



Community Health Options Announces Grants to Support Physical Activity Programs

(Lewiston, ME, February 3, 2022) Lewiston-based Community Health Options, the state's only nonprofit, Member-led health plan, is now making grant funds available to Maine-based nonprofits through March 7, 2022.

Health Options awards grants through its Community Benefits Expenditure (CBE) program. Grants will target small community-based programs that encourage physical activity as a way to improve overall health and well-being.

"Sustained physical inactivity and sedentary behavior have been linked with poor physical and mental health and increased disease-specific morbidity and mortality risk," said Kevin Lewis, Health Options' president and CEO. "Providing grant funding to support the positive relationship between physical exercise and mental health is vital to our mission and as we all heal from the pandemic."

In addition to their grant work, Health Options has also teamed up with the National Fitness Campaign® to launch a statewide partnership to expand free access to world-class outdoor fitness centers. In its pursuit to promote health and well-being, the health plan will deliver new courts that will improve quality of life, encourage activity and create equitable access to outdoor exercise programs for communities around the state.

To learn more about the 2022 Spring grant cycle, click on the [Community Giving](#) section of the Health Options website. Applications are due by March 7, 2022, and recipients will be notified in April 2022.

About our Community Giving

Health Options laid the financial and foundational groundwork for a Community Benefit Expenditure (CBE) program in 2019 and began awarding grants in 2020. Health Options works with the Maine Community Foundation (MCF) to administer grant funds. The CBE Advisory Council includes public health experts, community



organizers, and people with decades of experience working in the nonprofit sector. Learn more here: [Community Giving](#).

About Community Health Options:

[Community Health Options](#) is the only Maine-based, nonprofit, Member-led health plan and plan administrator providing comprehensive health insurance benefits for individuals, families, and businesses. Health Options partners with nearly 1,300 businesses and 48,000 healthcare providers in the state.

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