CARROT

Gender-affirming care with Carrot

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including support for gender-affirming care (GAC).*

Finding skilled, compassionate specialists and medical experts can be a challenge — and common barriers to care, such as requirements to "prove" gender identity, can make the search even more difficult. Carrot is here to help.

Visit get-carrot.com/signup to activate your benefits today and start exploring the available resources, including funds to help pay for eligible expenses.**

Activate my benefits

With your Carrot benefits, you can:

- Use your funds to help pay for eligible care, products, and services, such as in-person and virtual provider visits and consultations, gender-affirming hormone therapy (GAHT) medications, and more
- Get recommendations for Carrot-eligible GAHT providers online and near you
- Meet virtually with Carrot GAC specialists, plus experts in emotional support, LGBTQ+ family forming, and more — as often as you need and at no cost to you
- Access exclusive virtual and in-person pelvic floor physical therapy appointments at Origin for help with pain, tension, surgery recovery, and other concerns***
- Get personalized advice from Carrot Experts to help you make the most of your benefits
- Learn at your own pace, and feel supported with our on-demand, evidence-based articles on topics like gender affirmation, fertility considerations, and staying healthy during GAHT

Digital healthcare memberships

In addition to using your Carrot funds to help pay for eligible provider visits, medications, and durable medical equipment like binders and packers, you can also use them toward eligible expenses for gender-affirming digital healthcare services, like Folx and Plume.

These digital healthcare services include:

- Telemedicine visits for guidance on GAHT
- Visits with providers specialized in LGBTQ+ care
- Access to community support groups
- Easy management of your care online

What's next?

Visit get-carrot.com/signup to activate your benefits today and start exploring the available resources.

*Services available may vary based on plan design, geography, and local rules and regulations.
**Funds used through Carrot may be considered taxable income.
***Origin's on-demand resources and Carrot's virtual sessions with pelvic health specialists are available nationwide (U.S. only). Origin clinical care is not available in every state.