

# CARROT

## Your hormonal health, fertility, and family-building benefits

We've partnered with Carrot to provide comprehensive care and on-demand resources — at no cost to you.

Activate your benefits



### Get support for\*

- Perimenopause and menopause
- Low testosterone and andropause
- Parenting (0-12 years)
- Pregnancy and postpartum
- Fertility health and wellness (hormone testing, trying to get pregnant)
- Preservation — egg, embryo, and sperm freezing
- Assisted reproduction, like IVF and IUI
- Adoption
- Donor assistance and gestational surrogacy



Carrot has **so many experts**...no matter what kinds of questions you have, there will be someone who can guide you.

Noel

Carrot member



Claim your funds to help pay for eligible care at [get-carrot.com/signup](https://get-carrot.com/signup).\*\*

### With Carrot, you can

- ✓ Get funds to help pay for eligible care, products, and services
- ✓ Schedule **unlimited** video sessions with medical experts and specialists
- ✓ Receive an **expert-made plan** for your needs, with personalized next steps
- ✓ Learn from **on-demand resources** — no more endless online searching
- ✓ Share your **benefits** by adding a partner or spouse to your account
- ✓ Save money with **exclusive discounts** from Carrot partners

\*Services available may vary based on plan design, geography, and local rules and regulations.

\*\*Funds used through Carrot may be considered taxable income.

**Questions?** Visit [get-carrot.com/employee-support](https://get-carrot.com/employee-support) to connect with benefit experts around the clock.