

CARROT

Your hormonal health, fertility, and family-building benefits

We've partnered with Carrot to provide comprehensive care and on-demand resources — at no cost to you.

Activate your benefits



Get support for*

- Perimenopause and menopause
- Low testosterone and andropause
- Parenting (0-12 years)
- Pregnancy and postpartum
- Adoption
- Donor assistance and gestational surrogacy
- Gender-affirming care

Your Gong-provided funds

Gong will reimburse:

100% of eligible adoption, gestational surrogacy, pregnancy, menopause, and low testosterone expenses

\$2,500 annual maximum

\$5,000 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.



Claim your funds to help pay for eligible care at get-carrot.com/signup.**

With Carrot, you can

- ✓ Get funds to help pay for eligible care, products, and services
- ✓ Schedule *unlimited* video sessions with medical experts and specialists
- ✓ Receive an expert-made plan for your needs, with personalized next steps
- ✓ Get recommendations for high-quality providers online and near you
- ✓ Learn from on-demand resources — no more endless online searching
- ✓ Share your benefits by adding a partner or spouse to your account
- ✓ Save money with exclusive discounts from Carrot partners



Carrot has *so many experts*...no matter what kinds of questions you have, there will be someone who can guide you.

Noel
Carrot member

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

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

Questions? Visit get-carrot.com/employee-support to connect with benefit experts around the clock.