CARROT



Your hormonal health, fertility, and family-building benefits

We've partnered with Carrot to provide comprehensive care and on-demand resources — **at no cost to you.**

Activate your benefits

What can Carrot help with?*

- Perimenopause and menopause
- Low testosterone — from energy to fertility support
- Parenting children up to 12 years old
- Pregnancy and postpartum — with doula support
- Fertility — from testing to trying to get pregnant
- Egg, embryo, and sperm freezing
- Assisted reproduction — including IUI and IVF
- Adoption
- Donor assistance
- Gestational surrogacy

> Carrot has ***changed my life for the better.*** I would not feel confident and empowered if not for this experience.
>
> **Tiffany**
> Carrot member

Claim your funds to help pay for eligible care at get-carrot.com/signup.**

With Carrot, you can:

- **Get funds to help pay for eligible care,** products, and services
- **Get recommendations for high-quality providers** online and near you
- **Receive an expert-made plan** for your needs, with personalized next steps
- **Learn from on-demand resources** — no more endless online searching
- **Share your benefits** by adding a partner or spouse to your account
- **Save money with exclusive discounts** from Carrot partners

*Services available may vary based on plan design, geography, and local rules and regulations.
**Funds used through Carrot may be considered taxable income.

Questions? Visit get-carrot.com/get-support to connect with the Carrot Care Team 24/7.