

Personalized care for every hormonal health, fertility, and family-building journey

Prepared for client name, Month day, 2024

Introducing Carrot

Our goal is to provide our employees with inclusive fertility, hormonal health, 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.



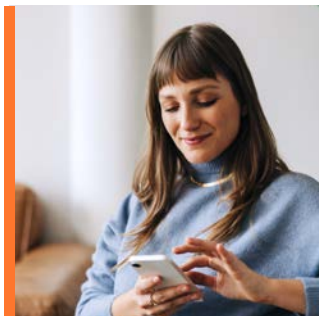
MARISA AND RUNAKO

CARROT MEMBERS

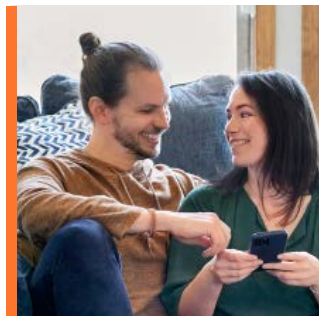
The most inclusive, global fertility solution



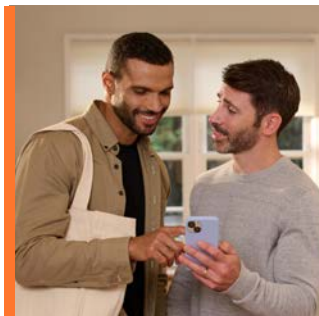
Fertility health
and wellness



Preservation



Assisted reproduction



Gestational surrogacy



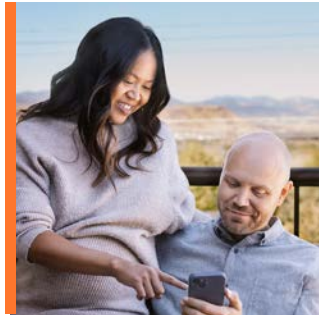
Adoption



Gender-affirming care



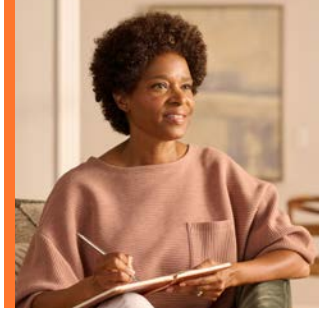
Donor assistance



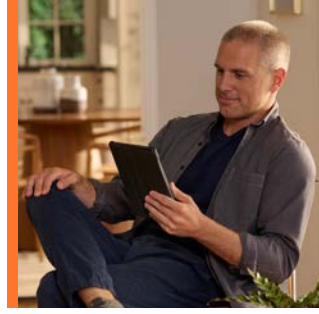
Pregnancy and
postpartum



Infant care and
parenting (ages 0-12)



Perimenopause
and menopause



Andropause or low
testosterone (low T)

Easy sign up



Email from Carrot



By visiting: get-carrot.com/signup



Hi Danielle,

We're excited to welcome Carrot Core Test employees to Carrot.

This benefit offers support for:

- Fertility health and wellness
- Fertility care and assisted reproduction, including IVF
- Preservation (freezing eggs, sperm, or embryos)
- Adoption
- Gestational surrogacy
- Pregnancy and postpartum
- Newborn care and parent support (includes returning to work)
- Menopause
- Low testosterone
- Gender-affirming care

Through Carrot, you'll have access to:

- Personalized assistance every step of the way
- Unlimited, free virtual visits with experts
- Help finding a provider
- Expert-produced educational resources
- Exclusive partnerships, discounts, and expedited appointments

Ready to get started? Claim your benefit today to explore the resources available to you.

[Claim your benefit](#)

Depending on where you are employed, the Carrot app and communications may be available in multiple languages. Visit your Account settings to see available options.

Benefit Guide

Your benefit guide includes valuable information about your Carrot benefit including partner eligibility and tax implications.

 **Your benefit guide**

Make the most of your benefit

Support ▾

Pharmacy

Additional at-home care ▾

Make the most of your benefit

Your Care Team has created a personalized Carrot Plan to support you. Check out the suggested resources on your homepage anytime.

This plan will evolve as your journey does. If anything has changed, [share an update](#) to receive new recommendations.

Explore resources

- Learn how Carrot can [support your journey](#)
- Access [educational content](#) on a variety of topics
- Get answers to [frequently asked questions](#)

Read & Learn

Access educational resources, including webinars, and join small online group sessions with experts and members.

This top panel highlights any current journey that a member is on for easier access





Read & learn



Pregnancy and postpartum

Explore what to expect during pregnancy and postpartum, watch videos, create a birth plan, join a supportive educational group session, and more.

Start learning





Newborn care and parent support >

[Parent care](#)
[Returning to work](#)
[0-12 months](#)
[+ 1 more topic](#)



Fertility >

[Fertility basics](#)
[Understanding infertility](#)
[Transgender fertility considerations](#)
[+ 2 more topics](#)



Assisted reproduction >

[Treatments and procedures](#)
[IVF considerations](#)
[Donor assistance](#)
[+ 1 more topic](#)



Preservation >

[Preservation basics](#)
[Preparing for egg retrieval](#)



Menopause >

[Menopause basics](#)
[Managing symptoms](#)



Low testosterone >

[Low T basics](#)
[Low T treatment](#)



Gestational surrogacy and donor assistance >

[Gestational surrogacy](#)
[Donor assistance](#)
[Legal and financial considerations](#)



Adoption >

[Adoption basics](#)
[Adoption types](#)



Gender-affirming care >

[Gender-affirming care basics](#)
[Gender-affirming hormone therapy](#)
[Emotional health](#)

Carrot Plans

Whenever you’re ready for further personalized support and guidance, you can unlock full access to your benefit with your free Carrot Plan. Your Plan is composed of actionable next steps, designed just for you.

Your Carrot Plan

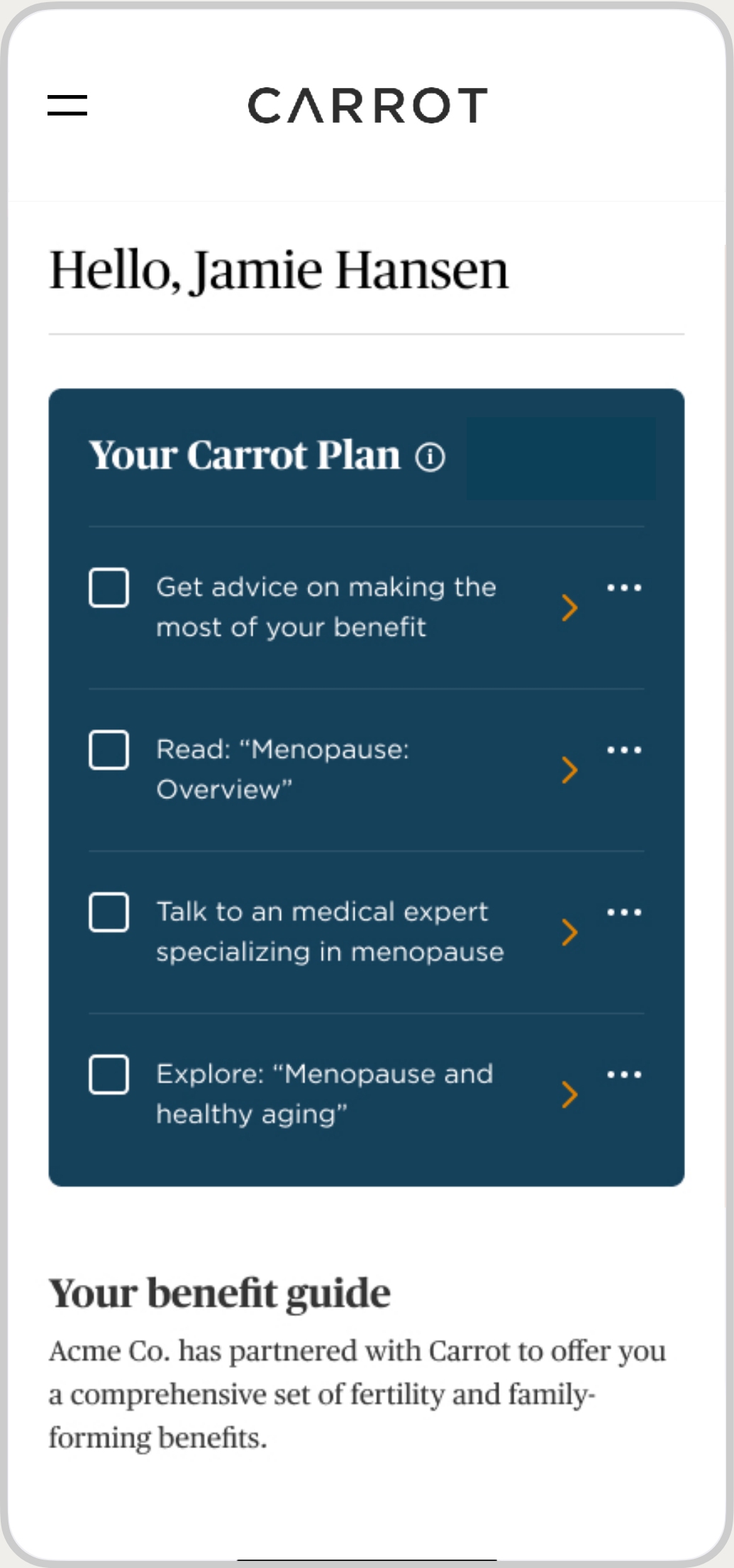
When you’re ready to access Carrot funds, experts, providers, and more, tell us about your family-forming journey and we’ll craft a free, personalized plan to support you.

Get your Carrot Plan

An illustration on a dark blue background featuring a white document with horizontal lines and green checkmarks on the right side. The document is surrounded by stylized plants in shades of orange, teal, and white, including a tall plant on the right and various leafy plants at the bottom.

Your journey with Carrot

Our Care Team will then create your free, personalized Carrot Plan with actionable next steps to take. With a Carrot Plan, you will unlock access to additional Carrot resources.



Find a provider

Locate a clinic, agency, or legal services near you to receive care. Look for the Carrot Partner icon — Carrot Partners provide priority booking and exclusive discounts to Carrot members.

Members can search for providers using filterable criteria, such as proximity and virtual appointments available.

Provider finder

Search for providers in the Carrot network

Find providers where you can use Carrot funds for eligible care and services. Our experts have vetted all listed providers to ensure the highest standards.

Search by typeSearch by name

PROVIDER TYPE

Select a provider type

LOCATION

📍 london

London House, Chicago, IL, USA

London, ON, Canada

London, UK

London, KY, USA

London, OH, USA

provider, how to advocate for yourself,

Talk to Carrot Experts

Connect virtually with Carrot’s diverse team of medical experts and specialists as often as needed to discuss options, costs, and other questions.

Schedule video chats with Carrot Experts using Talk to Carrot in your account.

What sort of specialist would you like to chat with?

For questions about benefits or how to use Carrot, talk with a [Care Navigator](#).

Is United States not your preferred location? [Change location](#)

Pregnancy

Medical questions, labor and birth plans, nutrition, lactation, prenatal yoga, and more

→

Emotional support

Emotional support topics for your journey

→

Urology

Talk to a urologist about known fertility issues related to testes and sperm

→

Menopause

Symptom management, healthy aging, career and fertility considerations, and more

→

Nutrition

Talk to a registered dietitian about vitamins, food, and more

→

Newborn care and parent support

Newborn and parental concerns, understanding medical conditions, sleep support, and return-to-work coaches

→

Low testosterone

Choosing a provider, symptom management, treatment strategies, fertility options, and more

→

Gestational surrogacy

Pathways and regulations, choosing providers, legal aspects, and more

→

LGBTQ+ family forming

Explore different paths to parenthood, choosing providers, and more.

For medical questions, talk to a journey-specific specialist

→

Fertility

Fertility care, getting pregnant, treatment options, and more

→

Adoption

Pathways and regulations, choosing providers, and more

→

Gender-affirming care

Pathfinding, choosing providers, social support, and more

→

Carrot Expert specialties and topics*

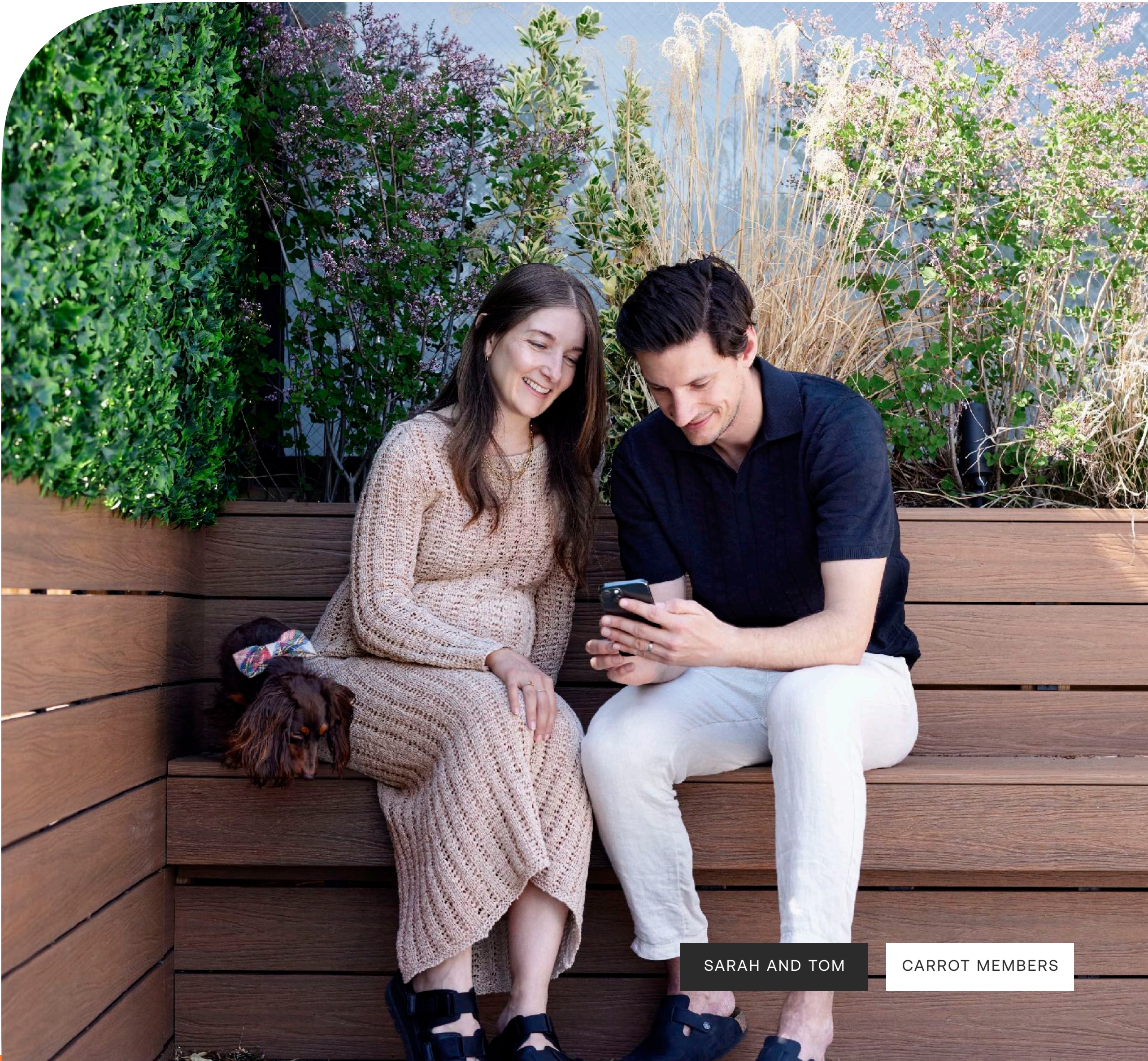
**Carrot services available may vary based on plan design, geography, and local rules and regulations.*

Carrot Experts specialize in*	Questions for Carrot Experts:
Reproductive endocrinology	What can I expect from the egg freezing process?
Obstetrics/gynecology	What type of fertility testing should I proactively ask my doctor about now?
Perimenopause and menopause	What’s the difference between perimenopause and menopause?
Andropause or low testosterone	Could low T be contributing to my loss of hair and muscle mass? How do I know if low testosterone is impacting our ability to get pregnant?
Midwifery	Should I create a birth plan? How do I get started?
Doula support	What are the benefits of having a doula in the delivery room?
Lactation	What should I consider when choosing a breast pump? How can I boost my supply?
Urology	What factors affect sperm health?
Nutrition	Are there certain foods I should eat or avoid when I’m trying to get pregnant?
Adoption	I’m interested in adopting from foster care. What’s my next step in the process?
Gestational surrogacy	What should I look for when choosing a gestational surrogacy agency?
LGBTQ+ family building	What options are available if my partner and I are interested in having a child who is genetically related to us?
Emotional well-being	What recommendations do you have for navigating life postpartum?
Infant care and parenting (ages 0-12)	How do I manage my toddler’s separation anxiety? What recommendations do you have for screen time and internet security?

What's next?



Visit <https://get-carrot.com/signup> to claim your benefit and start exploring available resources — **at no cost to you.**



SARAH AND TOM

CARROT MEMBERS

Thank you