CARROT

Welcome to Carrot, Community Health Plan of Washington!

Beginning on January 1st, 2024, CHPW employees and their spouse or partner will receive unlimited support from Carrot at every stage of their fertility or family building journey - from pre-pregnancy or exploration to postpartum or early parenthood. A personalized Carrot Plan is created for each unique individual and their specific fertility or family forming goals. The Carrot Plan guides members through their journey while curating relevant resources and support mechanisms to support the member and their family throughout.

CHPW employees have access to $5,000 lifetime towards eligible fertility and family-forming expenses.

Personalized, unique guidance to you & your journey

- A free, personalized step-by-step guide created with your unique needs in mind to support you through your journey
- Unlimited, free virtual visits with fertility health and family-forming experts to navigate your options, costs, and questions
- Expert-produced educational resources, including articles, how-to videos, and more
- At-home support through Carrot's complete telehealth platform, including a fertility health and wellness test, an ovulation tracking bracelet, and more*
- Access to Carrot's vetted network and exclusive discounts

Expert guidance

- As part of member's Carrot Plans they will receive unlimited access to Carrot's experts. These telehealth experts include:
  - Reproductive endocrinologists
  - Urologists
  - Fertility RNs
  - Adoption experts
  - Gestational carrier & surrogacy experts
  - LBGTQ+ family forming experts
  - OB/GYN and pregnancy experts
  - Midwives & Doulas
  - Sleep Experts
  - Certified New Parent Educators (CNPEs)
  - Career & Life Coaches
  - Emotional support clinicians
  - Nutritionalists
  - Lactation consultants
  - Menopause and low testosterone experts
  - Gender-Affirming care experts
  - Care Navigators

Provider network, discounts, and access to funds

- Find a trusted provider with Carrot's vetted network of 880+ clinics and 3,400+ attorneys and agencies around the world
- Access culturally-competent care through BIPOC provider identification
- Receive exclusive discounts and expedited, priority appointments at top clinics and agencies
- Get support from live translators during benefit chats
- Use Carrot Rx®, a pharmacy that offers significant savings on fertility medications with easy online ordering and delivery
- Access, spend, and track your funds in your account

Get support with:

- Understanding fertility health
- Preservation (egg, sperm, embryo)
- Assisted reproduction (e.g., in vitro fertilization)
- Adoption
- Gestational carrier arrangements
- Donor assistance
- Pregnancy & Postpartum
- Return to Work
- Menopause/low testosterone (low T)
- Gender-Affirming care

Deep longitudinal support

Expanded pregnancy & postpartum support

Carrot is bringing even more support to people who are pregnant or postpartum. Employees can use their funds for eligible doula services, attend 1:1 coaching sessions with pregnancy experts like nutritionists, lactation consultants, CNPEs, night nurses, career coaches, and more.

Menopause and low testosterone (low T)

Fertility health doesn't stop at family forming. Carrot offers expert-led group sessions, dedicated Telehealth and educational content for people going through menopause and low T so they aren't left to navigate this stage of life on their own. Employees can use their funds for hormone replacement therapy & eligible expenses.

Employees love Carrot

"Carrot made it all so simple and easy. They helped us navigate through the maze of information and options and guided us with confidence, honesty, and respect. We are so grateful to them."

- Shannon H.