

# Get support from a team of medical experts

Carrot Fertility provides employees with inclusive fertility, hormonal health, and family-forming benefits. With the Carrot benefit, you get expert resources, education, and support for fertility health (e.g., fertility testing, ovulation tracking), preservation (egg, sperm, and embryo freezing), in vitro fertilization (IVF), pregnancy and postpartum, gestational surrogacy, menopause, low testosterone, and more.

Whether you have questions or need help figuring out your next step, a diverse team of Carrot medical experts and specialists are here to help you — as often as you need it. **99% of members rate these interactions 4.9 out of 5 stars.**

Visit [get-carrot.com/learn-more](https://get-carrot.com/learn-more) to create your account and schedule your first chat with a medical expert today.

## MEDICAL EXPERTS SPECIALIZED IN:

## REAL QUESTIONS FROM CARROT MEMBERS:

Reproductive endocrinology	What can I expect from the egg-freezing process?
Obstetrics and gynecology	What type of fertility testing should I proactively ask my doctor about now?
Perimenopause and menopause	What's the difference between perimenopause and menopause?
Low testosterone	What can I do to understand if low T is impacting our ability to get pregnant?
Midwifery	Should I create a birth plan? How do I get started?
Doula support	What are the benefits of having a doula in the delivery room?
Lactation	What should I consider when choosing a breast pump? How can I boost my supply?
Urology	What affects sperm health? Should my partner avoid hot tubs?
Nutrition	Are there certain foods I should eat or avoid when I'm trying to get pregnant?
Adoption	I'm interested in adopting from foster care. What's my next step in the process?
Gestational surrogacy	What should I look for when choosing a gestational surrogacy agency?
LGBTQ+ family formation	What options are available if my partner and I are interested in having a child who is genetically related to us?
Emotional well-being	What recommendations do you have for navigating life postpartum?

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

Questions? Visit [get-carrot.com/employee-support](https://get-carrot.com/employee-support) to connect with the Carrot Care Team.