

Carrot at Home®

Your complete telehealth platform for fertility and pregnancy care

Carrot members have access to comprehensive fertility care and pregnancy telehealth resources covering everything from early consideration phases through fertility treatments, adoption, and pregnancy. Your membership includes fertility and family-forming education, unlimited virtual chats with physicians and other specialists, an expert-authored library of resources, and exclusive discounts — including discounted access to the Ava ovulation tracking bracelet, as well as other at-home fertility solutions. Now, you have world-class family-forming and pregnancy support — anytime, anywhere.



Unlimited telehealth access to doctors, nurses and more

- Schedule virtual visits with reproductive endocrinologists, urologists, and adoption experts
- Talk to emotional support experts
- Get answers to your pregnancy questions from OB/GYNs, doulas, midwives, nutritionists, and lactation specialists*
- Save on the Ava bracelet, a clinically-backed ovulation tracking tool, and Legacy at-home sperm analysis
- Exclusively designed for Carrot members, access a Female Fertility and Wellness test kit to learn about your fertility from your home



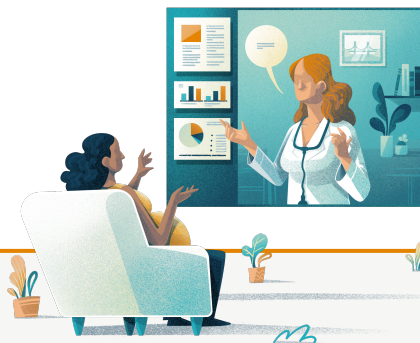
Navigation and support from Carrot's Care Team

- Talk to Carrot's Care Team for help on how to get the most out of your benefit, answers to questions that come up along your journey, support finding a clinic or agency, and more
- Message the Care Team for help anytime, anywhere



Carrot Rx®: A premium pharmacy experience with better prices

- Access all of your fertility medications in one place, with significant cost savings
- Schedule appointments with clinicians to help with medications, treatment, and administering injections
- Call anytime, day or night — a dedicated clinician is available 24/7
- Order prescriptions, vitamins, and supplements simply and easily — with free expedited delivery



CLAIM YOUR FREE BENEFIT

[Create your Carrot account](#) today and explore all the resources available to you.