

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 to claim your benefit and start exploring available resources, including funds to help pay for eligible care.

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:

- ✓ Access to funds to pay for eligible care and services
- ✓ 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

“

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 to connect with your Care Team.

Gender-affirming care with Carrot

Carrot Fertility provides inclusive hormonal health, fertility, and family-building 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 and financial coverage for gender-affirming care. Finding expert providers can be challenging, and barriers to receiving care — such as “proving” gender identity — are common. Carrot is here to help.

Visit get-carrot.com/signup to claim your benefit today and start exploring the available resources for gender-affirming care, including employer-provided funds to help pay for eligible care.

Claim your benefit

Use the Carrot benefit to:

- Pay for eligible care and services, such as in-person and virtual provider visits and consults, gender-affirming hormone therapy (GAHT) medications, and more*
- Find Carrot-eligible GAHT providers and trans health centers
- Access unlimited video chats with gender-affirming care (GAC) experts
- Get personalized advice from Carrot Experts to help you make the most of your benefit

Digital healthcare memberships

In addition to using your Carrot funds to pay for provider visits and medications, use funds to cover eligible expenses for gender-affirming digital healthcare services like Folx and Plume. These include:

- Digital healthcare memberships
- Telemedicine visits for gender-affirming hormone therapy (GAHT)
- Virtual primary care consults specific to GAC with LGBTQ+-specialized providers
- Confidential online support groups

Learn what memberships include and what other services are covered after signing in to your account and exploring your [benefit guide](#).

What's next?

Visit get-carrot.com/signup to claim your benefit today and start exploring the available resources.



*Carrot services available may vary based on plan design, geography, and local rules and regulations.
Note: Your Carrot benefit does not include coverage for gender-affirming surgery.



Menopause and low testosterone support with Carrot

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

This includes menopause and andropause or low testosterone (low T) support. Though menopause is a natural process, symptoms like changes in weight and body composition, hot flashes, sleep disturbances, and hair thinning can be challenging and last for years. While lesser known, low T affects about 40% of males over the age of 45, and up to 20% of males between the ages of 15-39 may also have a testosterone deficiency. Yet these conditions are rarely discussed in the workplace or even the doctor's office. Carrot is here to help.

Visit get-carrot.com/signup to claim your benefit today and start exploring the available resources for hormonal health, including employer-provided funds to help pay for eligible care and products.

[Claim your benefit](#)

Nell
Carrot member



Pay for care

Use your employer-provided funds to pay for eligible care and products to treat symptoms, in-person and virtual visits with menopause or low T specialists, and more.*

Find a local menopause or low T specialist

Get help finding a high-quality provider specialized in menopause or low T near you to order and interpret your lab work, identify and treat symptoms, and more.

Get guidance when you need it

Talk virtually as often as needed with Carrot's menopause and low T specialists, as well as experts in nutrition, pelvic health, urology, and emotional support — including licensed clinicians and psychologists. Get guidance for managing symptoms like weight gain, hot flashes, loss of lean muscle mass, sleep disturbances, and hair loss.

Join online group sessions led by menopause experts

Attend a live group session with certified menopause experts and Carrot members to connect, learn, and share. These anonymous Zoom sessions educate on topics like symptoms and evidence-based treatments while breaking down the culture of silence around menopause to help people feel more supported and informed.

What's next?

Visit get-carrot.com/signup to claim your benefit today and start exploring the available resources.

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

Questions? Visit get-carrot.com/employee-support to call or message the Carrot Care Team.