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## Welcome to Carrot

Carrot is a benefit designed to support your unique parenthood journey. Carrot is not health insurance but rather provides resources to make family forming more accessible to everyone.

Through Carrot, you have access to fertility and family-forming education, pregnancy support, virtual chats with physicians and other specialists, exclusive discounts and expedited appointments at clinics, free consultations at adoption agencies, an expert-authored resource library, and a dedicated Care Team to help guide your journey and provide peace of mind every step of the way.

Your employer also offers a financial benefit to help you pay for care. You can learn more about these funds and any tax implications by creating an account at [get-carrot.com/signup](https://get-carrot.com/signup).

### Get started

Explore all the resources Carrot has to offer. Sign up at [get-carrot.com/signup](https://get-carrot.com/signup).

### Questions?

Your employer also offers Carrot funds to support your journey. Taxes may apply. To learn more about paying for care, create an account at [support@get-carrot.com](mailto:support@get-carrot.com).

# What does your Carrot benefit include?

## PERSONALIZED SUPPORT — NO MATTER WHAT PATH TO PARENTHOOD YOU'RE ON

- A customized Carrot Plan to guide you through every step of your family-forming journey
- One-on-one consultations with navigation experts for guidance and support, including helping plan your journey, connecting you to experts, sharing information on providers in your area, and facilitating appointment booking
- Unlimited, free virtual visits with Carrot's team of family-forming experts, including reproductive endocrinologists, urologists, adoption experts, doulas, midwives, LGBTQ+ family-forming experts, and more
- Mental health and emotional support from experts who specialize in family-forming journeys
- Access to expert-produced educational resources, including articles and how-to videos
- At-home support through Carrot's telehealth platform and partners, including discounted access to the Ava bracelet, a clinically backed ovulation tracking tool that helps people get pregnant faster through timed intercourse, and Legacy, a digital fertility clinic that helps Carrot members test, freeze, and improve the quality of their sperm\*
- Carrot Rx®, which offers significant savings on fertility medications, easy ordering, and virtual clinician support any time, day or night

## PROVIDER DIRECTORY AND DISCOUNTS

- Get connected to 3,100+ clinics and 1,700+ attorneys and agencies
- Access exclusive discounts and expedited appointments at top clinics and agencies
- Fast, simple, worry-free reimbursements — pay out-of-pocket at time of service, then upload a photo of your itemized bill to Carrot to get reimbursed
- Carrot Card®, a debit card that lets you pay for eligible care and services without waiting for reimbursement

\* Ava and Legacy currently not available in Puerto Rico

## 2022 highlights



### CARROT PLANS

Every family-forming journey is unique. But no matter the road ahead, having a map to help navigate its ups and downs can make a huge difference financially and emotionally. That's why every Carrot member will have access to a Carrot Plan, an intuitive, personalized guide to help you in your pursuit of parenthood. Whether you're just starting to explore your options or already well into your journey, our team can help you make the most of your benefit.



### LANGUAGE SUPPORT

Carrot members can now chat with navigation experts in eight different languages, and we're adding new options regularly.



### AT-HOME SPERM TESTING AND STORAGE

Through a new partnership with Legacy, Carrot members can test, freeze, and improve the quality of their sperm from the comfort of home.\*

