

Going on Long-Term Disability

What classified staff need to know about going on Long-Term Disability with the University of Pittsburgh

What is Long-Term Disability (LTD)?

LTD is a University of Pittsburgh benefit that provides partial income replacement and continuation of certain benefits in the event eligible employees become disabled under the terms and conditions of the University's plan. If approved for LTD, benefits become payable upon completion of the six month waiting period. To be eligible, you must be at least 50 percent effort and retain a benefits eligible position for at least six months.

What is the definition of disability?

Total disability is defined as "wholly and continuously unable:

- (1) during the first two years of any one period of disability, to perform any and every duty pertaining to one's employment; and
- (2) during the remainder of such period of disability, to engage in any occupation or perform any work for compensation or profit for which one is or becomes reasonably fitted by training, education, or experience."

During the period of disability, one must be under the regular care of a legally qualified physician.

Certain conditions are considered limited disability benefits and provide a shortened period of LTD benefits. For example, disability due to alcohol, drug or substance abuse, or addiction; mental or nervous disorders or diseases; neuromuscular, musculoskeletal, or soft tissue disorder; chronic fatigue syndrome; and related conditions are considered limited disability benefits. See plan document for more information.

How do I apply for LTD?

In most cases, you will already be on short-term disability with MetLife. MetLife will begin the LTD transition process about 60 days before you have been out of work for the six month waiting period. MetLife will contact you and your attending physician with additional requests specific to LTD. Once a claim is approved, LTD benefits continue to be paid and MetLife will request periodic reviews of your health condition status. Additional medical support may be needed.

What if I'm part of a collective bargaining unit?

Reference your collective bargaining agreement for your union's specific leave requirements and process.

What payments will I receive while on LTD?

If the claim is approved by MetLife, the LTD benefit is payable monthly by MetLife after the six month waiting period. The actual monthly payment is equivalent to 60 percent of covered monthly salary up to the plan maximum of \$20,000 per month.

The initial income replacement received from MetLife will be reduced by an amount equivalent to disability amounts received from Social Security, workers' compensation, and any other benefits payable under any plan for which contributions or payroll deductions are made by the University. However, in no event will the amount from MetLife be reduced by less than \$100 per month or by subsequent increases in Social Security.

Do I have to file for Social Security Disability income/Medicare?

Yes. Initially, the insurance carrier only requires evidence of application to Social Security. If the insurance claim is approved and social security is not approved, the actual amount received from the carrier will be the full 60 percent of covered monthly salary up to the plan maximum of \$20,000 per month.

The insurance carrier may ask for an appeal to Social Security if the claim is not approved by Social Security.

After 30 months of disability (two years of LTD), you will be required to sign up for Medicare Parts A & B. The University employs an organization that will reach out to you and assist with this transition.

Am I eligible to receive disability payments during my elimination period?

During the LTD elimination period, eligible staff members may file a claim under the short-term disability plan (STD). The STD Plan involves an elimination period of 30 calendar days and works in conjunction with medical leave under the Family and Medical Leave Act (FMLA), accrued sick time, and accrued vacation/personal time.

While receiving pay for accrued time, insurance through the University continues without alteration. No further action is required. Options for participation in insurance benefits continue to be available throughout the remainder of the LTD elimination period.

What happens to my benefits and other deductions while I am on LTD?

You and your family are eligible to continue your medical, dental, vision, and dependent life insurance coverage while on approved LTD at the same cost share that active University staff pay. Your optional life insurance coverage will continue at no cost to you for 12 months from your date last worked. Your flexible spending account closes the last day of the month in which your LTD starts. Claims can still be submitted for expenses incurred prior to the LTD start date; unused funds will be forfeited if not claimed within 180 days of the LTD start date.

Benefits Management Services will administer your benefits (since your pay comes from MetLife and not the University) and you will be directly billed for the cost share of the premiums. You will be required to complete a new enrollment form.