

# How to File a Short Term Disability, FMLA or Supplemental Health Benefits Claim

When caring for yourself or a loved one takes you away from work, you may need to file a Short Term Disability or FMLA claim. If available, you can file your supplemental health benefit claim at the same time. We make it easy for you to file 24 hours a day, 7 days a week.



Scan the QR code to download the eServices mobile app.



Visit [matrixabsence.com](https://matrixabsence.com) to file online.



Call (877) 202-0055 to file your claim by phone.

For more information, visit [reliancematrix.com](https://reliancematrix.com).