



Pregnancy Claim Guidelines Employee Benefits

Experience supports that the majority of claimants receiving benefits due to postpartum recovery are capable of returning to work in six weeks. In general, the medical community supports up to six weeks of recovery following either a vaginal or cesarean delivery unless the occupation has greater physical demands.

The following sheet offers guidelines for the duration of impairment both prior to and following delivery.

These guidelines should be used when evaluating pregnancy claims.

Impairment Prior to Expected Confinement or Delivery (EDC)

Job Classification	Duration of Impairment
Sedentary	Up to 2 weeks
Light; without prolonged standing; without risk of altercation	Up to 4 weeks
Medium; or prolonged standing; or risk of altercation	Up to 16 weeks
Heavy or Very Heavy	Up to 20 weeks

Impairment Following Delivery

Vaginal Delivery

Job Classification	Duration of Impairment
Sedentary to Very Heavy Work	Up to 6 weeks

Cesarean Delivery

Job Classification	Duration of Impairment
Sedentary Work	Up to 6 weeks
Light to Very Heavy Work	Up to 8 weeks

The durations indicated are reasonable for the routine pregnancy. If the physician indicates that the claimant's impairment will exceed the above guidelines, it may be necessary to obtain additional medical and/or vocational information to determine whether disability is warranted.

It is still necessary to evaluate each pregnancy claim on an individual basis.