



NEWS RELEASE

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Contact: Joyce McPhetres

Phone: 207-242-1625

**HEALTH OPTIONS RECEIVES NATIONAL RECOGNITION AS 2018
PSYCHOLOGICALLY HEALTHY WORKPLACE HONORS RECIPIENT**

Lewiston, ME – This year Community Health Options is among a select list of 23 national recipients of the American Psychological Association’s Psychologically Healthy Workplace (PHW) Honors. The winners include nonprofit, for-profit and governmental institutions of all sizes. It is awarded for outstanding efforts to foster employee health and well-being while enhancing organizational performance. It is the only health insurance company on the list.

“The employers receiving this honor have demonstrated a commitment to programs and policies that take people and performance into consideration,” said David W. Ballard, PsyD, MBA, head of APA’s Center for Organizational Excellence, which oversees the program. “The leaders of these organizations know that building a positive and successful workplace takes both well-designed practices based on good evidence and a supportive environment. The range of sizes and diversity of industries recognized show that any workplace has the potential to be a psychologically healthy one.”

In 2016, Community Health Options received the statewide PHW award from the Maine Psychological Association. Health Options employs more than 150 people in Maine and provides health insurance to over 50,000 Maine businesses and individuals.

“The 2018 Psychologically Healthy Workplace Honors award highlights our commitment to our people and to creating a workplace environment where employees and business thrives” said Joyce McPhetres, Senior Vice-President and Chief Human Resources Officer for Community Health Options. “We’re very excited to receive this honor. It underscores our vision of creating a healthy workplace for the people of Community Health Options.

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About Community Health Options – Community Health Options (Health Options) is a non-profit, Member-led health plan providing comprehensive, Member-focused health insurance benefits for individuals, families, and businesses. Community Health Options is licensed in Maine and New Hampshire. For more information about Health Options, visit the website: HealthOptions.org.