



2026 WELLNESS MINI-GRANT REQUEST FORM

Grants for CIS Benefits members with medical coverage

Wellness mini-grants are available to CIS Benefits members that offer medical coverage through CIS. Grant funds must be used equitably for employees enrolled in those medical plans. The Benefits Team can answer questions as you complete the application.

Wellness Grant Overview

CIS Benefits wellness grants fund programs and activities that support healthy workplace cultures and encourage positive employee lifestyle changes.

To qualify for any wellness grant funding, your organization must have a current worksite wellness best practices policy in place. Review and update the policy each year before submitting it to CIS for grant consideration.

The Benefits Team is available to answer questions and support your organization as you prepare and submit your wellness grant application.

Wellness mini-grants help fund education, activities, and equipment that support a healthy workplace culture and address employee health needs and interests.

Funding amount: \$5 per enrolled employee, with a minimum award of \$50 and a maximum award of \$500.

Application deadline: December 31.

Organizations that complete all Level 1 requirements may apply for the standard mini-grant amount. Organizations that complete both Level 1 and Level 2 requirements may receive priority consideration for funding and wellness recognition opportunities, subject to available funds.

Funds are limited and awarded on a first-come, first-served basis. Applying does not guarantee reimbursement or funding approval.

To apply, complete the Level 1 section first. If your organization also meets the Level 2 requirements, complete the Level 2 section for priority consideration. Submit the completed form, required proof, and materials by the deadlines listed below.



Before you begin: Confirm that your organization offers CIS medical coverage, update your current wellness policy, gather any required proof of promotion or attendance, and plan to submit the application by December 31 and reimbursement materials by January 15.

Level 1 Application

Date Achieved	Complete all items below for Level 1	CIS Benefits Use only -
	1. Update and submit your wellness policy. Attach your current-year wellness policy to the application. Click here to submit your wellness policy or visit the CIS Benefits Portal. Login is required.	
	2. Promote Hinge Health. Share it by email, flyer, or another communication method, and include proof of promotion with your application.	
	3. Attend an in-person or online Benefits training. At least one organization representative must attend a CIS benefits-specific training. Qualifying options include a Benefits Renewal Meeting, BAC Meeting, annual conference session, virtual renewal meeting, Quarterly Benefits training, or virtual CIS Annual Conference.	



Level 2 Application

Date Achieved	Complete all items below for Level 2	CIS Benefits Use only -
	1. Complete and receive approval for Level 1.	
	2. Promote Lantern Share the webinar link below or use other approved materials. Here is the link to the webinar you may share. Tell us if you want flyers or other promotional materials. CIS Benefits will use Learning Center participation reports to verify this requirement.	
	3. Host a benefits event for employees. Hold an onsite Benefits Fair or a virtual benefits meeting, such as an open enrollment meeting or online benefits fair. Contact your Benefits Representative if you need coordination support.	

Date: _____

Signature: _____

Make check payable to: _____

Mailing address: _____

Total: \$ _____

For CIS use:
Amount awarded: _____
Authorization: _____

When complete, email form and other requirements as noted to healthybenefits@cisoregon.org