

## Pregnancy and postpartum support at Carrot

Carrot provides inclusive, comprehensive pregnancy and postpartum support. Through your Carrot benefit, you have unlimited access to Carrot's pregnancy and postpartum experts, educational resources, and more.

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to create your account and start exploring the pregnancy and postpartum resources available.

Claim your benefit

### Guidance for each trimester and postpartum

From navigating early pregnancy symptoms to adjusting to life with a newborn, Carrot resources are available to support you throughout pregnancy and postpartum.

#### Talk with Carrot's team of doctors and specialists

Your Carrot benefit includes unlimited virtual chats with doctors and specialists including OB/GYNs, lactation consultants, doulas, midwives, nutritionists, and more. **99% of members rate their interactions with these doctors and specialists 4.9 of 5 stars.**

#### Join small groups to connect in real-time

Discuss trimester-specific topics and get your questions answered in expert-led, online group sessions. Members also have access to unlimited virtual prenatal yoga sessions.

#### Explore trusted educational resources

No more endless online searching. Learn at your own pace from clinically reviewed, in-depth resources organized by trimester and broken down into digestible pieces that are visual and easy to navigate.

#### Return to work with confidence

Members can talk with a Carrot emotional support expert about balancing work and family life or ask a lactation consultant for tips on pumping for maximum supply.

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### What's next?

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