



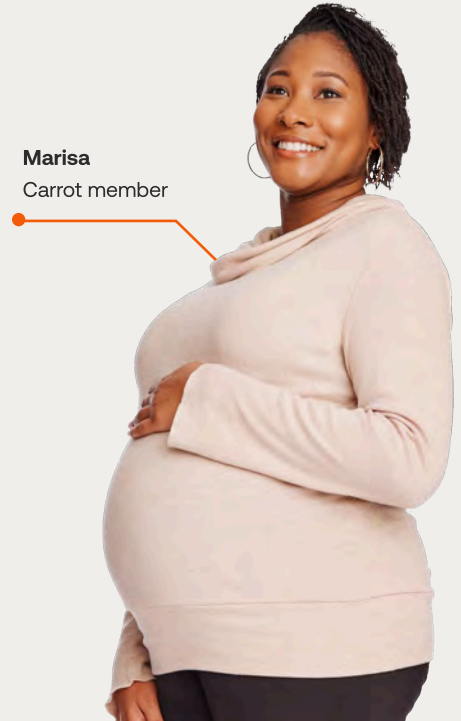
# Pregnancy and postpartum support with Carrot

Carrot provides inclusive hormonal health, fertility, and family-building benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, faith, marital status, or geography. This includes comprehensive support through pregnancy and postpartum.

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit today and start exploring the available resources for pregnancy and postpartum, including employer-provided funds to help pay for eligible care.

Claim your benefit

Marisa  
Carrot member



## Use your Carrot funds to pay for:\*

- **Milk shipping services** for storing human milk and shipping it home to ensure regular feedings while you're away from home
- **Online childbirth education classes** and workshops vetted by Carrot Experts for you and/or your partner\*\*

## Find a top-rated OB/GYN or pediatrician near you\*

Looking for an OB/GYN or pediatrician, or curious if yours is among the best? Get recommendations from your Carrot Care Team for the top-rated, in-network providers in your area to make sure you and your loved ones get the best care possible.

## 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.

## What's next?

Visit [get-carrot.com/signup](https://get-carrot.com/signup) 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.

\*\*Online childbirth education classes and workshops are eligible for reimbursement for employees in only the U.S.

**Questions?** Visit [get-carrot.com/employee-support](https://get-carrot.com/employee-support) to call or message the Carrot Care Team.