

Menopause and low testosterone support with Carrot

Carrot provides inclusive hormonal health, fertility, and family-building benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

This includes menopause and andropause or low testosterone (low T) support.* Though menopause is a natural process, symptoms like changes in weight and body composition, hot flashes, sleep disturbances, and hair thinning can be challenging and last for years. While lesser known, low T affects about 40% of males over the age of 45, and up to 20% of males between the ages of 15-39 may also have a testosterone deficiency. Yet these conditions are rarely discussed in the workplace or even the doctor's office. Carrot is here to help.

Visit get-carrot.com/signup to claim your benefit today and start exploring the available resources for hormonal health.

[Claim your benefit](#)

Nell
Carrot member



Find a local menopause or low T specialist

Get help finding a high-quality provider specialized in menopause or low T near you to order and interpret your lab work, identify and treat symptoms, and more.

Get guidance when you need it

Talk virtually as often as needed with Carrot's menopause and low T specialists, as well as experts in nutrition, pelvic health, urology, and emotional support — including licensed clinicians and psychologists. Get guidance for managing symptoms like weight gain, hot flashes, loss of lean muscle mass, sleep disturbances, and hair loss.

Join online group sessions led by menopause experts

Attend a live group session with certified menopause experts and Carrot members to connect, learn, and share. These anonymous Zoom sessions educate on topics like symptoms and evidence-based treatments while breaking down the culture of silence around menopause to help people feel more supported and informed.

What's next?

Visit get-carrot.com/go/ardent-health#contact to claim your benefit today and start exploring the available resources.

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