

# CARROT

## Your Carrot benefit

We've partnered with Carrot to provide inclusive hormonal health, fertility, and family-building benefits worldwide. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

Claim your benefit

Steph  
Carrot member



Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit and start exploring available resources, **at no cost to you.**

### Get support with:\*

- Perimenopause and menopause
- Low testosterone (low T)
- Infant care and parenting (ages 0-12)
- Pregnancy and postpartum
- Fertility health and wellness (e.g., hormone testing, trying to get pregnant)
- Preservation (egg, embryo, or sperm freezing)
- Assisted reproduction, like IVF and IUI
- Adoption
- Donor assistance and gestational surrogacy
- Gender-affirming care

### Tips for using Carrot:

- ▶ Share your benefit by adding a partner or spouse to your account for joint access
- ▶ Get your questions answered — connect with Benefit Experts around the clock in any language
- ▶ Attend Carrot webinars to learn from highly sought-after experts

### Through Carrot, you'll get:

- ✓ Personalized advice from Carrot Experts to help you make the most of your benefit
- ✓ A Carrot Plan — customized next steps to help you move forward, at no cost to you
- ✓ Unlimited, free video chats with medical experts and specialists
- ✓ Help finding providers near you
- ✓ Exclusive partnerships and discounts
- ✓ Expert-produced educational resources — no more endless online searching

### Employees love Carrot

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This benefit has changed my life for the better. I would not feel confident and empowered if not for this experience.

**T.J.**  
Carrot member

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

**Questions?** Visit [get-carrot.com/employee-support](https://get-carrot.com/employee-support) to connect with your Care Team.