CARROT

Coming soon: Your hormonal health, fertility, and family-building benefits

We've partnered with Carrot to provide comprehensive care and on-demand resources — **including funds to help pay for eligible care.***

What can Carrot help with?**

- Perimenopause and menopause
- Low testosterone — from energy to fertility support
- Parenting children up to 12 years old
- Pregnancy and postpartum — with doula support
- Fertility — from testing to trying to get pregnant
- Egg, embryo, and sperm freezing
- Assisted reproduction — including IUI and IVF
- Adoption
- Donor assistance
- Gestational surrogacy
- Gender-affirming care



What's next?

Stay tuned for more details on how to sign up for Carrot so you can start exploring the expert resources and support available.

**Funds used through Carrot may be considered taxable income.*

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