CARROT

Egg, embryo, and sperm freezing with Carrot

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including support for egg, embryo, and sperm freezing — commonly known as fertility preservation or cryopreservation.*

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 your benefits



Why consider fertility preservation?

People choose to preserve their fertility for many reasons, including:

- **Age** — A person assigned female at birth is born with all the eggs they will ever have, and egg quality and quantity typically decline with age. While a person assigned male at birth produces sperm throughout their life, sperm health may decrease with age. Fertility preservation at a younger age may increase the chance of a healthy future pregnancy.
- **Medical treatments** — Radiation, chemotherapy, hormone therapy, and some surgeries can negatively impact fertility. It's often possible to freeze eggs, sperm, reproductive tissue, and/or embryos beforehand to safeguard a person's ability to have biologically related children.
- **Health conditions** — Certain health conditions and their treatments — like sickle cell anemia, cancer, and autoimmune disorders such as lupus — may increase infertility risk, and medical experts may recommend preservation in these cases.
- **Exposure to toxins** — Radiation and toxic substances like pesticides, lead, metals, and petrochemicals can harm fertility. It's often recommended to freeze eggs, sperm, or embryos before starting a job with significant physical risks, like a military or logging career.

Fertility preservation with Carrot

With your Carrot benefits, you can:

- Use your funds to help pay for eligible care, products, and services, including frozen egg, embryo, or sperm storage fees, at-home ovulation tracking, and sperm analysis
- Meet virtually with specialists and medical experts to discuss baseline testing, the preservation process, and more — as often as you need, at no cost to you
- Get recommendations for high-quality, local fertility clinics and storage facilities
- Access exclusive discounts on virtual and in-person pelvic floor physical therapy appointments at Origin for pelvic pain, tension, and other concerns***
- Order medications from Carrot Rx — an easy-to-use online pharmacy that offers 24/7 clinician support, fast home delivery, and competitive pricing on prescriptions

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. Origin clinical care is not currently available in every state.*