

## IVF and IUI with Carrot

Carrot Fertility provides inclusive fertility, hormonal health, and family-forming benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

This includes support for assisted reproductive technology, more commonly known as fertility treatments, such as intrauterine insemination (IUI) and in vitro fertilization (IVF).

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit and start exploring the IVF and IUI resources available.

Claim your benefit

### Understanding fertility treatment options

Fertility treatment options may include:

- **Fertility testing:** At-home or in-clinic testing options to better understand fertility health, including ovarian reserve and sperm health
- **Fertility preservation:** including egg, sperm, and embryo freezing
- **IUI:** A fertility treatment that can help a person get pregnant by placing sperm directly into the uterus
- **IVF:** A procedure in which retrieved eggs are fertilized by sperm in a lab and then transferred to the uterus as an embryo

Learn what fertility treatment options are available in your [benefit guide](#).

### Personalized guidance

Use your Carrot benefit to:\*

- Talk with Carrot medical experts like reproductive endocrinologists (REIs), urologists, and more as often as you'd like, at no cost to you — 99% of members rate these conversations 4.9 out of 5 stars
- Find eligible fertility clinics near you
- Explore trusted educational resources, including how-to videos for IVF injections, what to do to prepare for egg retrieval, and more
- Order medications, supplements, and vitamins from Carrot Rx®, an online pharmacy, for help with injections, cost savings, and convenient delivery

### What's next?

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit and start exploring the fertility preservation resources available, including the funds your employer has provided to help pay for eligible care and services.

“Whether I was using Carrot Rx, watching injection videos, or speaking with a medical expert, Carrot was with me every step of the way. One of the most exciting days for me was when I changed my Carrot Plan from an IVF journey to a pregnancy journey.”

— **Kaci B.**, Carrot member

\*Carrot is available in 130+ countries, and services may vary by employer, geography, and local rules and regulations.