

## Menopause and low testosterone (low T) support **with Carrot**

Menopause symptoms like hot flashes, fatigue, and trouble sleeping can be distracting, disruptive — and last for years. While lesser known, 40% of males over the age of 45 have low T, and up to 20% of those between the ages of 15 – 39 may also have a testosterone deficiency. Yet these conditions are hardly ever discussed in the workplace or even the doctor's office.

As a result, limited resources exist to support people through these years of dramatic hormonal changes that can impact them physically, mentally, and emotionally. Symptoms can lower quality of life, reduce job performance, and impair daily activities — but finding the right support can be challenging, and misinformation around menopause and low T is common. Carrot is here to help provide relief.

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit today and start exploring the menopause and low T resources available.

Claim your benefit



### Find a menopause or low T specialist

We know that finding a provider experienced in menopause and low T isn't easy. The Carrot Care Team can help. We have a robust network of providers who specialize in menopause or low T to help you get the right care, from the right specialist, at the right time.



### Get expert guidance when you need it

Members can schedule unlimited 1:1 virtual chats with menopause and low T specialists — **99% of members rate Carrot's expert chats 4.9 out of 5 stars**. You also have access to a library of trusted educational resources so you can spend less time searching online and learn at your own pace.



### Join online group sessions for education and support

Carrot brings members together for intimate, medical expert-guided group discussions on common topics like managing symptoms and evidence-based treatment options. These anonymous Zoom sessions educate while breaking down the culture of silence around menopause and low T to help people feel more supported, informed, and heard.

### Pay for care

Use your employer-provided funds to pay for medications, in-person and virtual visits with menopause or low T specialists, nutrition counseling with a registered dietician, and eligible products to regulate temperature, like wearable cooling devices.

### What's next?

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