

## Understanding fertility health **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 understanding fertility health, such as at-home and in-person fertility testing and ovulation tracking. Whether you're interested in trying to grow your family soon or years from now, learning more about fertility health can be a valuable first step. Carrot is here to help.

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

Claim your benefit

### Get at-home resources

Learn more about your fertility health without leaving home.

- Get a comprehensive look at your fertility health with at-home tests
- Access sperm testing and preservation kits
- Use ovulation tracking products to determine fertile days

### Talk to experts

If you're not sure where to start, talk to a Carrot Expert. Carrot includes unlimited access to medical expert chats at no cost to you — 99% of members rate these conversations 4.9 out of 5 stars. Schedule a chat to discuss topics like:

- What to expect from at-home or in-person fertility testing
- How nutrition can impact fertility
- Lifestyle factors that impact sperm health
- Tracking ovulation at home

“What was most valuable were the insights the Carrot Experts shared. I don't know what I don't know. Both Carrot Experts suggested potential considerations for me with various pros and cons and ways to think about how I might make my choices. That was super helpful!”

— Jennifer C., Carrot member

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### What's next?

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