



About the Community Health Options 2025 Wellness Grants 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 partner with the National Fitness Campaign (NFC)[®] to expand free access to world-class outdoor fitness centers. Together with NFC, we deliver 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 2025 Community Health Options Wellness Grants, offered through our Community Benefit Expenditure program, provides five \$10,000 grants to Maine nonprofit organizations or projects that foster good nutrition, physical activity and healthy habits that reduce the risk of developing Type 2 diabetes and associated complications like heart disease, stroke, vision problems and kidney disease.

Q: Why are the Wellness Grants focused on lifestyle habits linked to Type 2 diabetes?

About 10% of Maine's population has been diagnosed with diabetes and more than 35% have prediabetes, with more than 6,800 Mainers being diagnosed every year, according to the [American Diabetes Association](#). Community Health Options is committed to preventing diabetes and its complications by working to close gaps in healthcare for its Members and supporting organizations and projects focused on healthy lifestyles across Maine.

Q: How much money is being awarded for 2025?

A: For 2025, the Community Health Options Community Benefit Expenditure is distributing \$50,000 in Wellness Grants, to be administered by the Maine Community Foundation. Applicants may apply for less than \$10,000 if they do not need the full amount for their project or program.

Q: When can my organization apply?

A: Organizations may apply between Monday, March 10, 2025, and 5 p.m., Friday, April 11, 2025.

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 foster good nutrition, physical activity and healthy habits that reduce the risk of developing Type 2 diabetes and associated complications like heart disease, stroke, vision problems and kidney disease. 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 Wellness Grant recipients in May 2025.

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 directors 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: Each year, we're inspired by the impact small organizations have across the state and privileged to play a small part in supporting grassroots efforts that share Community Health Options' vision to help the people of Maine live their healthiest lives possible.

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

A: Organizations 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 2024? 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 time limit?

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

Q: How many grants were issued in 2024?

A: [Ten nonprofit organizations received](#) funding from our Wellness Grants. Grant recipients comprise the Cromwell Center for Disabilities Awareness in Portland, New England Mountain Bike Association-Central Maine, Women for Healthy Rural Living in Hancock and Washington counties, An Angel's Wings in Lewiston, Cross Cultural Community Services in Portland, Fit Girls of Wilton Maine, Discover Downtown Westbrook, Friends of the Presumpscot River in Cumberland County, along with Maine Gear Share and Grahamtastic, which both operate statewide.

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

A: Community Health Options Wellness Grants has a partnership with National Fitness Campaign and has so far opened three Fitness Courts® across Maine. To learn more about bringing a Fitness Court to your community, please visit the [Maine Statewide Campaign](#) website.

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