



About the 2024 Community Health Options Wellness 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 nonprofit 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. Community Health Options strives to help Mainers live healthy lives, and our CBE program is an important part of that mission through grants to community-based programs that promote wellness and community health.

In addition to our wellness grants, we have 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 partner to deliver new Fitness Courts® that will improve quality of life, encourage an active lifestyle and create equitable access to outdoor fitness for communities across the state.

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

A: The 2024 Community Health Options Wellness Grants, offered through our Community Benefit Expenditure program, provides up to \$50,000 in grant funding to Maine nonprofit organizations focused on community-based programs that build physical and emotional well-being for Maine people.



Q: How much money is being awarded for 2024?

A: For 2024, the Community Health Options Community Benefit Expenditure is distributing \$50,000 in Wellness Grants, to be administered by the Maine Community Foundation. Grants may be awarded for a full project or contribute to a larger project as partial funding.

Q: When can my organization apply?

A: Organizations may apply between Monday, March 11, 2024, and 5 p.m., Friday, April 12, 2024.

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. Who is eligible for the grants?

A: Eligible organizations include Maine 501c(3) nonprofit organizations with an annual operating budget under \$1 million. Applicants should be focused on community-based wellness programs that build physical and emotional well-being, serving populations under the age of 64 (before Medicare eligibility). Volunteer-led organizations with fiscal sponsorship from outside of Maine may also apply.

Q: When will the grants be announced?

A: Community Health Options will announce the 2024 Wellness Grant recipients in May 2024.



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, 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 improved well-being and physical and emotional health is well documented. These grants are meant to support 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 a specific project or program?

A: Organization may use the grant money toward general overall operating expenses provided they support a specific proposed project. Project budgets must include an outline detailing how much will be used for operational expenses.

Q: What if my group received a grant in 2023. Can we apply again?

A: Grant recipients must wait 12 months from their grant award date to apply for another Community Health Options Wellness Grant.



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

A: Grant recipients must provide a report on measurable deliverables within 12 months of receiving the money. These results could include objective data or subjective information.

Q: How many grants were issued in 2023?

A: [Eleven grassroots nonprofit organizations received](#) funding from our Wellness Grants. Grant recipients include Portland's **Side x Side** program, Somerset County's **Main Street Skowhegan**, the **Beth Wright Cancer Resource Center** in Ellsworth, the **Kittery Land Trust, Inc.**, Bath's **Midcoast Youth Center**, the **Larry Labonte Recovery Center** in Rumford, Carrabassett Valley's **Adaptive Outdoor Education Center**, **The Maine Coast Fishermen's Association**, **Androscoggin Land Trust**, **Waldo County Bounty**, and **Inland Woods + Trails** in Bethel.

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

A: In addition to the \$50,000 distributed through the 2024 Community Health Options Wellness Grants, Community Health Options is continuing its partnership with National Fitness Campaign and plans to open its third Fitness Court® in the spring of 2024. To learn more about bringing a Fitness Court to your community, please visit the [Maine Statewide Campaign](#) website.

If you still have questions, please contact us at: grants@healthoptions.org