## 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





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:

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- 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.

### CARROT

# 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.

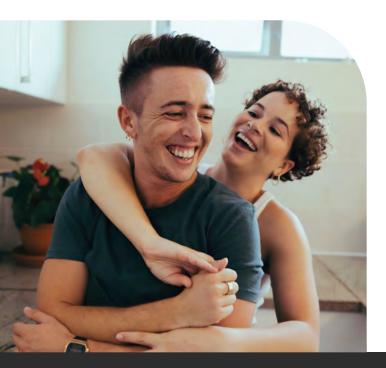
This includes support and financial coverage for gender-affirming care. Finding expert providers can be challenging, and barriers to receiving care — such as "proving" gender identity — are common. Carrot is here to help.

Visit <u>get-carrot.com/signup</u> 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 <u>get-carrot.com/signup</u> 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.

### CARROT

# 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



#### 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?

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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.