

? frequently asked QUESTIONS

Employment Insurance (EI) How do I apply for Canadian EI?

Check out these website for further information on how to apply for EI.

- [Applying for EI](#)
- [How to file a claim for Canadian Employment Insurance benefits if you reside outside Canada](#)
- [EI—Workers and/or residents outside of Canada—PDF](#)

It is recommended that you call the Service Canada Interstate Department once you know you are being posted OUTCAN to the U.S. because each case is different.

If you do not call the Interstate Department for EI, you may get inconsistent or incorrect information. Service Canada Interstate Department is matter experts for out of country assistance with EI benefits.

When can you apply as a spouse of a military member?

You can file a claim to receive your EI benefits the moment you stop working, this can be done all online in Canada. [Complete application process online](#), this takes approximately 60 minutes to complete. Complete even if you do not have your Record of Employment and while you are still in Canada.

Once I get to the US will I need to do anything to continue receiving my EI Benefits?

Yes, you may be required to show proof of eligibility to work. This means you must have an Employment Authorization Document (EAD). You cannot apply for your EAD until you move into the US, as you must have your I-94 from US Customs before the process can begin. See MFS FAQ on [Applying for your EAD](#).

It is highly recommended that you apply for your EAD once you arrive in the US.

Maternity and Paternity leave for spouse of military member, are you eligible?

You are eligible for Mat/Pat leave, but you need to have worked for an employer insured under Canada's EI program. For further details on your eligibility, see links below. Please see [Regular benefits Eligibility & Canadian Armed Forces](#)

For the CAF member, see your OR for eligibility.

Can a spouse working for a Canadian company who is being cross-posting (moving to another state) apply for EI?

Yes, as long as you were working for an employer insured under Canada's EI program and you have weeks to claim, you could be eligible.

Steps to Claiming EI OUTCAN U.S.

- **Step one** – Call the Service Canada Interstate Department 1-877-486-1650
- **Step two** - [Complete application process online](#), this takes approximately 60 minutes to complete. Complete even if you do not have your Record of Employment and while you are still in Canada.
- **Step three** – Wait for your Record of Employment (ROE) from the last 52 weeks of employment, mail this into Service Canada unless your employer submits them electronically.
- **Step four** – If you are entitled to receive benefits, you should receive your first claim within 28 days of the date when your claim was received. If you are entitled to receive benefits you will be notified by phone or mail.
- **Step five** - You will receive an EI access code shortly after you file your application- this is needed to submit your biweekly reports. Please note this does not necessarily mean your application is approved.

Please reach out to your [MFSC](#) for support.

Other Resources

Website: [EI – Workers and residents outside of Canada - Overview](#)

Out of Canada Claims Unit - Service Canada Interstate Department

P.O. Box 4800 Belleville, ON
K8N 5E2

1-877-486-1650 or
1-613-969-3479,

Fax: 1-613-545-8934

Take note that benefits are paid in Canadian dollars and the easiest method of payment is direct deposit to a Canadian account.