Beyond the official posting or messaging from Community Health Options, the opinions and or views expressed on all Community Health Options’ social media platforms, including, but not limited to, our Facebook, Twitter, LinkedIn and YouTube pages, represent the thoughts of individuals in the online community, and not necessarily those of Community Health Options or any of their respective officers, employees, or members of its respective board of directors. The opinions and views expressed on these pages do not in any way reflect the views of the site they are posted on, other sites affiliated with the site, the staff involved with maintaining the site, or any members of the site.

While Community Health Options makes reasonable efforts to monitor and/or moderate content posted on its social media platforms, we do not moderate all comments and cannot always respond in a timely manner to online requests for information. Community Health Options reserves the sole right to review, edit and/or delete any comments it deems are inappropriate. Comments including, but not limited to, the following may be deleted or edited by the moderators:

- Abusive or hurtful comments about a “poster” or other participant
- Off-topic and redundant comments (this includes promotion of events, groups, pages, Web sites, organizations and programs not related to or affiliated with Community Health Options)
- Comments that use foul language or “hate speech” (for example, including but not limited to racial, ethnic or gender bashing language)
- Personal attacks or defamatory statements or comments (i.e., making negative personal or untrue comments about a participant)
- Comments that violate the privacy of our Members and their families

Information posted on one of our sites is not intended to be medical advice and should not be considered medical advice, nor is it intended to replace consultation with a qualified physician or other health care provider. All links to other Web sites found linked from Maine Community Health Options’ social media sites are provided as a service to readers, but such linkage does not constitute endorsement of those sites by Community Health Options, and as such we are not responsible for the content of external Web sites.

By submitting content to any of Community Health Options’ social media sites, you understand and acknowledge that this information is available to the public, and that Community Health Options may use this information for internal and external promotional purposes and fundraising purposes. Please note that other participants may use your posted information beyond the control of Community Health Options. If you do not wish to have the information you have made available via this site used, published, copied and/or reprinted, please do not post on this page.