



Employers' Guide to Paid Family Medical Leave in Maine

Do you employ more than one person in Maine?

YES

NO

[Register on portal](#)
[Provide information to employees](#)

I'm self-employed and would like to elect coverage

Have you received an exemption from MDOL for providing better or equivalent benefits?*

YES

Great! Exemptions will be approved beginning April 1, 2025. Your substitution plan is valid for three years.

NO

Do you have 15 or more qualified employees in Maine?

SEASONALLY

Is it for more than 20 weeks per year?

YES

NO

YES

NO

Your premium is 1% of your employees' wages. You may elect to deduct up to 0.5% from employee wages

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[Contributions and wage reports are due in the portal on a quarterly basis](#)