

# Carrot support through Cigna Healthcare



We are thrilled to announce that Cigna Healthcare, Global Health Benefits has partnered with Carrot to provide global members and their spouses/partners with personalized fertility, family-building, and hormonal health support.

Eunice  
Carrot member



## Inclusive support and personalized guidance

- Get a free, personalized expertly-created Carrot Plan (care plan) that provides actionable steps unique to you and your partner/spouses journeys
  - Please check CignaEnvoy to confirm if the recommended treatment is covered within your benefit plan.
- Connect with Carrot Companions for care navigation support, benefits referrals, and support on benefit options, costs, country-specific availability, and more
- Unlimited telehealth chats with medical experts and specialists – 99% of members rate these conversations 4.9/5<sup>1</sup>
- Get discounts on at-home fertility testing kits, precision ovulation tracking products, and more, in select countries
- Access trusted educational resources — no more online searching

## Vetted provider network, steerage, and partner discounts

- Find provider clinics that are approved by Carrot, as well as Carrot-approved adoption agencies and attorneys in 170+ countries<sup>2</sup>.
  - Please check to confirm if the recommended provider is within the Cigna Network to allow costs to be settled directly. Alternatively you can submit a claim directly to Cigna Healthcare for treatments covered under your benefit plan
- Receive exclusive discounts and expedited appointments at Carrot partner clinics and agencies around the world<sup>2</sup>
- Data-driven recommendations to the highest quality OB/GYN and pediatricians

## Get support with

- Understanding fertility health (e.g., fertility testing and ovulation tracking)
- Preservation (egg, sperm, embryo freezing)
- Assisted reproduction (e.g., in vitro fertilization)
- Adoption, gestational surrogacy, and donor assistance
- Pregnancy and postpartum
- Parenting and return-to-work
- Perimenopause, menopause, and low testosterone (low T)
- Gender-affirming care (U.S. only)

## Support spotlight

### Perimenopause, menopause, and low T support

Connect with Carrot menopause and low T specialists to ask questions about hormonal treatments and get expert guidance on managing body changes like hair loss and skin acne/dryness, abdominal weight, hot flashes, and other symptoms.

### Parenting and return-to-work

Navigate new parenthood with unlimited access to lactation experts for feeding and pumping advice, mental health experts to discuss concerns like postpartum emotions and parent sleep deprivation, infant sleep experts, certified new parent educators, career coaches, nutritional counseling, and more.

Visit [Carrot](#) to access your benefit and explore the resources available.

In collaboration with:

**CARROT**



## Global Health Benefits



1. Statistics from Carrot Outcomes Study, Carrot product data, and Carrot member surveys.
2. Carrot is available in 170+ countries, and services available may vary by employer, geography, and local rules and regulations.

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