

Egg, sperm, and embryo freezing **with Carrot**

Carrot Fertility provides inclusive fertility, hormonal health, and family-forming benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

This includes support and financial coverage for egg, sperm, and embryo freezing, also known as fertility preservation or cryopreservation.*

Visit get-carrot.com/signup to claim your benefit and start exploring the fertility preservation resources available, including the funds your employer has provided to help pay for eligible care and services.

Claim your benefit

Why consider fertility preservation?

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

- **Age:** A person is born with all the eggs they will ever have, and the quality and quantity of those eggs tend to decline over the course of their life. Sperm is produced throughout a person's life, but the health and vitality of sperm do decrease as people get older. Fertility preservation at a younger age may increase the chances of a healthy pregnancy in the future.
- **Medical conditions:** Radiation, chemotherapy, hormone therapy, and some surgeries can have a negative impact on fertility. It's often possible to freeze eggs, sperm, reproductive tissue, or embryos before these treatments to protect a person's ability to have children.
- **Health conditions:** Conditions like sickle cell anemia, lupus, and rheumatoid arthritis can increase a person's risk of infertility, so fertility preservation may be recommended in some cases.
- **High-risk careers:** Exposure to radiation and toxic substances like pesticides, lead, metals, and petrochemicals may be harmful to fertility. It's also often recommended to freeze eggs, sperm, or embryos before starting a job with significant physical risk, like careers in the military and logging.

Fertility preservation with Carrot

Use your Carrot benefit to:*

- Pay for eligible care and services, such as egg, sperm, or embryo freezing and storage fees
- Find eligible fertility clinics and cryobanks/storage facilities near you
- Talk with Carrot medical experts as often as you'd like, at no cost to you, about the fertility preservation process, what to expect, estimated costs, and more — 99% of members rate these conversations 4.9 out of 5 stars
- Order medications, supplements, and vitamins from Carrot Rx®, an online pharmacy, for help with injections, cost savings, and convenient delivery

"I'm 31 years old. I started to think about egg freezing about a year ago. It became clear to me that if the time is right and you have the disposable income to do it, it's a good thing to do if you can. So I decided to put the money aside — and then Carrot came in. If we'd had Carrot sooner, I would have done it earlier."

— **Kirsten D.**, Carrot member

*Carrot is available in 130+ countries, and services may vary by employer, geography, and local rules and regulations.