

Egg, sperm, and embryo freezing 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 for egg, sperm, and embryo freezing, also known as fertility preservation or cryopreservation.*

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

Claim your benefit

Alex
Carrot member



Why consider fertility preservation?

People choose to preserve their fertility for many reasons, including:

- **Age:** A person is born with all of the eggs they will ever have, and the quality and quantity of those eggs tend to decline with age. Sperm is produced throughout a person's life, but the health and vitality of sperm decrease as people get older. Fertility preservation at a younger age may increase the chances of a healthy pregnancy in the future.
- **Medical conditions:** Radiation, chemotherapy, hormone therapy, and some surgeries can have a negative impact on fertility. It's often possible to freeze eggs, sperm, reproductive tissue, or embryos before these treatments to protect a person's ability to have children.
- **Health conditions:** Conditions like sickle cell anemia, lupus, and rheumatoid arthritis can increase a person's risk of infertility, so fertility preservation may be recommended in some cases.
- **High-risk careers:** Exposure to radiation and toxic substances like pesticides, lead, metals, and petrochemicals may be harmful to fertility. It's also often recommended to freeze eggs, sperm, or embryos before starting a job with significant physical risks, like careers in the military and logging.

Fertility preservation with Carrot

Use your Carrot benefit to:*

- Find fertility clinics and cryobanks/storage facilities near you
- Talk virtually and as often as needed with Carrot medical experts and specialists about baseline testing, the fertility preservation process, what to expect, estimated costs, and more
- Explore expert-produced educational resources — no more endless online searching
- Order medications from Carrot Rx— an easy-to-use pharmacy (powered by Alto) that offers up to 40% savings and price matching on most fertility medications, 24/7 support from certified clinicians, and free next-day delivery

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.