

## **Paid Family Medical Leave**

All employees must provide written notice to either Tara Price or Kim Skyberg of the intention to take paid family medical leave with as much notice as foreseeably possible.

Employees will be required to continue to make insurance premium payments for their portion of their insurance premiums on the scheduled payroll dates while out on leave.

Employees will not be allowed to supplement their wages with paid time off while out on paid family medical leave.

Employees are allowed to take up to 480 hours of leave intermittently each year if they qualify. Any leave over 480 hours in a year must be taken in one continuous block. The shortest block of intermittent leave employees will be allowed to take is 7 hours.

Employees will not continue to accrue paid time off while out on leave.

Elevate Wellness Agency will require any leave taken under the family and medical leave act (FMLA) and/or under the Minnesota pregnancy and parental leave act (MPLA) will run concurrently with paid family medical leave (PFML).

## Minnesota Paid Leave

Minnesota Paid Leave provides payments and job protections when you need time off to care for yourself or your family.

You can take leave for the following qualifying events:

### Medical Leave:

- To care for your own serious health condition, including care related to pregnancy, childbirth, and recovery

### Family Leave:

- Bonding Leave – to care for and bond with a child welcomed through birth, adoption, or foster placement
- Caring Leave – to care for a family member with a serious health condition
- Military Family Leave – to support a family member called to active duty
- Safety Leave – to respond to issues related to domestic violence, sexual assault, or stalking for yourself or a family member

## Am I covered by Paid Leave?

Most workers in Minnesota are covered by Paid Leave. You are covered no matter the size of your employer, or the hours or days you work. Independent contractors and self-employed individuals are not automatically covered, but may opt in. You may qualify for payments if you've been paid a minimum amount for work in Minnesota in the last year (\$3,900 for the start of Paid Leave in 2026).

## What are my employment protections?

- **Job protections:** Generally, you must be restored to your job or an equivalent position when returning from leave. Job protections take effect 90 days after your date of hire.
- **Health insurance continuation:** Generally, employers must continue to fund their portion of healthcare insurance and other group insurance premiums while you are on leave. You will be responsible for any portion of health insurance and other group insurance premiums that you pay.
- **No retaliation or interference:** Employers must not interfere with or retaliate against you if you apply for or use Paid Leave. Employers cannot take your Paid Leave payments.

For inquiries related to Paid Leave, please contact Minnesota Paid Leave at 651-556-7777 or visit our website. If you think your employer is violating employment protections, contact the Labor Standards Division at the Minnesota Department of Labor and Industry.

### Who pays for Paid Leave?

Paid Leave is funded by premiums paid by employees and employers. **The initial premium rate is 0.88% of wages** up to the cap set by Social Security’s Old-Age, Survivors, and Disability Insurance program (currently \$176,000). Your employer **may deduct up to 0.44% of your wages** to fund your portion of the premium. This total premium covers both Medical Leave (0.61%) and Family Leave (0.27%).

Employers are responsible for sending premiums to Paid Leave on behalf of all employees.

Your premium contributions are:

<b>Medical Leave</b>	<b>Total Medical Leave Premium: 0.61%</b>			
	<i>Elevate Wellness Agency, LLC</i>	will contribute	.30.5%	of the Medical Leave contribution
		<b>and the remaining</b>	<b>.30.5%</b>	<b>will be deducted from your wages</b>

<b>Family Leave</b>	<b>Total Family Leave Premium: 0.27%</b>			
	<i>Elevate Wellness Agency, LLC</i>	will contribute	.13.5%	of the Family Leave contribution
		<b>and the remaining</b>	<b>.13.5%</b>	<b>will be deducted from your wages</b>

<b>Total deducted from your wages</b>	<b>.44%</b>
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## How do I take Paid Leave?

1. Notify your employer.
2. Apply with Paid Leave. You will be able to apply for Paid Leave at [paidleave.mn.gov](https://paidleave.mn.gov). You can also apply over the phone if needed.

After you apply, you will receive a determination from Paid Leave, which is the official decision from the program about whether your application was approved or denied.

If you are approved for Paid Leave payments, they will be sent to the bank account or prepaid debit card selected in your application.

## Learn more

Visit [paidleave.mn.gov](https://paidleave.mn.gov) to apply or for more information about Paid Leave, including calculators to help you estimate your premium costs and the payments you could receive under Paid Leave.

## Other ways to reach us

Phone: 651-556-7777 or 844-556-0444 (toll free).

E-mail: [paidleave@state.mn.us](mailto:paidleave@state.mn.us)

Mail: Department of Employment and Economic Development, Paid Leave Division  
180 E 5<sup>th</sup> Street, 12<sup>th</sup> Floor, Saint Paul, MN

*Information is available in alternative formats for people with disabilities by using the contact information listed above.*

## Employer Information:

<b>Employer Name:</b>	Elevate Wellness Agency, LLC
<b>Mailing Address:</b>	PO Box 156
<b>Employer Identification Number (FEIN):</b>	99-3653145

## Employee Acknowledgement:

<input type="checkbox"/>	<b>I acknowledge receipt of this notification</b>
<b>Name</b>	
<b>Signature</b>	
<b>Date</b>	