

Carrot Pregnancy[®]

Carrot Pregnancy offers virtual access to doctors, doulas, midwives, and emotional well-being experts to help you stay healthy throughout pregnancy and prepare for labor and delivery. Now, you have the peace-of-mind of world-class pregnancy support — anytime, anywhere.



Vetted healthcare professionals in your pocket

- Virtual chats with doctors and specialists to answer your pregnancy questions — from the comfort of home
- Support from doulas and midwives on birth plans, changing hospital restrictions, and more



Holistic support throughout the full pregnancy

- Virtual sessions with emotional well-being experts to reduce stress and anxiety
- Helpful resources for anxiety reduction, including prenatal yoga and meditation classes
- Access to lactation consultants



Carrot Rx[®] Access

- Easy prescription, vitamin, and supplement ordering
- Personalized, attentive support available any time, day or night
- Free two-day delivery

CONTACT US

Get started

[Activate your benefit today](#) to access your Carrot account and explore all the resources Carrot Pregnancy has to offer. Already a Carrot member? [Update your journey](#) if you're pregnant and to access holistic pregnancy support for you and/or your partner. Please note that your Carrot financial benefit cannot be applied to pregnancy-related costs and services. Please refer to your medical plan for more details about maternity coverage.