

# 2025 Impact Report

Community is everything. It's a physical place where we learn, grow and thrive, but it's also a support system full of meaningful connections that can transform our lives. It's a reminder that together, we can overcome obstacles.

With a three-year commitment of \$27 million, The Cigna Group Foundation invests in a healthier future for communities through three goals:

- 1 Improve youth mental health
- 2 Improve veteran mental health through housing stability
- 3 **THIS REPORT**  
Reduce barriers to health equity






# Reducing barriers to health equity through innovative service delivery


**In 2024, The Cigna Group Foundation invested more than \$3 million in 15 nonprofit organizations in Connecticut and Texas through the newly established Health Equity Impact Fund.**

The Health Equity Impact Fund is designed to convene and collaborate with nonprofit organizations and empower communities at the neighborhood level. Through a data-led approach, two cities and respective goals are identified each year for nonprofit funding with a two-year grant term. We're proud to report the first cohort's progress through the first year of a two-year term.


**This cohort is addressing the root causes of health inequity through the following grant program goals:**


## Hartford, Connecticut

 **72%** expand the number of providers and related community resources.

 **28%** increase access to transportation to attend health visits and physical activities.

## Houston, Texas

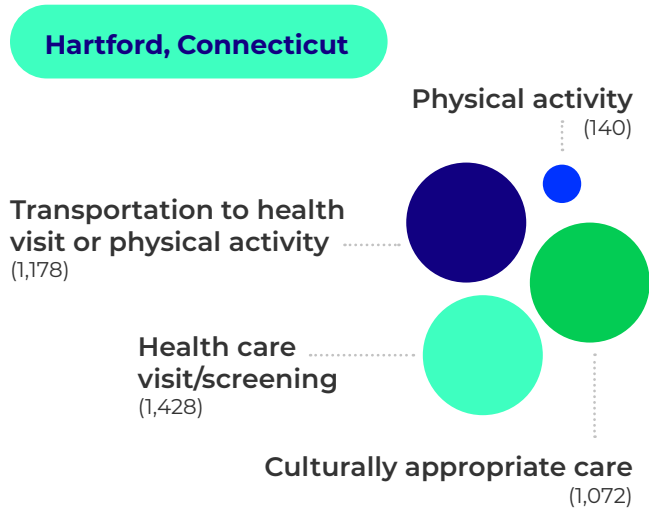
 **75%** provide innovative methods and distribution channels for ongoing nutrition education and fresh food access.

 **25%** increase access to transportation to attend health visits and physical activities.



# Activities that build pathways to health equity

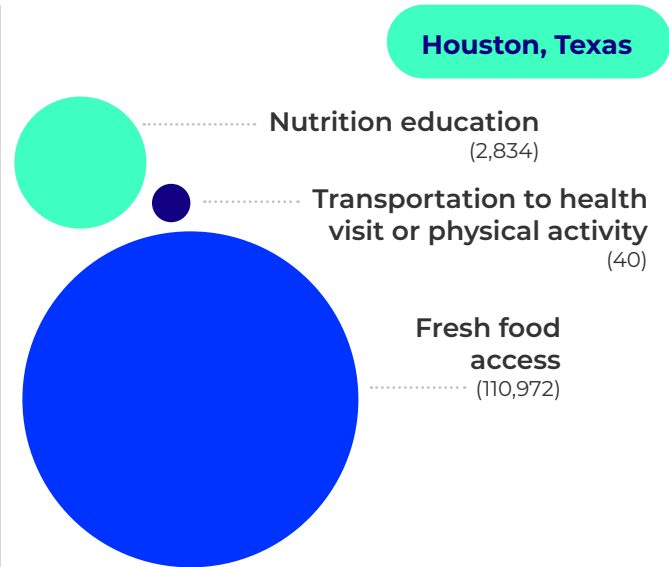
117,664 local residents engaged in the first year of programs and services:



## Examples of how we're making a difference in Hartford

A new mobile health clinic delivers critical health care services to help people manage chronic conditions (such as diabetes, asthma, high blood pressure and high cholesterol), urgent concerns (including pain, fever and infections) and preventive care (such as cancer screenings, vaccinations and physical exams).

With a new community resource navigator, people who visit the public library can get help with transportation to medical appointments, plus other referral and care coordination services.



## Examples of how we're making a difference in Houston

Monthly healthy eating workshops in English and Spanish help low-income families improve nutrition through practical, budget-friendly approaches.

Biweekly fresh produce delivery and nutrition education make it easier for community members with type 2 diabetes take control of their health. Culturally-tailored recipes, personalized sessions and virtual culinary demonstrations led by registered dietitians help make the program more effective.

## Working toward meaningful impact through outcomes measurement

At the completion of the two-year term (December 2026), grantees will report on specific measured outcomes:



**Access**  
Transportation, healthy food, audience-appropriate services



**Behavior**  
Healthier habits



**Knowledge/skills**  
Diabetes management, nutrition education



**Utilization**  
Clinical care and services

## 2024-2026 Health Equity Impact Fund grantees

### Hartford

- Charter Oak Health Center, Inc.
- Hartford Public Library
- Literacy Volunteers of Greater Hartford
- Malta House of Care
- The Health Collective
- The University of Connecticut, Health Disparities Institute
- Wheeler Clinic, Inc.

### Houston

- American Heart Association, Inc. — Houston Chapter
- Bread of Life, Inc.
- Hispanic Health Coalition
- Lucille's 1913 Community Kitchen
- Memorial Assistance Ministries
- Precinct2gether, Inc.
- Second Servings of Houston
- The University of Texas, Center for Health Equity



### Convening for collaboration

To mark the first year of progress and inform the path forward, grantees attended The Health Equity Impact Fund Summits in Hartford and Houston. These gatherings built meaningful connections, fostered learning on impact measurement and celebrated the transformative work advancing health equity in these communities.

“It far exceeded my expectations—very informative and beneficial connections were made with fellow recipients.”  
– **Hartford Summit attendee**

## Looking ahead

We are steadfast in supporting community organizations that are removing barriers to care and helping form healthier habits. Locations confirmed for the Health Equity Impact Fund to date: Hartford, CT, Houston, TX, and St. Louis, MO.

[Learn more at thecignagroup.com/community](https://thecignagroup.com/community)