



Begin your pregnancy journey at home with Ava

Your benefit covers the Ava Bracelet, a smart ovulation tracking tool that helps people get pregnant faster

- The Ava Bracelet identifies you or your partner's five fertile days, doubling the chance to get pregnant each month
- Ava's machine learning algorithms are powered by data from more than 100,000 cycles. Backed by science, it helps people get pregnant faster by predicting fertile windows with 89% accuracy
- 30% of subfertile women (defined as trying to get pregnant for more than a year — or more than six months if over the age of 35) became pregnant within a year of using Ava
- The Ava Bracelet, combined with Carrot's extensive telehealth services, gives you the support you need to begin your pregnancy journey at home
- The Ava Bracelet is available to Carrot members at a significant discount

**The Ava Bracelet is available in select countries.*

CONTACT US

Learn more

To find out where the Ava Bracelet is available contact your Care Team at support@get-carrot.com.