

# Your Carrot benefit

We've partnered with Carrot Fertility to provide our employees with inclusive fertility, hormonal health, and family-forming benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, and geography.

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to create your account and explore the resources available, including the funds we've provided to help pay for care.



**Eunice**  
Carrot member

Claim your benefit

## Personalized guidance

- Receive a free, personalized Carrot Plan created by a Carrot Expert that provides actionable next steps to help you make the most of your benefit
- Talk to Carrot's team of medical experts and specialists about navigating options, costs, and other questions — 99% of members rate these conversations 4.9 out of 5 stars
- Explore trusted educational resources — no more online searching
- Get at-home support like fertility tests, precision ovulation tracking, and more\*

## Provider network, discounts, and access to funds

- Access funds to help pay for eligible care and services
- Find eligible providers, agencies, and attorneys near you
- Receive exclusive discounts and expedited appointments at Carrot partner clinics and agencies
- Order medications, supplements, and vitamins from Carrot Rx®, an online pharmacy, for savings and convenient delivery

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to create your account and explore the resources available, including your employer-provided funds to pay for care.

## 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 (includes funds for doula support and milk shipping)
- Parenting and return-to-work
- Perimenopause, menopause, and low testosterone (low T)

## Your Trinidad Benham-provided funds

### Trinidad Benham will reimburse:

- 100%** of eligible expenses
- \$5,000** annual maximum
- \$15,000** lifetime maximum

Your employer-provided funds may be considered additional income and therefore, may be a taxable benefit. This is important to consider as it may affect the amount of income shown on your year-end tax statement and create a tax liability that we want you to plan for.

## Employees love Carrot

"This benefit has changed my life for the better. I would not feel confident and empowered if not for this experience."



— Tiffany J.