

Get support from a team of medical experts

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.

Whether you have questions for a medical expert or need help figuring out your next step, Carrot is here to help. With the Carrot benefit, you have access to unlimited video chats with a diverse team of experts on topics like menopause, andropause or low testosterone, pregnancy and postpartum, fertility preservation, LGBTQ+ family building, emotional well-being, nutrition, and more.

Visit get-carrot.com/signup to claim your benefit and schedule your first video chat with a Carrot medical expert or specialist.

Claim your benefit

Carrot Experts specialize in*	Real questions from Carrot members
Reproductive health	What are some common causes of irregular menstrual cycles?
Reproductive endocrinology	What can I expect from the egg freezing process?
Obstetrics and gynecology	What type of fertility testing should I proactively ask my doctor about now?
Oncofertility	What are my fertility preservation options before starting cancer treatment?
Perimenopause and menopause	What's the difference between perimenopause and menopause?
Andropause or low testosterone	What can I do to understand if low T 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?
Pelvic floor health	What can I do to prevent pelvic floor issues during pregnancy? How does menopause affect the pelvic floor?
Urology	What affects sperm health? Should my partner avoid hot tubs?
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 get-carrot.com/signup to claim your benefit today, schedule your first video chat, and start exploring the available resources.

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