

# Get support from a team of medical experts

Carrot Fertility provides inclusive hormonal health, fertility, and family-building benefits. Members can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

Whether you have questions for a medical expert or need help figuring out your next step, Carrot is here to help. With the Carrot benefit, you have access to unlimited video chats with a diverse team of experts on topics like menopause, andropause or low testosterone, pregnancy and postpartum, fertility preservation, LGBTQ+ family building, emotional well-being, nutrition, and more.

Visit [app.get-carrot.com/signup/info](https://app.get-carrot.com/signup/info) to claim your benefit and schedule your first video chat with a Carrot medical expert or specialist.

Claim your benefit

Carrot Experts specialize 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?
Andropause or 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 building	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?
Infant care and parenting (ages 0-12)	How do I manage my toddler's separation anxiety? What recommendations do you have for screen time and internet security?

**What's next? Visit [app.get-carrot.com/signup/info](https://app.get-carrot.com/signup/info) to claim your benefit today to schedule your first video chat and start exploring the available resources.**

\*Carrot Experts available may vary based on plan design, geography, and local rules and regulations.

**Questions?** Visit [get-carrot.com/go/priority-health#contact](https://get-carrot.com/go/priority-health#contact) to connect with your Care Team.