

CARROT

Your Carrot benefit

We've partnered with Carrot Fertility to provide our employees with 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, and geography.

Visit get-carrot.com/signup to create your account and explore the resources available.

Claim your benefit

Eunice
Carrot member



Personalized guidance

- Receive a free, personalized Carrot Plan created by a Carrot Expert that provides actionable next steps to help you make the most of your benefit
- Talk to Carrot's team of medical experts and specialists about navigating options, costs, and other questions — 99% of members rate these conversations 4.9 out of 5 stars
- Explore trusted educational resources — no more online searching
- Get discounts on at-home fertility testing kits, precision ovulation tracking products, and more*

Provider network and discounts

- Find providers, agencies, and attorneys near you
- Receive exclusive discounts and expedited appointments at Carrot partner clinics and agencies*
- Order medications, supplements, and vitamins from Carrot Rx®, an online pharmacy, for savings and convenient delivery

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Employees love Carrot

"This benefit has changed my life for the better. I would not feel confident and empowered if not for this experience."



— Tiffany J.

Get support with*:

- Understanding fertility health (e.g., fertility testing and ovulation tracking)
- Preservation (egg, sperm, embryo freezing)
- Assisted reproduction (e.g., in vitro fertilization)
- Adoption, gestational surrogacy, and donor assistance
- Pregnancy and postpartum
- Parenting and return-to-work
- Perimenopause, menopause, and low testosterone (low T)



Support Spotlight

Perimenopause, menopause, and low T support

Connect with Carrot menopause and low T specialists to ask questions about hormonal treatments and get expert guidance on managing body changes like hair loss and skin acne/dryness, abdominal weight, hot flashes, and other symptoms.

Parenting and return-to-work support

Navigate new parenthood with unlimited access to lactation experts for feeding and pumping advice, mental health experts to discuss concerns like postpartum emotions and sleep deprivation, infant sleep experts, certified new parent educators, career coaches, nutritional counseling, and more.

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

Questions? Visit get-carrot.com/employee-support to connect with your Care Team.