



## 2022 Spring Grant Cycle Frequently Asked Questions

### Community Benefits Expenditure Overview

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

As a 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 10 years, 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 that encourage physical activity as a way to improve overall health and wellbeing.*

In addition to this 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, 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.

### Frequently Asked Questions

Q: Why are we providing these grants?

A: Providing grant funding that supports a positive relationship between physical exercise and mental health directly aligns with the Health Options mission.

Q: Who is eligible to apply?

A: Maine nonprofit organizations with an annual operating budget under \$1M are eligible to apply for grant funding. We seek organizations whose focus is community-based wellness services and promotion of physical activity, and ideally serve individuals under 64 years old (Medicare-eligible). Volunteer-led organizations with fiscal sponsorship may apply.

Q: How much grant funding will be awarded in this cycle?

A: A total of \$50,000 will be distributed among 5-10 grant recipients in amounts ranging from \$3,000 to \$10,000.

Q: Is partial funding allowed?

A: Yes, partial funding is allowed.

Q: Can grant funds be used for operational (vs programmatic) expenses?

A: Grant funds can be used toward general operating expenses that support overall delivery of the proposed project. The budget should indicate what portion of the funds are for general operations.

Q: Can organization who were previously awarded CBE grants apply again?

A: If you received a Health Options CBE grant in 2021m you must wait 12 months from your grant award date to apply for another CBE grant.

Q: How do organizations apply for grants?

A: Maine nonprofits may apply for a Spring grant by visiting the Health Options website and clicking the [Community Giving](#) tab.

Q: What are the key dates for the Spring 2022 grant cycle?

A: Key dates include:

- Spring grant cycle opens on February 3, 2022
- All applications close March 7, 2022, at 5:00 p.m.
- Spring grants are announced on April 18, 2022

Q: Who oversees the CBE grant program?

A: The Health Options CBE Advisory Council oversees the grant program. The Council is comprised of public health experts, community organizers, members of the Health Options Board and leadership team, and people with decades of experience working in the nonprofit sector. The Maine Community Foundation administers the grant funds.