

Pregnancy and postpartum 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 comprehensive pregnancy and postpartum support. Through your Carrot benefit, you have financial coverage for in-person doula services, unlimited access to Carrot's pregnancy and postpartum experts, expert-produced educational resources, and more.*

Visit app.get-carrot.com/signup/info to claim your benefit today and start exploring the available resources for pregnancy and postpartum, including funds provided to help pay for eligible care.

[Claim your benefit](#)

Guidance for each trimester and postpartum

From navigating early pregnancy symptoms to adjusting to life with a newborn, Carrot resources are available to support you every step of the way.

Talk with Carrot's team of experts whenever you need them.

Your Carrot benefit includes unlimited video chats with medical experts and specialists, including OB/GYNs, midwives, doulas, lactation consultants, emotional support experts like licensed clinicians and psychologists, pelvic health specialists, and more.

Join online group sessions to learn and connect

Led by Carrot medical experts, these supportive online group sessions are designed to answer your questions about each trimester (including postpartum). Plus, you'll get access to on-demand prenatal yoga sessions.

Explore expert-produced educational resources.

No more endless online searching. Learn at your own pace from evidence-based, in-depth resources — organized by trimester and broken down into digestible pieces that are easy to navigate.

Doula support

Carrot members can use funds provided to work with prenatal, birth, and postpartum doulas.

A doula is an individual who provides non-medical services, education, guidance, and emotional support. Research shows that working with a birth doula can lead to reduced labor time, a more positive birthing experience, and more. Postpartum doulas can teach new parents about newborn care and some may provide overnight support.

How to use your funds for doula services

Check your benefit guide to learn about covered services. Your doula must complete our attestation form to confirm that they meet certification, training, and experience requirements. Once you pay your doula, please upload an itemized statement to receive reimbursement from Carrot.

What's next?

Visit 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.