

Introducing Carrot Pregnancy

Carrot Pregnancy offers virtual access to doctors, doulas, and midwives, and emotional well-being experts to help you stay healthy throughout pregnancy and prepare for labor and delivery. Now, you have the peace of-mind of world-class pregnancy support — anytime, anywhere.



VETTED HEALTHCARE PROFESSIONALS IN YOUR POCKET

- Virtual chats with doctors and specialists to answer your pregnancy questions — from the comfort of home
- Support from doulas and midwives on birth plans, changing hospital restrictions, and more



HOLISTIC SUPPORT THROUGH YOUR FULL PREGNANCY

- Virtual sessions with emotional well-being experts
- Helpful resources for anxiety reduction, including prenatal yoga and meditation classes
- Access to lactation consultants



CARROT RX ACCESS

- Easy prescription, vitamin, and supplement ordering
- Personalized, attentive support available any time, day or night

CONTACT US

Get started

[Activate your benefit today](#) to access your Carrot account and explore all the resources Carrot Pregnancy has to offer. Already a Carrot member? [Update your journey](#) if you're pregnant and to access holistic pregnancy support for you and/or your partner. Please note that your Carrot financial benefit cannot be applied to pregnancy-related costs and services. Please refer to your medical plan for more details about maternity coverage.