benefit payments that are payable for retroactive claims will be mailed following claim approval. STD checks will be mailed directly to your residence.

### **Whom should I call with questions about my claim?**

For general questions about your claim, please call The Standard's toll-free Disability Benefits number, 800.842.1707. A knowledgeable customer service benefits examiner will be happy to assist you.

☐ Cut and save

#### **Filing a Claim for Short Term Disability**

If you are disabled for more than 10 calendar days, please call The Standard weekdays between 7:00 a.m. and 5:00 p.m., Pacific Time at 800.842.1707. You will need to provide the following information:

State of Oregon  
• Name and SSN  
• Nature of claim

Group Policy No. 442210  
• Last day at work  
• Physician information



## APPENDIX D: Parental Leave for Birthing Parent

Parental Leave for Birthing Parent is actually a combination of Family Medical Leave for an employee's own personal health condition (pregnancy disability) and parental leave to bond with their newborn. An eligible employee would take leave for their own serious health condition for conditions related to the pregnancy. This can include absences for morning sickness, prenatal doctor appointments, delivery, and then recovery from the birth.

FMLA provides up to a total of 12 workweeks of leave to cover the employee's serious health condition and bonding with the newborn.

OFLA leave provides additional leave for employees, who are the birthing parent, that have taken any amount of leave for their own personal health condition when that leave is related to their pregnancy. OFLA allows for up to 12 workweeks of parental leave beyond the leave taken for the employee's own serious pregnancy related health condition.

In general, OSU will not require a medical certification when an employee is requesting leave for their own serious health condition (pregnancy related) and leave begins no sooner than one week prior to your due date. Medical certification may be requested if you experience complications during your pregnancy and/or leave is requested to begin more than one week prior to your due date.

OSU will create one leave case for the standard six week recovery period after the birth toward your own serious health condition. Another leave case will then be created for parental leave. A medical certification form will need to be submitted if the recovery period indicated by your physician exceeds the six week period.

Example: Jordan Doe has applied for protected leave for their own serious health condition due to their pregnancy. They qualify for both FMLA and OFLA. Their due date is April 14, 2022 and they are requesting leave to begin April 7, 2022. They have not taken any other leave for morning sickness or prenatal visits prior to April 7<sup>th</sup>. They plan on being absent from work for a total of 13 weeks (one week before the due date, 12 weeks after the due date). They have the baby exactly on their due date.

- Protected Leave Case Number is assigned for the time period of April 14 – May 23, 2022, and is comprised of:
  - FMLA leave
  - OFLA leave for their own serious health condition (pregnancy related)
- New Protected Leave Case Number is assigned effective May 24, 2022 (after the six week recovery period) through July 4, 2022, and is comprised of:
  - FMLA leave through June 27<sup>th</sup> (end of the 12 weeks)
  - OFLA leave for parental leave through July 4, 2022.

In this example, Jordan receives:

- 12 workweeks of FMLA leave,
- 7 workweeks of OFLA leave for their own serious health condition/pregnancy related, and
- 6 workweeks of OFLA parental leave.

During the remainder of the designated leave year, Jordan will have up to 5 workweeks (12 weeks - 7 weeks) of OFLA leave available for any other OFLA qualifying event (e.g., their own or a qualifying family member's serious health condition or bereavement leave).



## STANDARD INSURANCE

### Maternity Claim Guidelines for Disability Claims



Maternity members are considered disabled when, as a result of their pregnancy, they are unable to perform with reasonable continuity the material duties of their own occupation. Please refer to the group policy for the exact definition of disability.

For members with **sedentary** occupations whose pregnancy is normal and uncomplicated, the disability period begins on the cease work date recommended by the member's physician (not earlier than two weeks before the expected date of delivery) and ceases six weeks after delivery, both vaginal and caesarian section.

For members with **light to heavy** occupations whose pregnancy is normal and uncomplicated, the disability period begins on the cease work date recommended by the member's physician (not earlier than four weeks before the expected date of delivery) and ceases six weeks after a vaginal delivery or eight weeks after a caesarian section delivery.


Unless the member's physician indicates otherwise, we will usually rely upon these guidelines when determining the length of disability. If the physician indicates that the member's disability will exceed these guidelines, we will request detailed information to support prolonged disability.

Disability benefits are paid only while the member is unable to work at her own occupation. **The actual amount and length of benefits paid is based upon the group policy.** No benefits will be paid for periods of child-parent bonding, breast feeding or child illness.

Family and medical leave laws are designed to protect the member's right for reinstatement after her leave ends and guarantees that she will not lose certain employment rights that accrued prior to the leave. These laws do not impact how and when disability benefits are paid. Disability benefits will be paid in accordance with the terms of the group policy.

If you have any questions, please feel free to contact our Customer Contact Center at (800) 842-1707.


## APPENDIX E: Family Medical Leave Posters



# BUREAU OF LABOR AND INDUSTRIES

# Oregon

# FAMILY LEAVE ACT



Brad Avakian, Commissioner

**NOTICE TO EMPLOYERS AND EMPLOYEES**

The Oregon Family Leave Act (OFLA) requires employers of 26 or more employees to provide eligible workers with protected leave to care for themselves or family members in cases of death, illness, injury, childbirth, adoption and foster placement.

ORS 659A.150 to 659A.186

<b>When can an Employee take Family Leave?</b>	<p>Employees can take family leave for the following reasons:</p> <ul style="list-style-type: none"> <li>⇒ Parental Leave during the year following the birth of a child or adoption or foster placement of a child under 18, or a child 18 or older if incapable of self-care because of a mental or physical disability. Parental leave includes leave to effectuate the legal process required for foster placement or adoption.</li> <li>⇒ Serious health condition leave for the employee's own serious health condition, or to care for a spouse, parent, child, parent-in-law, grandparent, grandchild or same gender domestic partner with a serious health condition. NOTE: Does not include an employee unable to work due to a compensable Workers Compensation injury.</li> <li>⇒ Pregnancy disability leave (a form of serious health condition leave) taken by a female employee for an incapacity related to pregnancy or childbirth, occurring before or after the birth of the child, or for prenatal care.</li> <li>⇒ Sick child leave taken to care for an employee's child with an illness or injury that requires home care but is not a serious health condition.</li> <li>⇒ Bereavement leave to deal with the death of a family member.</li> <li>⇒ Oregon Military Family Leave is taken by the spouse or same gender domestic partner of a service member who has been called to active duty or notified of an impending call to active duty or is on leave from active duty during a period of military conflict.</li> </ul>
<b>Who is Eligible?</b>	<p>To be eligible for leave, workers must be employed for the 180 day calendar period immediately preceding the leave and have worked at least an average of 25 hours per week during the 180-day period.</p> <p><b>Exception 1:</b> For parental leave, workers are eligible after being employed for 180 calendar days, without regard to the number of hours worked.</p> <p><b>Exception 2:</b> For Oregon Military Family Leave, workers are eligible if they have worked at least an average of 20 hours per week, without regard to the duration of employment.</p>
<b>How much Leave can an Employee take?</b>	<ul style="list-style-type: none"> <li>⇒ Employees are generally entitled to a maximum of 12 weeks of family leave within the employer's 12-month leave year.</li> <li>⇒ A woman using pregnancy disability leave is entitled to 12 additional weeks of leave in the same leave year for any qualifying OFLA purpose.</li> <li>⇒ A man or woman using a full 12 weeks of parental leave is entitled to take up to 12 additional weeks for the purpose of sick child leave.</li> <li>⇒ Employees are entitled to 2 weeks of bereavement leave to be taken within 60 days of the notice of the death of a covered family member.</li> <li>⇒ A spouse or same gender domestic partner of a service member is entitled to a total of 14 days of leave per deployment after the military spouse has been notified of an impending call or order to active duty and before deployment and when the military spouse is on leave from deployment.</li> </ul>
<b>What Notice is Required?</b>	<p>Employees may be required to give 30 days notice in advance of leave, unless the leave is taken for an emergency. Employers may require that notice is given in writing. In an emergency, employees must give verbal notice within 24 hours of starting a leave.</p>
<b>Is Family Leave Paid or Unpaid?</b>	<p>Although Family Leave is unpaid, employees are entitled to use any accrued paid vacation, sick or other paid leave.</p>
<b>How is an Employee's job Protected?</b>	<p>Employers must return employees to their former jobs or to equivalent jobs if the former position no longer exists. However, employees on OFLA leave are still subject to nondiscriminatory employment actions such as layoff or discipline that would have been taken without regard to the employee's leave.</p>

**FOR ADDITIONAL INFORMATION:**  

Employer Assistance ... 971-673-0824	BOLI
Portland ... 971-673-0761	Civil Rights Division
Eugene ... 541-686-7623	800 NE Oregon, #1045
Salem ... 503-378-3292	Portland, OR 97232

[www.oregon.gov/BOLI](http://www.oregon.gov/BOLI)

Employees who have been denied available leave, disciplined or retaliated against for requesting or taking leave, or have been denied reinstatement to the same or equivalent position when they returned from leave, may file a complaint with BOLI's Civil Rights Division.

This is a summary of laws relating to Oregon Family Leave Act.  
It is not a complete text of the law.

January 2015

**THIS INFORMATION MUST BE POSTED IN A CONSPICUOUS LOCATION**

# EMPLOYEE RIGHTS AND RESPONSIBILITIES UNDER THE FAMILY AND MEDICAL LEAVE ACT

## Basic Leave Entitlement

FMLA requires covered employers to provide up to 12 weeks of unpaid, job-protected leave to eligible employees for the following reasons:

- for incapacity due to pregnancy, prenatal medical care or child birth;
- to care for the employee's child after birth, or placement for adoption or foster care;
- to care for the employee's spouse, son, daughter or parent, who has a serious health condition; or
- for a serious health condition that makes the employee unable to perform the employee's job.

## Military Family Leave Entitlements

Eligible employees whose spouse, son, daughter or parent is on covered active duty or call to covered active duty status may use their 12-week leave entitlement to address certain qualifying exigencies. Qualifying exigencies may include attending certain military events, arranging for alternative childcare, addressing certain financial and legal arrangements, attending certain counseling sessions, and attending post-deployment reintegration briefings.

FMLA also includes a special leave entitlement that permits eligible employees to take up to 26 weeks of leave to care for a covered servicemember during a single 12-month period. A covered servicemember is: (1) a current member of the Armed Forces, including a member of the National Guard or Reserves, who is undergoing medical treatment, recuperation or therapy, is otherwise in outpatient status, or is otherwise on the temporary disability retired list, for a serious injury or illness\*; or (2) a veteran who was discharged or released under conditions other than dishonorable at any time during the five-year period prior to the first date the eligible employee takes FMLA leave to care for the covered veteran, and who is undergoing medical treatment, recuperation, or therapy for a serious injury or illness.\*

**\*The FMLA definitions of "serious injury or illness" for current servicemembers and veterans are distinct from the FMLA definition of "serious health condition".**

## Benefits and Protections

During FMLA leave, the employer must maintain the employee's health coverage under any "group health plan" on the same terms as if the employee had continued to work. Upon return from FMLA leave, most employees must be restored to their original or equivalent positions with equivalent pay, benefits, and other employment terms.

Use of FMLA leave cannot result in the loss of any employment benefit that accrued prior to the start of an employee's leave.

## Eligibility Requirements

Employees are eligible if they have worked for a covered employer for at least 12 months, have 1,250 hours of service in the previous 12 months\*, and if at least 50 employees are employed by the employer within 75 miles.

**\*Special hours of service eligibility requirements apply to airline flight crew employees.**

## Definition of Serious Health Condition

A serious health condition is an illness, injury, impairment, or physical or mental condition that involves either an overnight stay in a medical care facility, or continuing treatment by a health care provider for a condition that either prevents the employee from performing the functions of the employee's job, or prevents the qualified family member from participating in school or other daily activities.

Subject to certain conditions, the continuing treatment requirement may be met by a period of incapacity of more than 3 consecutive calendar days combined with at least two visits to a health care provider or one visit and

a regimen of continuing treatment, or incapacity due to pregnancy, or incapacity due to a chronic condition. Other conditions may meet the definition of continuing treatment.

## Use of Leave

An employee does not need to use this leave entitlement in one block. Leave can be taken intermittently or on a reduced leave schedule when medically necessary. Employees must make reasonable efforts to schedule leave for planned medical treatment so as not to unduly disrupt the employer's operations. Leave due to qualifying exigencies may also be taken on an intermittent basis.

## Substitution of Paid Leave for Unpaid Leave

Employees may choose or employers may require use of accrued paid leave while taking FMLA leave. In order to use paid leave for FMLA leave, employees must comply with the employer's normal paid leave policies.

## Employee Responsibilities

Employees must provide 30 days advance notice of the need to take FMLA leave when the need is foreseeable. When 30 days notice is not possible, the employee must provide notice as soon as practicable and generally must comply with an employer's normal call-in procedures.

Employees must provide sufficient information for the employer to determine if the leave may qualify for FMLA protection and the anticipated timing and duration of the leave. Sufficient information may include that the employee is unable to perform job functions, the family member is unable to perform daily activities, the need for hospitalization or continuing treatment by a health care provider, or circumstances supporting the need for military family leave. Employees also must inform the employer if the requested leave is for a reason for which FMLA leave was previously taken or certified. Employees also may be required to provide a certification and periodic recertification supporting the need for leave.

## Employer Responsibilities

Covered employers must inform employees requesting leave whether they are eligible under FMLA. If they are, the notice must specify any additional information required as well as the employees' rights and responsibilities. If they are not eligible, the employer must provide a reason for the ineligibility.

Covered employers must inform employees if leave will be designated as FMLA-protected and the amount of leave counted against the employee's leave entitlement. If the employer determines that the leave is not FMLA-protected, the employer must notify the employee.

## Unlawful Acts by Employers

FMLA makes it unlawful for any employer to:

- interfere with, restrain, or deny the exercise of any right provided under FMLA; and
- discharge or discriminate against any person for opposing any practice made unlawful by FMLA or for involvement in any proceeding under or relating to FMLA.

## Enforcement

An employee may file a complaint with the U.S. Department of Labor or may bring a private lawsuit against an employer.

FMLA does not affect any Federal or State law prohibiting discrimination, or supersede any State or local law or collective bargaining agreement which provides greater family or medical leave rights.

**FMLA section 109 (29 U.S.C. § 2619) requires FMLA covered employers to post the text of this notice. Regulation 29 C.F.R. § 825.300(a) may require additional disclosures.**



For additional information:  
1-866-4US-WAGE (1-866-487-9243) TTY: 1-877-889-5627  
[WWW.WAGEHOUR.DOL.GOV](http://WWW.WAGEHOUR.DOL.GOV)

U.S. Department of Labor | Wage and Hour Division



WHD Publication 1420 - Revised February 2013

# Appendix F: FAQs - Oregon Paid Family and Medical Leave

## 1. What is Oregon Paid Family & Medical Leave (OPFML)?

Oregon Paid Family & Medical Leave is a State of Oregon mandated program available to employees who primarily work in Oregon. The program ensures that individuals, employers, and families have the time and support they need to care for themselves and their loved ones when life's important moments affect their health and safety. OPFML will serve most employees in Oregon by providing paid leave for the birth or adoption of a child, you or a loved one's serious illness or if you experience sexual assault, domestic violence, harassment, or stalking.

This program is in addition to other OSU leave programs, such as Family Medical Leave Act (FMLA), Oregon Family Leave Act (OFLA), and collective bargaining agreement provisions, which are administered by the Office of University Human Resources.

## 2. What types of leave will be covered under OPFML?

Oregon Paid Family & Medical Leave will provide paid time off and job protection for medical, family and safe leave.

- Medical Leave is for when you need time off to care for yourself due to a serious medical condition.
- Family Leave is for when you need time off to care for a member of your family during the birth of a child, to bond with a child in the first year after birth, adoption or foster care or due to a serious medical condition.
- Safe Leave provides time off for survivors of sexual assault, domestic violence, harassment or stalking.

## 3. Who is considered a family member under Oregon Paid Family & Medical Leave (OPFML)?

A family member under OPFML can be any of the following:

- Your spouse or domestic partner
- Your child (biological, adopted, stepchild, or foster child), your spouse or domestic partner's child, or the child's spouse or domestic partner
- Your parent (biological, adoptive, stepparent, foster parent, or legal guardian), the parent of your spouse or domestic partner, or your parent's spouse or domestic partner
- Your sibling or stepsibling or their spouse or domestic partner
- Your grandparent or your grandparent's spouse or domestic partner
- Your grandchild or your grandchild's spouse or domestic partner
- Anyone you are related to by blood
- Anyone who is connected to you and has a family relationship

## 4. When does Oregon Paid Family and Medical (OPFML) Leave begin?

September 3, 2023

## 5. When can employees begin applying for OPFML?

As of August 14, 2023 applications for future dated leave were accepted. Employees can file early, but benefits will not be issued or calculated before the effective date based on The Standard's rules.

## 6. Is OSU participating in the State plan or an equivalent plan?

OSU has decided to provide an equivalent plan. OSU's equivalent plan will follow the same rules, but payments will be administered through The Standard.

## 7. Why is OSU providing an equivalent plan?

Choosing an equivalent plan allowed required contributions for employees and employers to be delayed to September of 2023 instead of starting in January of 2023. Funding and response times for paid family leave plans in other states resulted in extreme payment delays and exhaustion of pooled state funds. OSU is seeking to avoid these challenges for employees through an equivalent plan

## 8. How do OSU employees apply for OPFML?

**Step 1: Request a protected leave case in EmpCenter (for all leave types, including OPFML)** - The official process for initiating **ALL TYPES of protected leave** is via EmpCenter request.

*You can request protected leave through EmpCenter by:*

- Logging into My Time website located at: [mytime.oregonstate.edu](https://mytime.oregonstate.edu)
- Click My Time Off
- Click Create new request
- Select Absences for FMLA, OFLA and military leave
- Answer the questions and submit the request

**Step 2: Call The Standard to initiate OPFML claim:** Employees will call The Standard's phone number and speaking with a claims representative. They can be reached at: 1-800-242-1888. Employees will go through an intake process. The Standard will send e-mail or paper forms to complete the process. Online application is not an option currently.

**\*Please note:** Due to the volume of claims we receive, the OSU Protected Leave office will only be completing the electronic employer statements sent directly from The Standard. Please do not send your supervisor or our office the paper employer statement to complete. You can simply annotate on that portion of the form "Employer will complete electronic Employer Statement request".

**Step 3: Complete this [form](#) to let OSU know how you wish to be paid from OSU during your OPFML claim.** Please do not complete this form if you do not live and/or physically work in Oregon – you will be sent next steps based upon your specific job location.

## 9. When I report my claim to The Standard, what information will I need to provide?

- Employer Name: Oregon State University
- Group Policy Number: 762197
- Name & Social Security Number
- Last day you were at work or plan to work
- Reason for leave
- Estimated duration of your leave

Hours of operation for the claim intake service center at The Standard are:

*Monday-Friday 5am-5pm, Pacific Time.*

## 10. How long with claim determinations take?

Once all pieces of information are received by The Standard (employee claim documents, employer statement, leave documentation from employee or physician if medical leave), the claim is assigned, with a decision rendered within 5 business days.

**\*Please note:** Due to the volume of claims we receive, the OSU Protected Leave office will only be completing the electronic employer statements sent directly from The Standard. Please do not send your supervisor or our office the paper employer statement to complete. You can simply annotate on that portion of the form "Employer will complete electronic Employer Statement request".

## 11. How will payments work?

Paper checks will be mailed on a weekly basis. Because of the typically short timeframes, direct deposit is not an option. Payments for intermittent leaves differ. Intermittent approved leave dates are paid as an employee reports time.



Leave is must be taken in a minimum of full day increments. Benefits are issued within 3 business days of the payable date. Employees can supplement their OPFML benefit with other accrued paid leave.

**12. Who should I call with questions about my OFML claim?**

If you have already filed an OPFML claim, please call The Standard at: 1-800-242-1888

**13. Who is responsible for notifying my employer of my absence?**

It is your responsibility to keep your timesheets up-to-date while you are on any protected leave claim and notify your supervisor of your absence.

**14. How will The Standard and OSU coordinate pay if employees are using accrued leave?**

Complete this [form](#) to let OSU know how you wish to be paid from OSU during your OPFML claim.

Since Oregon PFML payments happen once a week, OSU pays once a month and timesheets are processed before the end of the month employees may experience pay adjustments in the proceeding months as payments are reconciled and leave is topped off.

If the employee has not indicated that they desire to supplement their OPFML payments with accrued leave by they have been paid for their first month on leave, the default will be LWOP from OSU for the duration of their OPFML or STD claim.

**15. Can employees choose not to supplement with accrued leave?**

Yes, employees can make this choice. If employees choose not to use accrued leave or they do not use accrued leave to supplement by default, they will need to work with the Employee Benefits team in University Human Resources to make arrangements to self-pay their portion of their health care benefits each month. They can be reached at 541-737-2805 or [employee.pebbbenefits@oregonstate.edu](mailto:employee.pebbbenefits@oregonstate.edu).

**16. Is there a calculator I can use to see what my weekly benefit amount will be?**

The Standard is working on a calculator for employees to estimate their benefit payment amount based on their leave time, but it is not yet complete. For the time being, please use the State's [Benefit Calculator](#) to give you an estimate.

**17. What are the benefits of having both OPFML & Short-Term Disability (STD) coverage?**

- If you plan to use more than 12 weeks of short-term leave per year
- If you live out of state and need STD coverage
- If you earn more than 10,000 per month

Starting September 2023, your STD premiums will be reduced by about 80% automatically.

**18. How will OPFML be funded?**

The payroll tax rate matches the State plan as a percentage of wages and withheld through payroll.

- The rate for 2023 is 1% of total wages.
- The rate is jointly funded by the Employee and OSU.
  - Employee pays 60% of the 1% tax
  - OSU pays 40% of the 1% tax
  - **Please note:** The employer tax share is not centrally funded.
- For example, if an employee's gross pay totals \$1,000 dollars, then the tax is 1% of the \$1,000, which means the employee pays \$6, or 60% of the tax rate, and OSU pays \$4, or 40%.
- If an employee elects to supplement the OPFML benefits with their OSU accrued leave, the supplemented hours would go through the normal payroll process. There is not a central fund for the use of accrued leaves and would follow the normal labor distribution pattern that is in place for that employee.

**19. How can I learn more about OPFML?**

- Past webinars will be posted on the Protected Leave Website

**These additional resources provide information about OPFML:**

- [OSU's Protected Leave Website](#)
- [Procedure for Reporting Leave to The Standard](#)
- [OPFML Notice for OSU Employees](#)
- [OSU's Protected Leave Handbook](#)
- [Benefits at a glance](#)
- [Benefits at a glance \(Spanish\)](#)
- [Paid leave Oregon Brochure](#)

# Reporting an Absence

## Oregon Paid Family and Medical Leave



### WHEN SHOULD I REPORT AN ABSENCE?

You should report an absence to Standard Insurance Company (The Standard<sup>‡</sup>) if you're absent from work or know you'll be absent from work for any of the following reasons:

- **Your own serious health condition, including pregnancy**
- **Bonding with a child in the first 12 months after birth, adoption or foster care placement**
- **Caring for a qualifying family member with a serious health condition**
- **Safe leave for those experiencing or managing the impacts of family violence**



### HOW SHOULD I REPORT AN ABSENCE?

Contact The Standard's Services Center at:  
**800.242.1888**

Please reference the following:  
Oregon State University | Policy# 762197

Remember to stay in contact with both us and your employer throughout your leave.

### WHAT ARE THE CENTER'S HOURS OF OPERATION?

Monday through Friday  
5 a.m. – 5 p.m. Pacific

### WHAT ABOUT OTHER TIMES I'LL BE OUT?

For all other personal absences, please contact your human resources department.

Standard Insurance Company | 1100 SW Sixth Avenue, Portland, OR 97204 | [standard.com](http://standard.com)

<sup>‡</sup> The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of Portland, Oregon, in all states except New York. Product features and availability vary by state and are solely the responsibility of Standard Insurance Company. Oregon Paid Family and Medical Leave Insurance underwritten by Standard Insurance Company is provided under policy form numbers: OR0923-PFML, OR0923-PFML-ENHANCEMENTS

SI 23070

OR PFML Admin Poster – AMS & TCI  
**OR-Template**  
(4/23)