

# Menopause, low testosterone, and andropause support with Carrot

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including support for hormonal health.

Many people who go through menopause experience symptoms such as hot flashes, sleep disruptions, weight changes, and hair thinning. Testosterone levels also decline with age, but not everyone is affected. About 40% of people assigned male at birth who are over age 45 — and up to 20% of those between 15 and 39 — may experience testosterone deficiency, which can impact fertility and overall well-being. When testosterone levels are below normal, it's referred to as "low testosterone." When this decline in testosterone is age-related, it's referred to as "andropause."

Despite the prevalence of these hormonal changes and their symptoms, there is often a lack of information and resources on how to cope. Carrot is here to help.

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to activate your benefits today and start exploring the available resources for hormonal health, including funds to help pay for eligible care and products.\*

Activate your benefits

Get the hormonal health support you deserve\*\*

## Pay for care

Use your funds to pay for eligible care and products to treat symptoms, in-person and virtual visits with menopause or low testosterone/andropause specialists, and more.

## Get guidance when you need it

Talk virtually as often as needed with Carrot's menopause or low testosterone and andropause specialists, as well as experts in nutrition, pelvic health, and emotional support — including licensed clinicians and psychologists. Learn how to manage symptoms like weight gain, hot flashes, loss of lean muscle mass, sleep disturbances, and hair loss.

## Find a local menopause, low testosterone, or andropause specialist

Get help finding a high-quality provider near you. Use our Provider Finder to search for a menopause specialist or a low testosterone endocrinologist or urologist who can order and interpret lab tests, diagnose and treat symptoms, and provide comprehensive care.

## Schedule a telemedicine appointment

From the comfort of your own home, meet with a medical provider who can order tests and prescribe hormone therapy (HT) when appropriate.

*Our dedicated telemedicine menopause services provide virtual support for members on this journey across the U.S. and the UK. In the U.S., these telemedicine services are available to members ages 45-65 and may be in network with insurance, with verification available before scheduling. This service can also be paid for using Carrot funds, FSA/HSA, or out-of-pocket payment. In addition, some providers within our network, both in and outside the U.S., may be able to provide virtual care to all ages, depending on local regulations.*

## Join online group sessions led by menopause experts

Attend a live group session with certified menopause experts and fellow Carrot members to connect, learn, and share. These sessions are designed to provide support and education on topics such as symptom management and evidence-based treatments.

## What's next?

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to activate your benefits today and start exploring the available resources.

\*Funds used through Carrot may be considered taxable income.

\*\*Services available may vary based on plan design, geography, and local rules and regulations.