

## Egg, sperm, and embryo freezing **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 egg, sperm, and embryo freezing, also known as fertility preservation or cryopreservation.

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

Claim your benefit

### Why consider fertility preservation?

People choose to preserve their fertility for many different reasons, including:

- **Age:** A person is born with all the eggs they will ever have, and the quality and quantity of those eggs tend to decline over the course of their life. Sperm is produced throughout a person's life, but the health and vitality of sperm do decrease as people get older. Fertility preservation at a younger age may increase the chances of a healthy pregnancy in the future.
- **Medical conditions:** Radiation, chemotherapy, hormone therapy, and some surgeries can have a negative impact on fertility. It's often possible to freeze eggs, sperm, reproductive tissue, or embryos before these treatments to protect a person's ability to have children.
- **Health conditions:** Conditions like sickle cell anemia, lupus, and rheumatoid arthritis can increase a person's risk of infertility, so fertility preservation may be recommended in some cases.
- **High-risk careers:** Exposure to radiation and toxic substances like pesticides, lead, metals, and petrochemicals may be harmful to fertility. It's also often recommended to freeze eggs, sperm, or embryos before starting a job with significant physical risk, like careers in the military and logging.

### Fertility preservation with Carrot

Use your Carrot benefit to:\*

- Find Carrot-approved fertility clinics and cryobanks/storage facilities near you
- Talk with Carrot medical experts as often as you'd like, at no cost to you, about the fertility preservation process, what to expect, estimated costs, and more — 99% of members rate these conversations 4.9 out of 5 stars
- Explore trusted educational resources — no more online searching
- Order medications, supplements, and vitamins from Carrot Rx®, an online pharmacy, for help with injections, cost savings, and convenient delivery

"What was most valuable were the insights the Carrot Experts shared. I am at the very beginning of my family-forming journey, and I don't know what I don't know. Both Carrot Experts suggested potential considerations for typical situations like mine with various pros and cons and ways to think about how I might make my choices. That was super helpful!"

— Jennifer C., Carrot member

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