

Submit your PFML claims.

Your insurance provider for PFML is Principal®.

Paid family and medical leave (PFML) provides time off when you need it most. You can use PFML to care for yourself or a family member with a serious health condition, bond with a child, provide care for a covered service member, and more. Your employer has selected Principal® to administer your PFML.

Submit your PFML claim online.



To help the claims process go smoothly, submit your claim within 30 days before the date of your leave.

Or, go to principal.com and search for “PFML claim.”

Have questions about your claim?

Contact the claims department at Principal.



Phone: 800-245-1522



Email: SBDClaims@principal.com

principal.com

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