

# Menopause and low testosterone support with Carrot

Carrot 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 menopause and andropause or low testosterone (low T) support. Though menopause is a natural process, symptoms like changes in weight and body composition, hot flashes, sleep disturbances, and hair thinning can be challenging and last for years. While lesser known, low T affects about 40% of males over the age of 45, and up to 20% of males between the ages of 15-39 may also have a testosterone deficiency. Yet these conditions are rarely discussed in the workplace or even the doctor's office. Carrot is here to help.

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 hormonal health, including funds provided to help pay for eligible care and products.

[Claim your benefit](#)

Nell  
Carrot member



## Pay for care

Use the funds provided to pay for eligible care and products to treat symptoms, in-person and virtual visits with menopause or low T specialists, and more.\*

## Find a local menopause or low T specialist

Get help finding a high-quality provider specialized in menopause or low T near you to order and interpret your lab work, identify and treat symptoms, and more.

## Get guidance when you need it

Talk virtually as often as needed with Carrot's menopause and low T specialists, as well as experts in nutrition, pelvic health, urology, and emotional support — including licensed clinicians and psychologists. Get guidance for managing symptoms like weight gain, hot flashes, loss of lean muscle mass, sleep disturbances, and hair loss.

## Join online group sessions led by menopause experts

Attend a live group session with certified menopause experts and Carrot members to connect, learn, and share. These anonymous Zoom sessions educate on topics like symptoms and evidence-based treatments while breaking down the culture of silence around menopause to help people feel more supported and informed.

## 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.

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