

CARROT

Welcome to Carrot





Introducing Carrot

At Carrot, our goal is to provide members with access to the **best fertility care, trusted educational resources, and valuable financial support, to make family forming easier and more accessible *to all.***

What Carrot provides



CARROT



Secure website

Securely access a dedicated website featuring powerful tools, trusted clinical content, and reimbursement processing of out-of-pocket expenses.



Dedicated Care Navigation

Our Care Navigation team is available to answer questions and connect members to the best clinics and to reach your goal.



Financial administration

Securely submit and receive payment for your qualified out-of-pocket expenses. Our team will process your statements and you will receive your reimbursement within the first 10 days of the following month to your bank account on file.

FEATURES



Easy activation

Sign up by visiting:

get-carrot.com/signup

CARROT

Hi Megan,

Your employer has partnered with Carrot to make it more accessible and affordable for you to access fertility care.

Thousands of people have joined Carrot to access doctor-approved education, unlimited text chats, egg and sperm freezing, gestational carrier services, and more.

So no matter who you are - or where you are in your fertility journey - we invite you to take advantage of your new Carrot membership.

Activate your benefit



A fertility benefit for all

Carrot is for both sexes and all genders. We know that IVF, adoption or other fertility care may involve family members. So yep - spouses and partners are included in your membership.



Inclusive by nature

Every employee is covered for the fertility care you need, when you need it. So egg freezing, semen analysis, and gestational carrier services are all supported.



Less stress - starting now

We make it easy to become educated about what you might want to think about in your 20s, 30s, 40s and beyond. If you want to take action we'll help you get started.



Your employer gave you money to help

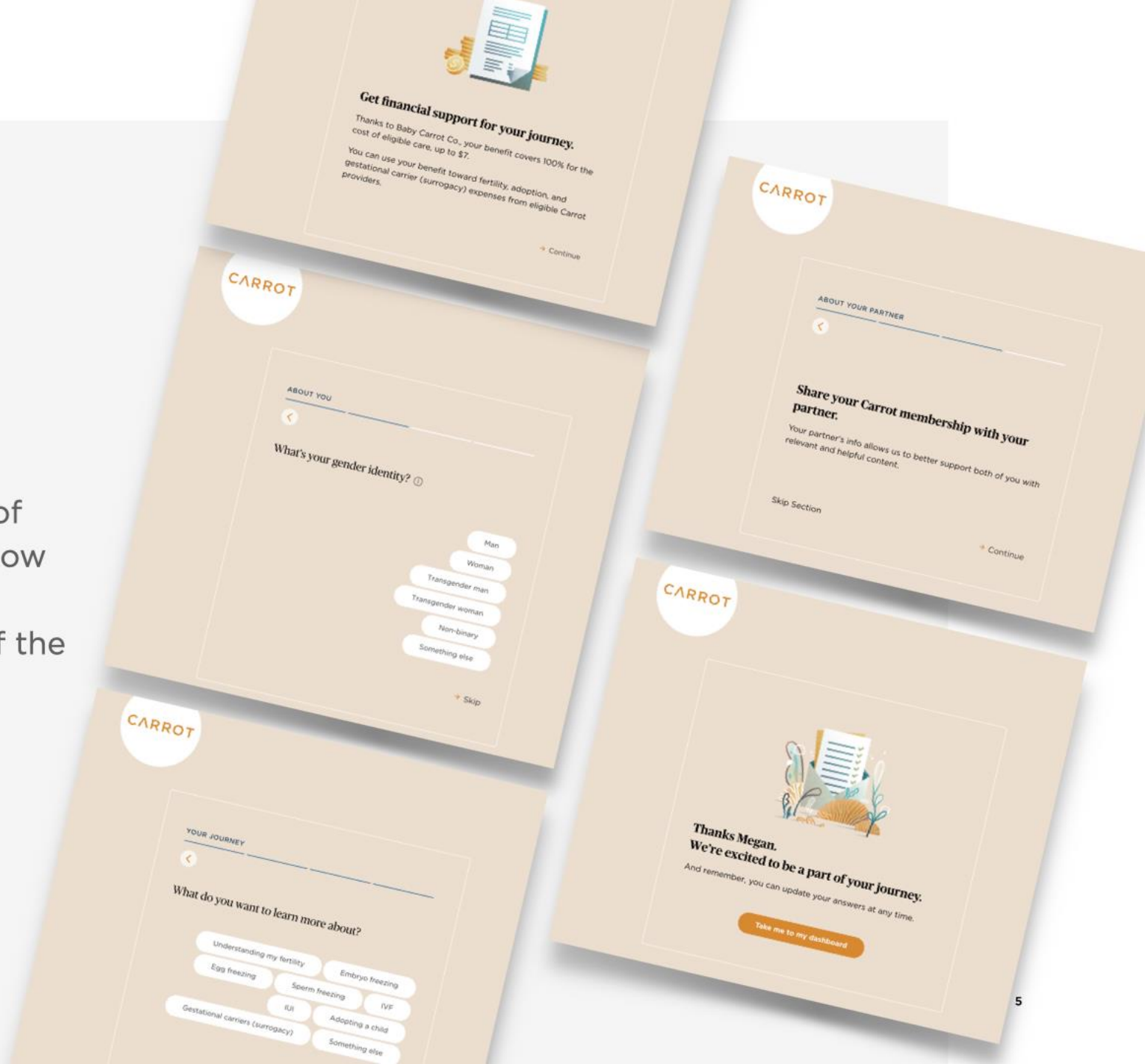
Through the generous sponsorship of your employer you have money to use to pay for the care and services you need, when you need it.

FEATURES



Personalized for you

The onboarding process guides you through a series of basic questions that helps allow us to configure the resulting content to meet the needs of the member.





FEATURES

Find a provider

Locate a Carrot-eligible clinic near you to receive care.

 Notates a Partner Clinic.

Eligible providers

UNITED STATES / CALIFORNIA

[Agoura Hills](#)
[Alhambra](#)
[Arcadia](#)

[Bakersfield](#)
[Berkeley](#)
[Beverly Hills](#)
[Brea](#)
[Burbank](#)

[Carlsbad](#)
[Chino](#)
[Clovis](#)
[Corona](#)
[Costa Mesa](#)

[Diamond Bar](#)

[Encinitas](#)
[Encino](#)

[Foster City](#)
[Fountain Valley](#)
[Fremont](#)
[Fresno](#)
[Fullerton](#)

[Glendale](#)
[Glendora](#)
[Greenbrae](#)

[Irvine](#)

[La Jolla](#)
[La Quinta](#)
[Laguna Hills](#)
[Lancaster](#)
[Loma Linda](#)
[Los Angeles](#)
[Los Gatos](#)

[Manhattan Beach](#)
[Menlo Park](#)
[Modesto](#)
[Monterey](#)
[Mountain View](#)

[Napa](#)
[Newport Beach](#)
[Novato](#)

[Oakland](#)
[Oceanside](#)
[Orinda](#)
[Oxnard](#)

[Palm Springs](#)
[Palo Alto](#)
[Pasadena](#)

[Rancho Cucamonga](#)
[Redondo Beach](#)

[Redwood City](#)
[Riverside](#)
[Roseville](#)

[Sacramento](#)
[San Diego](#)
[San Francisco](#)
[San Jose](#)
[San Luis Obispo](#)
[San Ramon](#)
[Santa Barbara](#)
[Santa Clara](#)
[Santa Monica](#)
[Santa Rosa](#)
[Sherman Oaks](#)
[Sunnyvale](#)

[Tarzana](#)
[Temecula](#)
[Thousand Oaks](#)
[Torrance](#)

[Vacaville](#)
[Valencia](#)
[Ventura](#)

[West Hollywood](#)
[West Los Angeles](#)
[Westlake Village](#)
[Westminister](#)

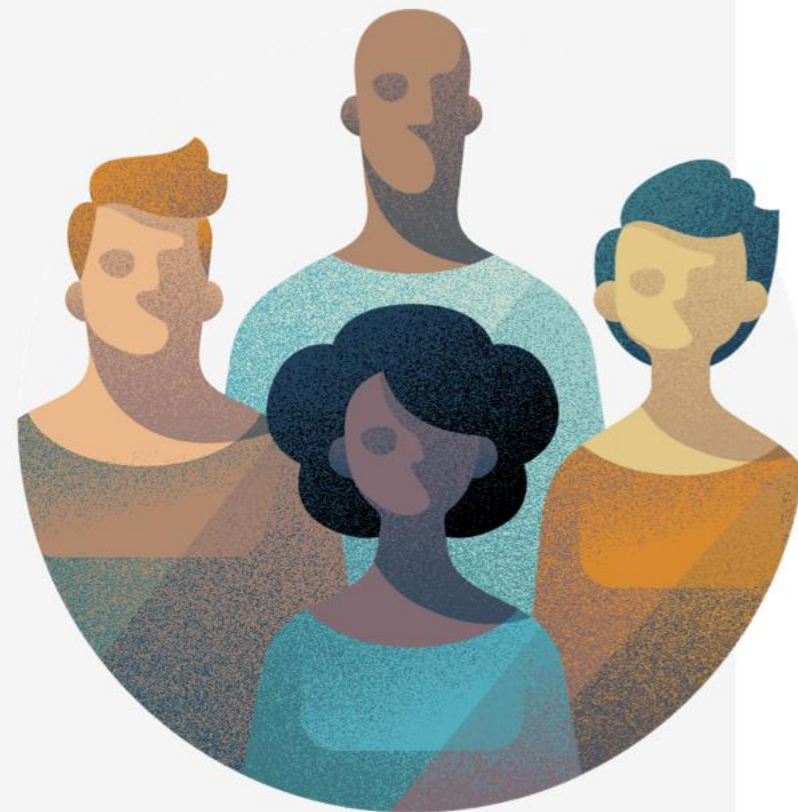
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Culturally competent care

Carrot members can request to be matched with a BIPOC provider at a Carrot in-network facility.

If you're a Carrot member and would like to speak with our Care Team about finding a provider, log into your Carrot app and connect with your Care Team.



FEATURES



Talk to an expert

You or your eligible domestic partner/spouse can contact our Care Navigation team for help finding a clinic or agency, getting advice, or answers to questions that might come up along your journey.

Talk to Carrot

From benefits and finances to medical topics, the Carrot Care Team is here to answer your questions.



Talk to Carrot



Schedule a video chat or call



Talk to Carrot

We're standing by to explain how Carrot works, help find a provider that's right for you, or answer any questions you have. If you're looking for a provider, have you tried out our provider finder? [Click here to visit it.](#)

YOUR EMAIL

YOUR MESSAGE

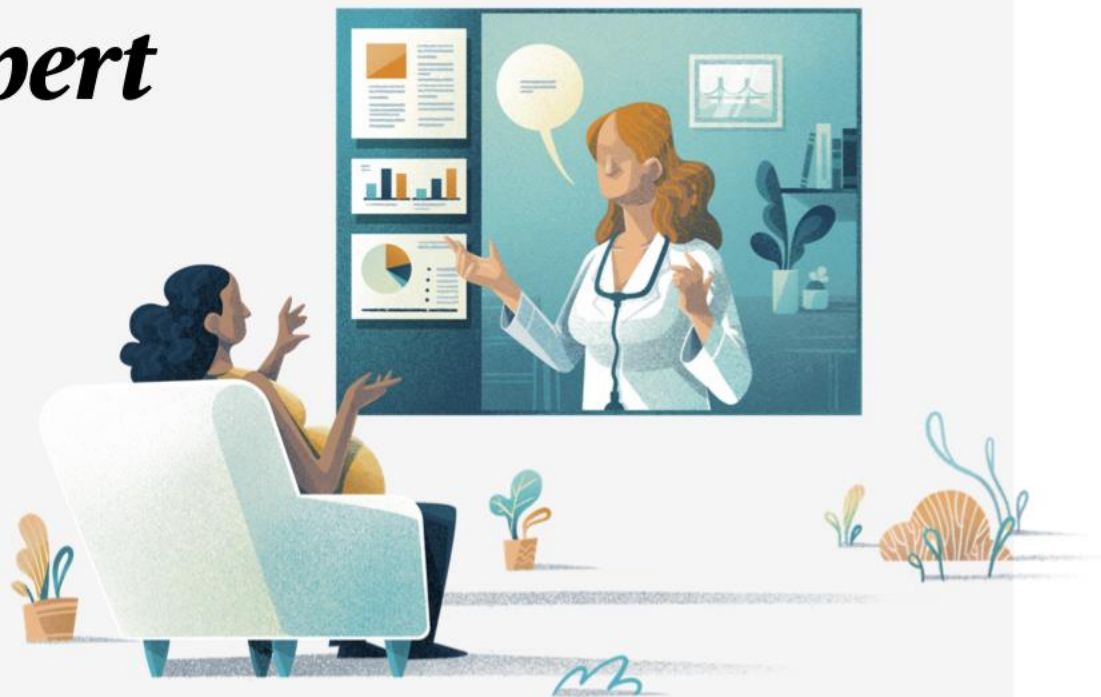
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Talk to a medical expert

You or your eligible domestic partner/spouse can get unlimited telehealth access to doctors, nurses, specialists, and more.

Schedule virtual visits with our medical expert team through the Carrot app.





Carrot expert specialties & topics

FERTILITY

Initial consultations

Fertility preservation

In vitro fertilization (IVF)

Male fertility and preservation

ADOPTION & SURROGACY

US domestic adoption

International adoption

Foster to adopt adoption

Gestational carrier journeys

LGBTQ+

Navigating LGBTQ+ family building journeys

EMOTIONAL SUPPORT

Emotional support for adoption, fertility, and GC journeys

PRESCRIPTION SUPPORT

Medication and treatment questions

Injection administration

PREGNANCY

Medical questions

Labor and birth plans

Nutrition in pregnancy

Lactation and breastfeeding support

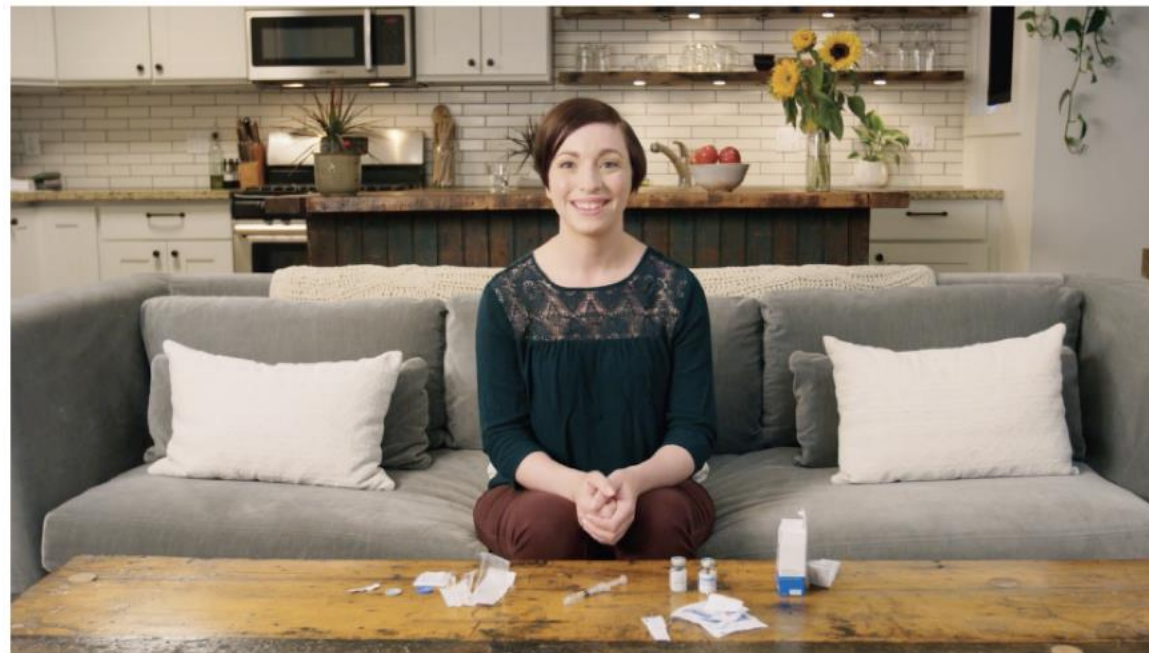
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Library of content

Several treatments require specialized, step-by-step instruction. You'll find step-by-step video content to make the process easy.

Read + Learn > IVF

How to do the Trigger Shot

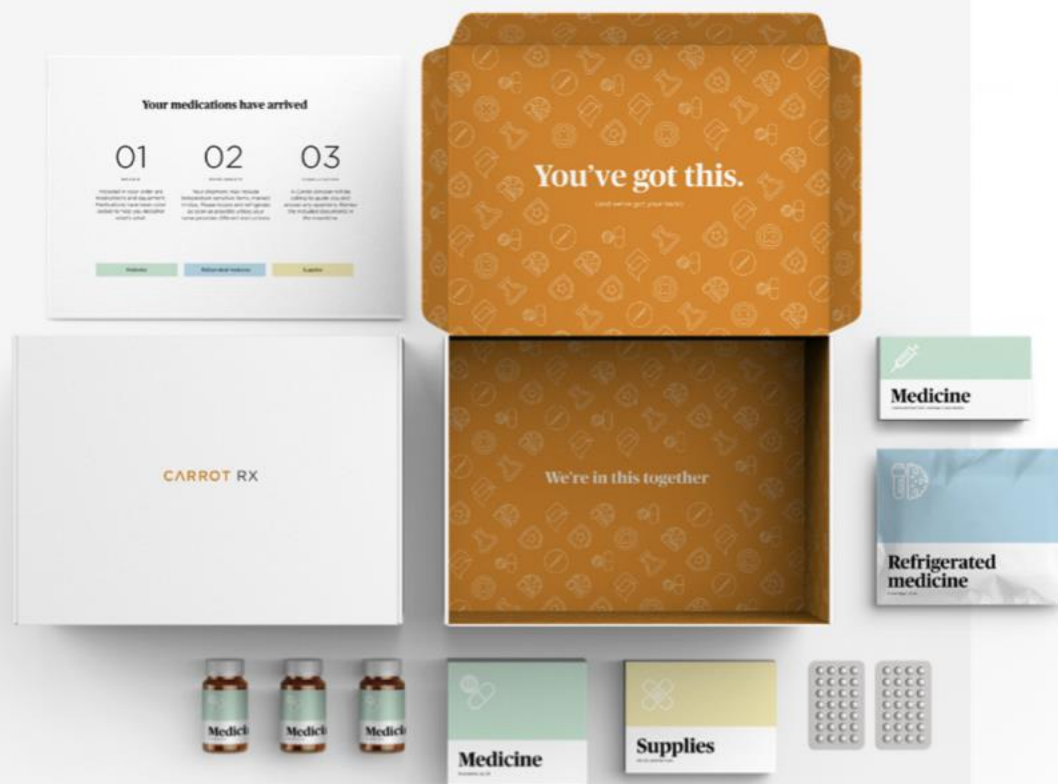


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Carrot Rx, powered by Schrafts 2.0

Carrot Rx offers significant savings on essential fertility medications, convenient delivery, and personalized, high-touch support. We help you navigate your fertility medications and injection administration, making your experience as comfortable and seamless as possible.

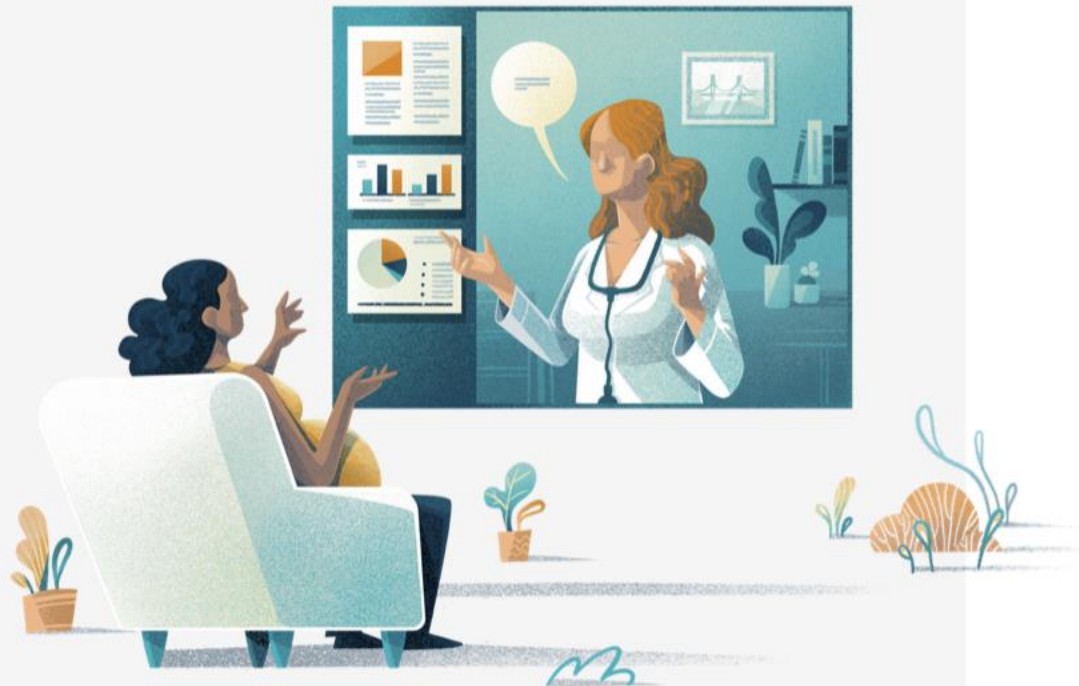


FEATURES



Carrot Pregnancy

Carrot Pregnancy offers virtual access to doctors, doulas, and midwives, and emotional wellbeing experts to help you stay healthy throughout pregnancy and prepare for labor and delivery. Now, you have the peace-of-mind of world-class pregnancy support — anytime, anywhere.

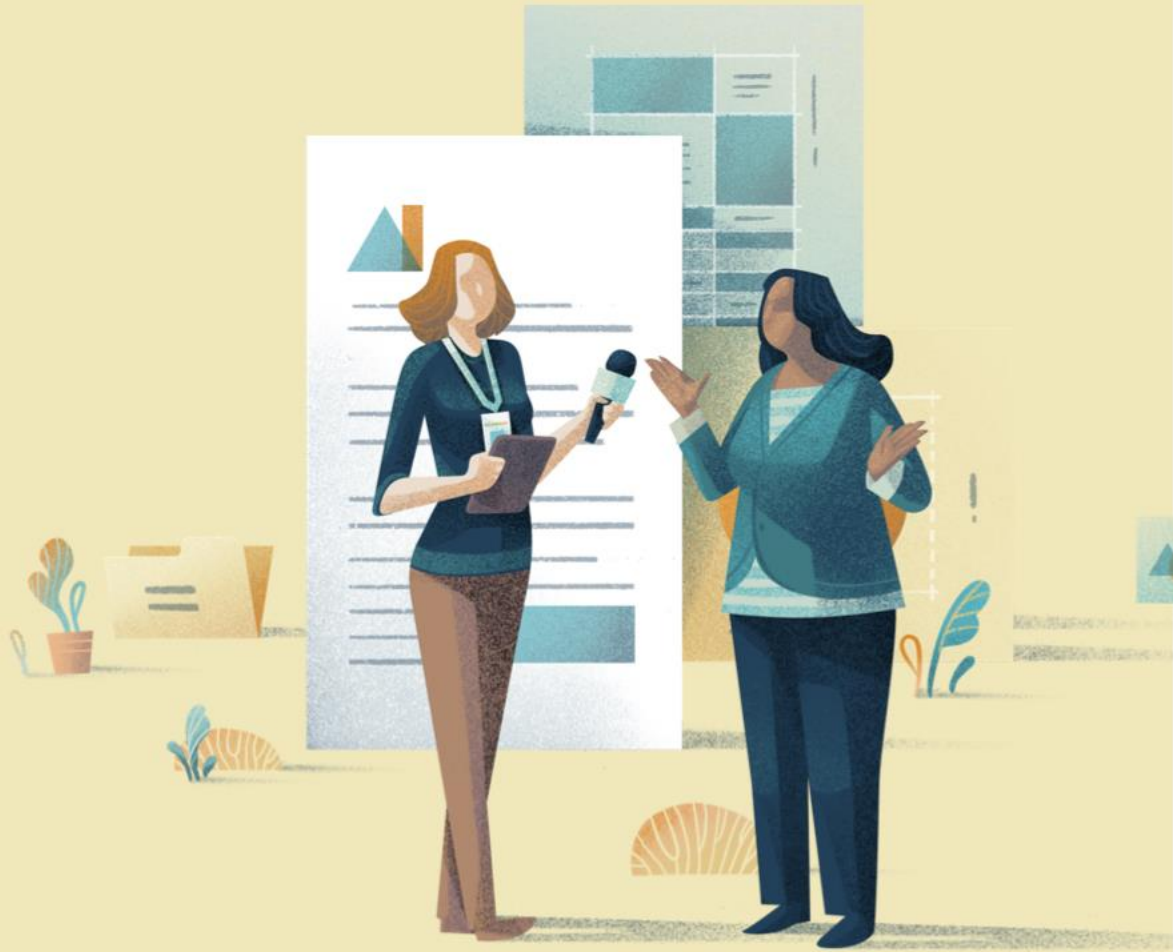


Carrot at Home, powered with Ava

Convenient fertility support for employees,
cost savings for employers

- Powered by data from more than 100,000 cycles, Ava's machine-learning algorithms help women get pregnant faster by predicting their fertile window with 89% accuracy
- 30% of sub-fertile women became pregnant within a year of using Ava
- Combined with Carrot's telehealth services, employees have comprehensive in-home fertility support when they need it most
- Offered as a workplace benefit exclusively to Carrot members at significant discount
- Available to members in the US, UK, Canada, Germany, and Switzerland





***Thank
You***