

liveWell Benefits

State Disability Insurance (SDI) & Paid Family Leave (PFL) Overview

This guide highlights states offering State Disability Insurance (SDI) and/or Paid Family Leave (PFL). These programs provide partial wage replacement for qualifying employees.

State	SDI	PFL	Program Link
California	Yes	Yes	View Program
Hawaii	Yes	No	View Program
New Jersey	Yes	Yes	View Program
New York	Yes	Yes	View Program
Rhode Island	Yes	Yes	View Program
Colorado	No	Yes	View Program
Connecticut	No	Yes	View Program
District of Columbia	No	Yes	View Program
Massachusetts	No	Yes	View Program
Oregon	No	Yes	View Program
Washington	No	Yes	View Program

What This Means for Employees

- SDI covers your own medical condition, injury, or pregnancy.
- PFL covers time to bond with a new child or care for a family member.
- Not all states offer these benefits—check your state program for eligibility.
- Benefits and duration vary by state.

This information is for general awareness only. Refer to state program websites for full details.