

# Coming soon

We've partnered with Carrot to provide inclusive hormonal health, fertility, and family-building benefits — **at no cost to members.**

## Use Carrot for support with:

-  Perimenopause and menopause
-  Low testosterone (low T)
-  Pregnancy and postpartum
-  Infant care and parenting (ages 0-12)
-  Fertility health and wellness (e.g., hormone testing, trying to get pregnant)
-  Preservation (egg, embryo, or sperm freezing)
-  Assisted reproduction, like IVF and IUI
-  Adoption
-  Donor assistance and gestational surrogacy
-  Gender-affirming care

## What's next?

Stay tuned for more details on how to sign up for Carrot and explore the resources and support available.



BRYAN AND LINDSAY

CARROT MEMBERS