

## Pregnancy and postpartum support at Carrot

Carrot Fertility provides inclusive pregnancy and postpartum support. Through your Carrot benefit, you have financial coverage for in-person doula services and milk shipping, unlimited access to Carrot's pregnancy and postpartum experts, educational resources, and more.

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit and start exploring the resources available, including the funds your employer has provided to help pay for eligible care and services.

Claim your benefit



### Doula: who & how

#### What's a doula

A doula is an individual who provides non-medical support and care through education, guidance, emotional support, and counseling. Research shows that working with a birth doula can lead to reduced labor time, a more positive birthing experience, and more. Postpartum doulas can teach new parents about newborn care and even provide overnight support.

#### How to use your funds to work with a doula

If you are in the U.S., you can use the funds your employer has provided to get support from in-person prenatal, birth, and postpartum doulas. Before you can use these funds for doula support, Carrot will collect information from you to verify that the doula you want to work with meets select criteria for eligibility, such as accreditation from an approved training program, experience, and insurance coverage.



### Pregnancy and postpartum

#### Talk with Carrot's team of doctors and specialists

Unlimited access to Carrot experts, including OB/GYNs, lactation consultants, doulas, midwives, nutritionists, and more. 99% of members rate their interactions with these experts **4.9 out of 5 stars**.

#### Join small groups to connect in real time

Discuss trimester-specific topics and get your questions answered in small expert-led, online group sessions. Members can also access virtual prenatal yoga sessions.

#### Explore trusted educational resources

Learn at your own pace from clinically reviewed educational resources by trimester.

#### Return to work with confidence

Talk with a Carrot emotional well-being expert about balancing work and family life or ask a lactation consultant for tips. Carrot funds can also be used to cover milk shipping costs while traveling.

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

Pregnancy and postpartum support are currently available in the U.S., Canada, UK, Ireland, India, and Germany. Coming January 2024, this support will be available in additional countries worldwide.