

CARROT

Carrot at Home[®]

We've partnered with Carrot to provide employees with inclusive benefits covering everything from exploration through fertility treatments, adoption, pregnancy, and postpartum, plus support for perimenopause, menopause, and low testosterone (low T). This includes resources and support you can access from home.

Nell
Carrot member

Unlimited access to doctors, nurses, benefit experts, and more*

- Talk to reproductive endocrinologists, urologists, emotional well-being experts, and more as often as you'd like
- Get answers to your pregnancy and postpartum questions from OB/GYNs, doulas, midwives, nutritionists, and lactation specialists
- Join small online group sessions with a Carrot Expert and other members to connect, learn, and share experiences in an anonymous setting
- Chat with Carrot's Care Team for help on how to get the most out of your benefit, support finding a local clinic or agency, and more

**99% of members rate these conversations 4.9 out of 5 stars*

Carrot Rx[®]: A better pharmacy experience

- Access competitive pricing on medications, including price matching on fertility medications
- Get answer to your questions with 24/7 support from certified clinicians
- Order simply and easily with free next-day delivery and same-day delivery when you need it

Convenient at-home products and services**

- Get a comprehensive look at your fertility health with at-home tests
- Access sperm analysis and preservation kits to test sperm health without needing to visit a clinic or specialty lab
- Use ovulation tracking products to determine fertile days
- Manage menopause symptoms with products that regulate temperature, such as wearable cooling devices

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

Visit get-carrot.com/signup to claim your benefit and to explore all of the at-home resources available to you.

[Claim your benefit](https://get-carrot.com/signup)