



2023 Community Health Options Wellbeing Grant Cycle

Program Overview

Community Health Options laid the financial and foundational groundwork for its Community Benefits Expenditure (CBE) program in 2019 and began awarding grants to Maine nonprofits organizations in 2020. Community Health Options works with the Maine Community Foundation (MCF) to administer grant funds.

As the only Maine-based health insurance company, we are focused on partnering with Members and local stakeholders to provide affordable, high-quality benefits that recognize the mind-heart-body connection and promote whole person health. For more than 10 years, Community Health Options has been on a journey helping Mainers live healthy lives. As we move forward, the CBE program will help us on this journey and provide grants to small, community-based programs working to promote wellness and community health.

In addition to this grant work, Community 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 the pursuit to promote health and well-being, we 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.

Q: What are the Community Health Options Community Benefit Wellbeing Grants?

A: The 2023 Community Health Options Wellbeing Grants, offered through our Community Benefit Expenditure program, are awards of \$2,500 to \$5,000 given to Maine nonprofit organizations focused on community-based services that promote physical activity and mental health.

Q: How much money is being awarded for 2023?

A: For 2023, the Community Health Options Community Benefit Expenditure is distributing \$50,000 in Wellbeing Grants, to be administered by the Maine Community Foundation. You may be eligible to receive between \$2,500 to \$5,000.

Q. Who is eligible for the grants?

A: You are eligible if you are a Maine 501c(3) nonprofit organization with an annual operating budget under \$1 million. Applicants should be focused on community-based wellness services and promote physical activity, serving populations under the age of 64 (before Medicare eligibility). You may also apply if you are a volunteer-led organization with fiscal sponsorship (from outside of Maine).



Q: How much money can my organization receive?

A: For 2023, the Community Health Options Wellbeing Grants, offered through the Community Benefit Expenditure, is distributing \$50,000 in grant money, to be administered by the Maine Community Foundation. Grants will range from \$2,500 to \$5,000. You may ask for less than \$2,500 if you do not need that much for your project.

Q: When can my organization apply?

A: You may apply between Friday, March 10, 2023, and 5 p.m., Friday, April 7, 2023.

Q: How does our group apply for a CBE grant?

A: Apply by visiting the Community Health Options website and clicking the [Community Giving](#) tab.

Q: When will the grants be announced?

A: Community Health Options will announce the 2023 Community Health Options Wellbeing Grants in May 2023.

Q: When did Community Health Options begin giving out CBE grants?

A: Community Health Options laid the financial groundwork for its Community Benefit Expenditure program in 2019 and began awarding grants in 2020, working with the Maine Community Foundation to administer the funds.

Q: Who oversees the grant program?

A: The Community Health Options Community Benefit Expenditure Advisory Council oversees the grant program. The council includes public health experts, community organizers, Community Health Options' Board members and leadership team members, and people with decades of experience working in the nonprofit sector.

Q: Why does Community Health Options provide these grants?

A: The link between physical activity and mental health is well documented, These grants are meant to support to grassroots organizations that share Community Health Options' vision to help the people of Maine live their healthiest lives possible by caring for mind and body.

Q: Can grant money be used for operational expenses instead of for a specific project or program?

A: Your organization may use the grant money toward general overall operating expenses provided they support a specific proposed project. When you submit your project budget, please outline how much will be used for operational expenses.

Q: What if my group won a grant in 2022. Can we apply again?

A: If your group received a grant in 2022, you must wait 12 months from the grant award date to apply for another Community Health Options Wellbeing Grant.



Q: Does my group have to use the grant within a certain timeframe?

If you're awarded a grant, you must provide a report on measurable deliverables within 12 months of receiving the grant money.

Q: How else does Community Health Options support Maine communities?

A: In addition to the \$50,000 distributed through the 2023 Community Health Options Wellbeing Grants, Community Health Options is continuing its partnership with National Fitness Campaign, [recently announcing \\$500,000 available](#) in 2023 to build Fitness Courts® across Maine. To learn more about National Fitness Campaign, please visit the [Maine Statewide Campaign](#) website.