

Family-Building Support with Carrot

Because life's milestones deserve expert support.

Planning a family, navigating menopause, or returning to work after parental leave, Cigna Healthcare's partnership with Carrot Fertility ensures you have trusted guidance every step of the way.

This benefit is available exclusively to our Platinum members.

What Carrot Offers

Support across a wide range of life stages and needs:

- ✓ Fertility health, testing & preservation
- ✓ IVF and assisted reproduction
- ✓ Adoption & surrogacy
- ✓ Pregnancy, postpartum & parenting
- ✓ Menopause & low testosterone
- ✓ Return-to-work planning

Getting Started

Visit the website here

Create your personal account using your name and date of birth.

You can also add your partner/spouse during or after registration.

Real Stories, Real Support



Meet Rebecca, a Platinum member in Europe who used Carrot to take control of her menopause journey.



She began with Carrot Academy resources on perimenopause and menopause, then connected with a dedicated Carrot Companion to build a personalised plan.



From expert chats in her preferred language to virtual sessions on managing symptoms at work, Rebecca had support every step of the way.



Her Carrot Plan included tailored articles and group sessions, and she continues to access unlimited expert chats as she navigates her journey.



Provided by
CARROT