FRONT DESK QUICK GUIDE

# Patients asking about leave and pay?

Plain-language answers for pregnancy, new babies and family care in New York.

### DBL: NY short-term disability

Pays while the patient cannot work for medical reasons, including pregnancy and recovery. Pays 50% of average weekly wage, up to $170 a week. The first 7 days are unpaid: payments start on day 8.

### PFL: Paid Family Leave

Pays while bonding with a new child (birth, adoption, foster) or caring for a family member with a serious health condition. Up to 12 weeks at 67% of wage, up to a weekly cap ($1,228.53 in 2026). Bonding leave must be taken within 12 months of the birth.

## What your office is usually asked to do

- **DBL claim:** the provider completes Part B, the "Health Care Provider's Statement," of the patient's Form DB-450 and returns it to the patient within 7 days. For pregnancy, a physician or certified nurse midwife certifies the disability with medical reports.
- **PFL to bond with a baby:** no provider certification form is required. If the birth certificate isn't ready, a provider letter is accepted. It should certify the birth and include the mother's name, the actual or expected birth date, and the provider's name, address, phone number and credentials (letterhead is fine).
- **PFL to care for a family member:** that person's provider completes form PFL-4, after the patient or family member signs the release, form PFL-3.

## Quick answers for patients

**Will I get paid while I'm out?**
Possibly. DBL may pay while recovering, and PFL may pay while bonding. It depends on the employer's coverage and the patient's work history.

**How long can I be out?**
DBL for pregnancy can start up to 4 weeks before the due date if the doctor certifies it, and generally runs 6 weeks after a vaginal birth or 8 after a C-section. PFL is up to 12 weeks.

**Can I get both at once?**
No, not for the same days. Together they are limited to 26 weeks in 52, so the dates need planning.

**Where do the forms go?**
The patient sends their claim to the employer's insurance carrier, within 30 days of becoming disabled for DBL, or within 30 days after leave starts for PFL. Patients should also give their employer 30 days' notice of PFL leave when they can.

**What to say:** "Here's a plain-language guide to disability and paid family leave. It comes from NYS DBL & PFL Advisors, an independent service that offers a free eligibility check and a free 15-minute consultation if you'd like help with next steps. You can also see the official rules at paidfamilyleave.ny.gov."

### About NYS DBL & PFL Advisors

- Free eligibility check and free 15-minute consultation for patients.
- Independent service: not a law firm, insurance carrier or broker.
- We never need patient information or records from your office, and nothing here implies your practice endorses us.
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**Scan for the patient timeline and free eligibility check**

General information only, not legal or medical advice. Rules, forms and amounts change, so confirm with the official sources: NY Workers' Compensation Board disability benefits fact sheet and paidfamilyleave.ny.gov (information for health care providers). NYS DBL & PFL Advisors is not affiliated with the State of New York. Reviewed November 2026.