



Carrot: Residents & Fellows Fertility Benefits

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Care Facilitator Program



Carrot Eligibility

Enrolled in UC Residents/Fellows health plan & working 20 hours or more a week

Benefits are per resident/fellow and not member. Benefits may be used for any eligible member (even if not enrolled in health plan)

\$30,000 lifetime maximum

Carrot funds end upon separation from program for any reason. If return to residency or go on to a UC Fellowship the remaining Carrot funds will be available

COBRA available upon separation, but significant cost

Benefits effective 3/1/23

Carrot Benefits

Fertility preservation: egg retrieval, egg/sperm/embryo preservation

Treatment: IUI, IVF, donor sperm acquisition; egg and sperm storage

Testing & Diagnostics

Adoption & Surrogacy: related legal and agency costs

CarrotRx: specialty pharmacy for fertility medications

Resources

Register for your benefits through Carrot: get-carrot.com/signup (Register using your UC resident or fellow email address provided to PlanSource when you enrolled in health benefits.)

Website for more information: <https://www.ucresidentbenefits.com/health-benefits/family-forming-benefits/>

Ask questions: <https://www.get-carrot.com/employee-support>

Resolve eligibility issues: Contact Sharon Mendonca, UCSF Resident/Fellow Benefit Coordinator; sharon.mendonca@ucsf.edu; 415.476.6529