

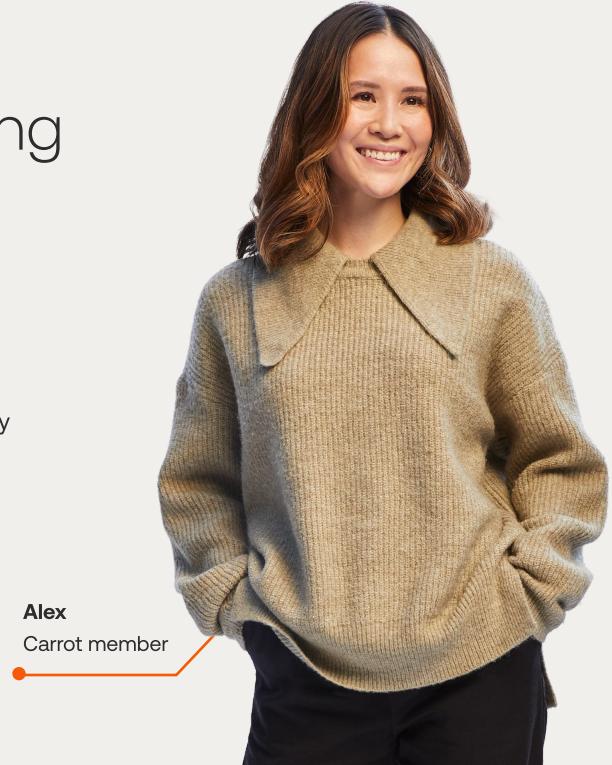
# Egg, sperm, and embryo freezing with Carrot

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.

This includes support for egg, sperm, and embryo freezing, also known as fertility preservation or cryopreservation.\*

Visit [app.get-carrot.com/signup/info](https://app.get-carrot.com/signup/info) to claim your benefit today and start exploring the available resources for fertility preservation.

[Claim your benefit](https://app.get-carrot.com/signup/info)



## Why consider fertility preservation?

### People choose to preserve their fertility for many reasons, including:

- Age:** A person is born with all of the eggs they will ever have, and the quality and quantity of those eggs tend to decline with age. Sperm is produced throughout a person's life, but the health and vitality of sperm decrease as people get older. Fertility preservation at a younger age may increase the chances of a healthy pregnancy in the future.
- Medical conditions:** Radiation, chemotherapy, hormone therapy, and some surgeries can have a negative impact on fertility. It's often possible to freeze eggs, sperm, reproductive tissue, or embryos before these treatments to protect a person's ability to have children.
- Health conditions:** Conditions like sickle cell anemia, lupus, and rheumatoid arthritis can increase a person's risk of infertility, so fertility preservation may be recommended in some cases.
- High-risk careers:** Exposure to radiation and toxic substances like pesticides, lead, metals, and petrochemicals may be harmful to fertility. It's also often recommended to freeze eggs, sperm, or embryos before starting a job with significant physical risks, like careers in the military and logging.

## Fertility preservation with Carrot

### Use your Carrot benefit to:\*

- Find fertility clinics and cryobanks/storage facilities near you
- Talk virtually and as often as needed with Carrot medical experts and specialists about baseline testing, the fertility preservation process, what to expect, estimated costs, and more
- Explore expert-produced educational resources — no more endless online searching
- Order medications from Carrot Rx — an easy-to-use pharmacy (powered by Alto) that offers up to 40% savings and price matching on most fertility medications, 24/7 support from certified clinicians, and free next-day delivery

### What's next?

Visit [app.get-carrot.com/signup/info](https://app.get-carrot.com/signup/info) to claim your benefit today and start exploring the available resources.

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