

Paid Family and Medical Leave



Bureau of Labor Standards

Beginning on May 1, 2026, Maine's Paid Family and Medical Leave (PFML) program will provide up to 12 weeks of paid leave for family leave, medical leave, safe leave or leave related to a family member's impending military deployment.

A copy of the actual laws and formal interpretations may be found online at www.maine.gov/paidleave or by calling 207- 623-7900 | TTY users call Maine Relay 711.



Maine Law (Title 26, M.R.S.A. § 42-B and § 850-1) requires every employer to place this poster in the workplace where workers can easily see it.

Benefits

Benefits are available for the duration of your needed leave or 12 weeks, whichever is less.

Benefit amounts will be determined based on your previous earnings and are capped at Maine's annual statewide average weekly wage.

Reasons for Leave

Family leave: To care for a new child through birth, adoption, fostering, or to care for family with a serious health condition.

Medical leave: To care for one's own serious medical needs.

Safe leave: To stay safe or to help a family member stay safe after abuse or violence.

Military leave: For emergencies related to a family member's impending military deployment.

Types of Leave

Continuous leave: Leave where you are out of work for days or weeks at a time.

Intermittent leave: Leave where you are still working and you need to take time off but it is not the same every day or every week.

Reduced leave: Leave where you are still working but you are consistently working fewer hours.

Eligibility

To establish a claim, you must have earned a total of six times the statewide annual average weekly wage in Maine in your base period. The base period is defined as the first four of the last five completed calendar quarters. In most cases, the Department of Labor has your wage information on file. If it is not on file, the Department will take steps to obtain it.

Payroll Deductions

Premiums will be deducted from your pay beginning with the first pay date after January 1, 2025.

For calendar years 2025 through 2027, the premium rate for you cannot be more than 0.5 percent of wages. For example, an individual who earns \$600 per week will contribute no more than \$3 per week.

Other Information You Should Know

Employers must restore you back to your original position or to an equivalent position with equivalent benefits, pay and other terms and conditions of employment if you have been with your employer for at least 120 consecutive days when you started your leave.

IMPORTANT NOTE TO EMPLOYEES

Your employer provides Maine Paid Family and Medical Leave benefits through an approved private plan instead of through the state plan. **Your employer's private plan provider is Symetra Life Insurance Company.**

You can file a claim with Symetra by calling 1-877-377-6773 between the hours of 8am-8 pm ET, or through our portal www.symetra.com/MyGO. You can also contact Symetra via email at LADCLA@symetra.com.