

CARROT

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FERTILITY AND FAMILY PLANNING

All full time Non-Union employees and spouses (including domestic partners) are eligible

- Comprehensive Fertility Care
- Expert Guidance and Access to Care
 - Access to a personalized Carrot Plan to guide you through every step of your family-forming journey
 - One-on-one consultations with navigation experts for guidance and support

TILLAMOOK WILL COVER UP TO \$10,000 PER YEAR / \$20,000 LIFETIME!

- Coverage for Family Planning Services including:
 - Fertility treatments, like In-Vitro Fertilization
 - Egg/sperm/embryo freezing
 - Adoption



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Ways to use Carrot:

- Explore your **fertility health** and wellness
- Guidance for **trying to get pregnant**
- Assisted reproduction, like **IUI or IVF**
- Preservation, like sperm and **egg freezing**
- Pregnancy and postpartum — work virtually with an **infant sleep expert** at no additional cost and use funds to **hire a doula** for birthing and postpartum overnight care
- **Perimenopause, menopause, and low T** — use funds to pay for hormonal treatments and other eligible expenses. Receive expert guidance for managing symptoms like weight gain, hair loss, and hot flashes
- **Adoption, gestational surrogacy**, and more



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MENOPAUSE COVERAGE

Covers many expenses that are not covered by health insurance including:

- Hormonal & non-hormonal treatments
- Supplements to aid with hot flashes
- Nutritional counseling by a registered dietitian
- Advanced temperature regulation equipment such as wearable devices

LOW TESTOSTERONE COVERAGE

Covers many expenses that are not covered by health insurance including:

- Hormonal treatment of low T symptoms
- Non-hormonal treatment of low T symptoms related to fertility
- Nutritional counseling by a registered dietitian

Sign up at get-carrot.com/signup

