

Understanding fertility health **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 understanding fertility health, such as at-home and in-person fertility testing, ovulation tracking, and more. Whether you're interested in trying to grow your family soon or years from now, learning more about fertility health can be a valuable first step. Carrot is here to help.

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

Claim your benefit

Get at-home resources

Learn more about your fertility health without leaving home. You can use your employer-provided funds to get:

- A comprehensive look at your fertility health with at-home tests
- Sperm testing and preservation kits
- Ovulation tracking products to determine fertile days

Talk to experts

If you're not sure where to start, talk to a Carrot Expert. Carrot includes unlimited access to medical expert chats at no cost to you — 99% of members rate these conversations 4.9 out of 5 stars. Schedule a chat to discuss topics like:

- What to expect from at-home or in-person fertility testing
- How nutrition can impact fertility
- Lifestyle factors that impact sperm health
- Tracking ovulation at home

“What was most valuable were the insights the Carrot Experts shared. I don't know what I don't know. Both Carrot Experts suggested potential considerations for me with various pros and cons and ways to think about how I might make my choices. That was super helpful!”

— Jennifer C., Carrot member

What's next?

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