

# Pregnancy and postpartum support with Carrot

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including pregnancy and postpartum support.\*

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

Activate your benefits

## Use your Carrot funds to pay for

- ▶ **Prenatal, birth, and postpartum in-person doulas** who offer guidance and support throughout pregnancy and beyond (including overnight care)
- ▶ **Milk shipping services** to store and ship human milk, ensuring regular feedings while you're away from home
- ▶ **Online childbirth education classes** and workshops vetted by Carrot Experts for you and/or your partner

## Doula support

A doula is an individual who works in collaboration with your clinical pregnancy and postpartum team by providing non-medical services, education, guidance, and emotional support. Research shows that working with a birth doula can lead to reduced labor time, a more positive birthing experience, and more. Postpartum doulas can help foster healing after delivery, be attentive to postpartum mood and anxiety disorders, and support newborn feeding and care. Some may also provide overnight sleep support.

### How to use your Carrot funds for doula services

Carrot must review and approve a doula in order for you to use your funds to pay for their services. Be sure to confirm your doula's eligibility before contracting them. Activate your benefits and check your benefit guide to learn more.

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

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

## Guidance for each trimester and postpartum

From navigating early pregnancy symptoms to adjusting to life with a newborn, Carrot resources are available to support you every step of the way.

### Talk with Carrot's team of experts whenever you need them

Your Carrot benefits include unlimited video chats with medical experts and specialists, including pregnancy experts, high-risk obstetricians, 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 with fellow Carrot members 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. Make informed decisions with our evidence-based, in-depth resources that are broken down into digestible pieces so you can learn at your own pace.

## What's next?

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

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

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