

# Pregnancy and postpartum support with Carrot

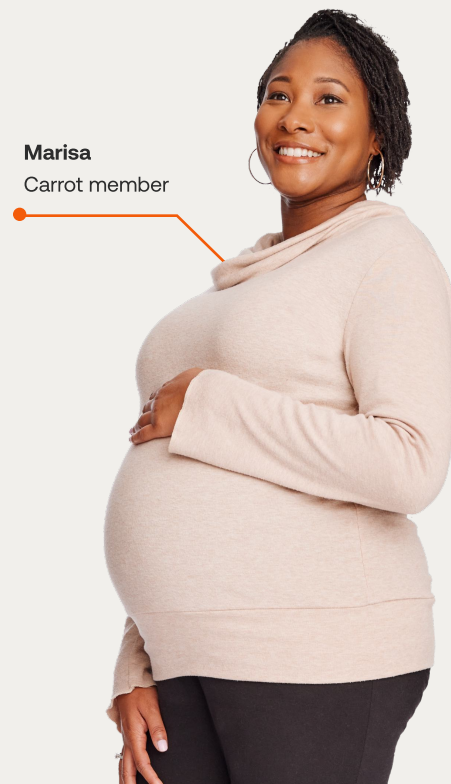
Carrot provides inclusive hormonal health, fertility, and family-building benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

This includes comprehensive pregnancy and postpartum support. Through your Carrot benefit, you have unlimited access to Carrot’s pregnancy and postpartum experts, expert-produced educational resources, and more.\*

Visit [get-carrot.com/signup](https://get-carrot.com/signup) to claim your benefit today and start exploring the available resources for pregnancy and postpartum.

[Claim your benefit](#)

**Marisa**  
Carrot member



## 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 benefit includes unlimited video chats with medical experts and specialists, including OB/GYNs, 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 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. Learn at your own pace from evidence-based, in-depth resources — organized by trimester and broken down into digestible pieces that are easy to navigate.



I really appreciate everyone at Carrot for helping to make this magical, but chaotic time, a little easier and less stressful for new parents.

Carrot member

### What’s next?

Visit [get-carrot.com/go/ardent-health#contact](https://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.