CARROT

Low testosterone and andropause support with Carrot

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including support for low testosterone and andropause. Whether you're looking for answers, a specialist, or just a place to start, Carrot has the experts and resources to help you take the next steps.*

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

Activate my benefits



Understanding low testosterone and andropause

Testosterone levels naturally decline with age, though not everyone is affected.

Prevalence — About 40% of people assigned male at birth over age 45 — and up to 20% of those between 15 and 39 — may experience testosterone deficiency, which can impact fertility and overall well-being.

What it means — Below-normal testosterone is called "low testosterone." When the decline is age-related, it's referred to as "andropause."

Symptoms — These vary by person and may shift over time — fatigue, loss of muscle mass, weight changes, difficulty concentrating, changes in physical intimacy, or hair loss and thinning.

Get the specialized support you deserve

Put your Carrot funds toward eligible care

Use your funds to help pay for eligible care, products, and services to manage and treat symptoms, including visits with low testosterone and andropause specialists.

Find a low testosterone or andropause specialist

Use our Provider Finder to connect with vetted, high-quality endocrinologists and urologists who can order and interpret lab tests, diagnose and treat symptoms, and more.

Get answers to your questions

With Carrot's unlimited virtual sessions, meet with low testosterone and andropause specialists, plus experts in nutrition, pelvic health, neurodivergence, and emotional support — as often as you need, at no cost to you.

Support healthy testosterone through nutrition

Meet with a dietitian to learn how diet, exercise, and lifestyle changes can support healthy testosterone levels.

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.