CARROT

Get support from Carrot Experts

Carrot provides comprehensive hormonal health, fertility, and family-building benefits. Whether you have questions or need help figuring out your next step, you can connect with a diverse team of Carrot Experts through *unlimited* virtual sessions for support with menopause, low testosterone, pregnancy and postpartum, reproductive health, emotional well-being, and more — as often as you need, at no cost to you.*

Visit get-carrot.com/signup today to activate your benefits and schedule your first session.

Activate my benefits

Carrot Experts specialize in	Real questions from Carrot members
Reproductive health	*Why are my menstrual cycles so irregular?*
Obstetrics/gynecology	*What types of screenings or tests should I proactively ask my doctor about right now?*
Urology	*Is there anything I can do to help improve my sperm health?*
Low testosterone and andropause	*Could low testosterone be causing my hair loss? How does it impact my fertility?*
Reproductive endocrinology	*What can I expect during the egg or embryo freezing process?*
Oncofertility	*What are my fertility preservation options before starting cancer treatment?*
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?*
High-risk pregnancy	*Could my condition pose risks to my baby?*
Lactation	*What should I consider when choosing a breast pump?*
Pelvic floor health	*How can I prevent pelvic floor issues during pregnancy? Why am I suddenly having bladder leaks?*
Nutrition	*Are there certain foods I should eat or avoid when trying to get pregnant?*
Perimenopause and menopause	*Is this perimenopause or something else? Could my symptoms be menopause?*
Adoption	*I'm thinking about adopting a child — what should my first step be?*
Gestational surrogacy	*How do I choose the right gestational surrogacy agency?*
Emotional well-being	*I'm feeling overwhelmed after having my baby. How do I know when it's time to ask for help?*
Neurodivergence	*How do I know if it's ADHD? Should I pursue an evaluation for my child — or is it too early?*
Parenting children up to age 12	*How do I manage my toddler's tantrums? What recommendations do you have for screen time?*

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.*

Questions? Visit get-carrot.com/get-support to connect with the Carrot Care Team 24/7.