



Pregnancy benefit

Do you have a job that could harm your pregnancy?

If so, you may be entitled to pregnancy benefit to cover lost income if you must reduce your workload or stop working.



Pregnancy benefit or sickness benefit?

If you are unable to work during pregnancy, you may qualify for pregnancy benefit or sickness benefit. Both pay the same amount, but are granted for different reasons.



Pregnancy benefit is only for when your working conditions could harm the baby, and your employer is not able to make adaption to make the workplace safe.



Sickness benefit can only be received if you are ill or have pregnancy-related health problems which make you unable to work fully or at all during the pregnancy.

You may be entitled to both benefits, but you can only receive one at a time. By receiving *pregnancy benefit* instead of *sickness benefit*, you keep more sickness benefit days for later.

Potential risks at work that could be harmful for the baby*

- physically demanding work
- no possibility for breaks or rest
- night work or very long shifts
- very stressful working conditions
- long distance transport or flights
- exposure to hazardous substances
- risk of violence or shocks
- risk of infection or disease
- conflict-filled workplace

*What constitutes a risk can vary, and will be assessed for you and your pregnancy together with your doctor or midwife.

How to apply for pregnancy benefit

1 Assess risk at your job with your doctor/midwife

If the job is considered risky for the baby, the midwife/doctor describes it in **Part 1** of the Labour Inspection Authority's form called "**Adaptation/reassignment during pregnancy**".

Read more at
nav.no



2 Your employer assesses adaptations/relocation

Bring the form to your employer who are required to check if your job can be adapted for a safe pregnancy. If not, you will need to work less or take leave. Your employer must fill in **Part 2 of the form**.

Go to
the form



3 Submit your application for pregnancy benefit

If you and your employer agree that the best solution is for you to work less or take leave, you submit an application for **pregnancy benefit** at nav.no. Upload **the form** with your application.

Apply
here



4 Nav processes your application

Nav reviews the information and asks your employer to send an **income report** before processing your application and giving you a decision.

Follow your
application on
Min side at
nav.no.


Pregnancy benefit facts

- You can get pregnancy benefit until three weeks before your due date. After that, you may be entitled to parental benefit or lump sum grant.
- To qualify you must have had a paid job for at least four weeks before starting to receive the benefit and an annual salary of at least 0.5 G*.
- Nav covers your annual salary up to 6 G*.

*G = Base amount (*Grunnbeløp*). 1 G = NOK 130 160 between May 1st 2025 to April 30th 2026.

Contact us

 Write to **chatbot Frida** at nav.no

 Call **+47 5555 3333** – free of charge



The Norwegian Labor and Welfare
Administration