

When I was growing up in Jay, Maine, my dad worked at the mill and my mom in the school cafeteria. These were steady jobs in our community that could support a family and keep oil in the tank, gas in our car and food on the table. But even then, there were times when our neighbors struggled to stay warm in winter.

We know this winter may be tough for many Maine families. We have seen the price of everything—from home heating oil to groceries—go through the roof. Electricity supply is not immune to cost increases, especially as New England must import natural gas to generate electricity and heat homes. This makes it more expensive.


Recently, the Maine Public Utilities Commission announced that the Standard Offer price for electricity supply will be going up by 49% or almost \$32 a month for our average residential customer in 2023.

I want to let you know that CMP only delivers the electricity you use and does not influence or control the supply price even though we are required to include and collect the cost in our monthly bills. You will find your supply charges on a separate supplier page of your bill.

We can offer you ways to better understand your energy use and perhaps better manage your electricity costs. At [cmpco.com](http://cmpco.com) you can find free tools for energy management, budget and payment plans for your bills, information on how you can choose a different energy supplier and information on other sources of assistance. In addition, you can call us at 800.750.4000, Monday through Friday, from 7:30am - 6pm.

As someone born and raised in rural Maine, I know winters can be hard and long, but we will get through it—we always do. And here at CMP, we will be here to help in any way we can.

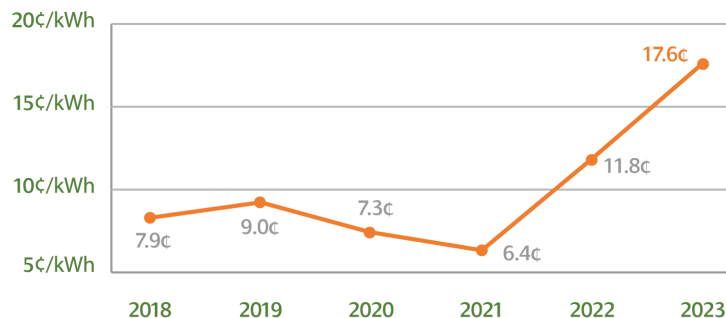
Sincerely,



Joe Purington  
President and CEO, Central Maine Power Company

In 2023, the price of **Standard Offer supply** is going up. Your supply changes are reflected on the supplier page of your monthly bill. **CMP** is required to bill and collect supply costs for the supplier you have selected - **CMP** does not make any money on electricity supply.

Historical Standard Offer Rate in CMP Service Area



SOURCE: Maine Public Utilities Commission

Look at your bill to see how many kWhs you use each month, then compare to the table below to see the impact the Standard Offer Provider (SOP) price increase will have on your bill.

	550 kWh	750 kWh	850 kWh	1,000 kWh	1,200 kWh	1,500 kWh
SOP 2022	\$64.99	\$88.62	\$100.44	\$118.16	\$141.79	\$177.24
SOP 2023	\$96.97	\$132.23	\$149.86	\$176.31	\$211.57	\$264.47
Difference	+\$31.98	+\$43.61	+\$49.42	+\$58.15	+\$69.78	+\$87.23

## Help with your bill

While **CMP** does not control the supply price of energy, we do have free services to help you understand and manage your energy use which can help you control your costs. Visit [cmpco.com/HelpWithBill](https://cmpco.com/HelpWithBill) for more information.

Here are some ways to manage your monthly bill:

- 1. Use less energy:** With **Energy Manager**, you can view your detailed electricity use and learn about ways to save. With **Usage Alerts** you can track your usage and cost weekly so you can make adjustments and know how much you're using so you will not be surprised. Both of these services are free. Enroll today at [cmpco.com](https://cmpco.com) by logging into your account and setting your preferences.

Visit these sites for helpful information and resources for managing your electricity bill.

**Efficiency Maine** - <https://www.energymaine.com/at-home/energy-money-savings-tips/>

**Governor's Energy Office** - <https://www.maine.gov/energy/winter-heating-resources>

- 2. Shop for a better supply price:** Mainers choose their electricity suppliers. For information regarding electricity supply options, visit the **Office of the Public Advocate** website at: [maine.gov/meopa/electricity/electricity-supply](https://maine.gov/meopa/electricity/electricity-supply) or call them at **207.624.3687**.

- 3. Get assistance:** If you or someone you know is having trouble paying their energy bills, we have payment plans and programs that can help:

**Contact us:** We may be able to set you up on a **payment plan** to help you get caught up and manage your payments this winter. **SimplePay** (Budget Billing) is another option. Make a stable monthly payment based on your average monthly electricity usage over the past year, keeping your bill the same amount each month.

### Additional resources:

- **Call 2-1-1 for more information.** For heating assistance and other information about services available throughout Maine, call **2-1-1**, text your zip code to **898211** or visit **211maine.org**.
- **Visit the Maine Public Utilities Commission** website at [maine.gov/mpuc/consumer-assistance/electricityhelp](https://maine.gov/mpuc/consumer-assistance/electricityhelp) for guidance on how to find help.
- **Contact your local Community Action Agency (CAA)** to apply for assistance through these programs:
  - Maine's Homeowner Assistance Fund (HAF)** - The Maine **HAF** is a free, federal relief program for homeowners financially impacted by COVID-19 who are behind on their mortgage, housing, property tax or utility payments and are at risk of foreclosure. To learn more and apply, visit [haf.maine.gov](https://haf.maine.gov).
  - Home Energy Assistance Program (HEAP)** - **HEAP** provides federal grant money to qualified customers to help pay their heating costs and may also assist with weatherization needs.

### CMP offers these additional resources:

- **Electricity Lifeline Program (ELP)** - CMP's **ELP Program** offers qualified customers a credit of up to \$900 annually on their electric bill.
- **Oxygen Pump / Ventilator Assistance Program** - Customers who qualify for CMP's **ELP** may also be eligible to participate in our **Oxygen Pump/Ventilator Assistance Program**, which provides additional bill credits to customers who must use an oxygen pump or ventilator for at least 8 hours per day for health-related reasons.
- **Arrearage Management Program (AMP)** - The **AMP** helps qualified customers reduce their past due balance by as much as \$300 each month, as long as current monthly payments are made on time.

Visit [cmpco.com/HelpWithBill](https://cmpco.com/HelpWithBill) for more information on each of these programs.