SDI ONLINE TUTORIAL

Disability Claim: Quick Start Checklist

Before You Apply

Get Your Information

Last Updated: February 2026

*Before you apply for **Disability Insurance** benefits you will need your personal and employment information, and your doctor's information. Please gather the following:*

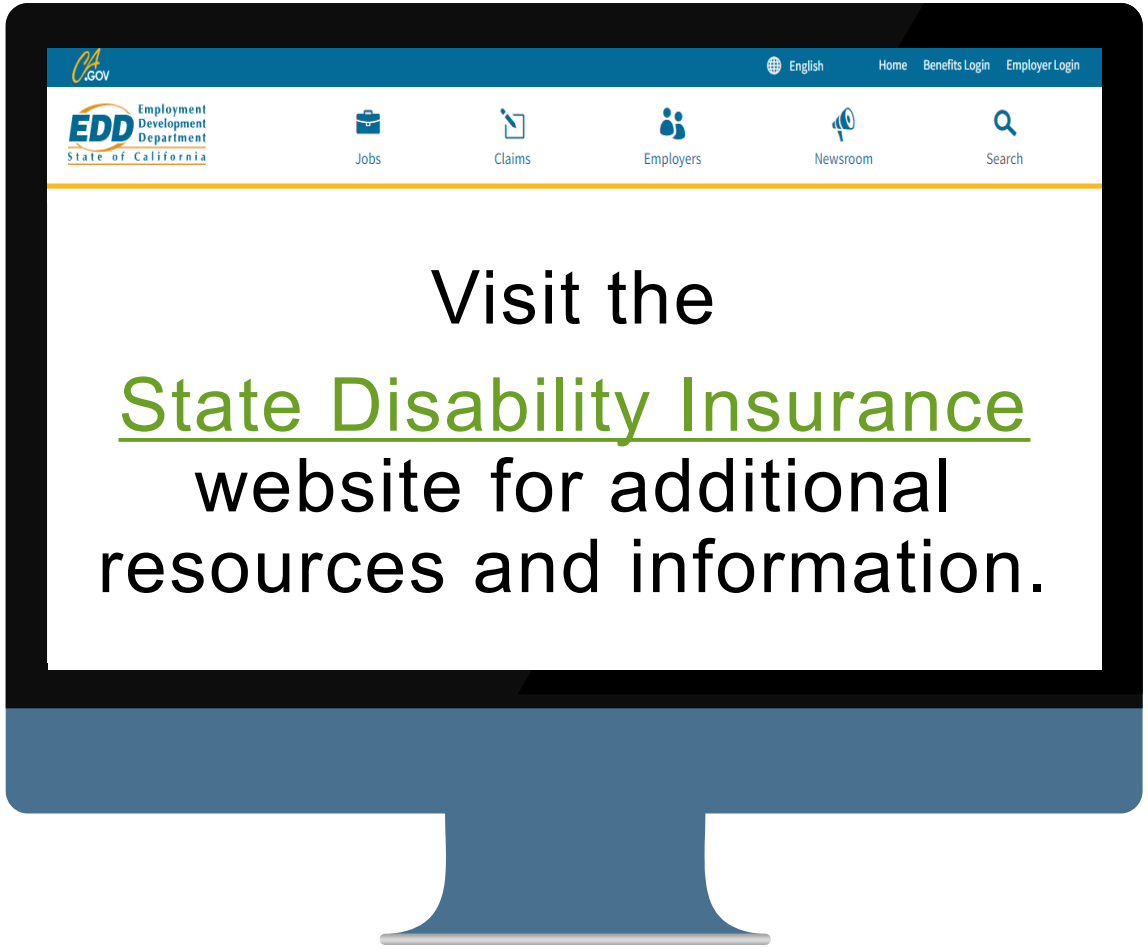
Personal information	❑ **Full name.** ❑ **Date of birth.** ❑ **Contact details, such as address and phone number.** ❑ **Social Security number(s) that you worked under.** ❑ **Photo Identification.** ❑ **Second Identification.** **Acceptable Documents for Verification** **https://edd.ca.gov/en/disability/acceptable-document-verification/**
Employment information	❑ **Most recent or current employer information:** ○ **Name** ○ **Phone Number** ○ **Mailing address shown on your W-2** ❑ **Last day worked your normal hours.** ❑ **The date you returned to work (if you've returned).** ❑ **Any payments you will receive while disabled such as sick leave or vacation pay.** ❑ **If you will be taking intermittent leave, mark Yes on field A20.**

Disability Insurance *benefits cont.*

Extra details (if applicable)	❑ **You must be under the care of a physician/practitioner who must certify your disability.** ❑ **Self-employment info.** ❑ **Workers' compensation information if your disability is work related.** https://edd.ca.gov/en/disability/Employer_Workers_Compensation/ ❑ **State licensed alcohol or drug in-patient treatment facility:** ○ **Name** ○ **Address** ○ **Phone number**

Fill out the application online or by paper. Make sure you answer all applicable questions, please, no "n/a" in any of the fields and submit the form.

- Your doctor will also need to fill out their part of the form (Part B).
- Your citizenship and immigration status do not affect eligibility.
- The fastest way to apply for disability benefits is online through myEDD, which provides the quickest processing times and 24/7 access.



The EDD is an equal opportunity department for this information.
If you need help or services because of a disability, call 1-866-490-8879.
TTY users, please call the California Relay Service at 711