CARROT

Support for perimenopause and menopause with Carrot

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including support for perimenopause and menopause.*

Perimenopause and menopause can look different for everyone. You might experience hot flashes, sleep disruptions, weight changes, or brain fog — and your symptoms can shift over time. 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



Get the specialized support you deserve

Put your funds toward eligible care

Use your Carrot funds to help pay for eligible care, products, and services to treat symptoms, in-person and virtual visits with menopause specialists, and more.

Find a local perimenopause or menopause specialist

Use Provider Finder to search for a certified specialist online or near you who can order and interpret lab tests, diagnose and treat symptoms, and provide comprehensive care.

Get answers to your questions

With Carrot's unlimited virtual sessions, talk as often as you need with specialists and medical experts in nutrition, pelvic health, neurodivergence, emotional support, and more.

Schedule a telemedicine appointment

Meet with a medical provider — from the comfort of home — who can order tests and prescribe hormone therapy (HT) when appropriate.

Our dedicated telemedicine menopause services provide virtual support for members on this journey across the U.S. and the UK. These services may be in network with insurance, with verification available before scheduling. They can also be paid for using Carrot funds, FSA/HSA funds, or out-of-pocket payment. Availability may vary based on age, clinical appropriateness, and local regulations.

Join online group sessions led by Carrot Experts

Attend a live group session with certified menopause experts and fellow Carrot members to connect, learn, ask questions, and share in a supportive setting. Topics include, but are not limited to:

- Coping with symptoms at work, at home, and in relationships
- How menopause impacts aging
- Strategies for stress management

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.