



DECEMBER NEWSLETTER

THE LATEST IN TELEHEALTH NEWS



UMTRC
NEWS

THE HOLIDAY MAGIC OF SELF-CARE!

The holiday season, while often anticipated as a time of joy and connection, frequently presents a significant paradox for many individuals, manifesting as a period of heightened stress, anxiety, and emotional challenges. The societal expectation to orchestrate "perfect" celebrations, manage financial pressures, navigate intricate family dynamics, and cope with feelings of loneliness or grief can transform what is intended to be a festive occasion into an overwhelming experience.

Recognizing these holiday challenges, UMTRC wants to gift convenient and accessible ways of prioritizing self-care and personal well-being during this very busy time. As you strive to bring happiness to your loved ones, please know you can give yourself a little love too. Simply text 988 from any text capable device to access immediate emotional support; or visit [SAMHSA](#) for more resources. Ensuring we keep the holiday spirit bright for all, including YOU!

Warmest of Holiday Wishes to you and yours!

Antonia Sawyer, MS.

Program Director, UMTRC

PODCAST

World AIDS Day in 2025

In this episode, [Danielle](#) is joined by [Emily Brinegar](#) and [Jill Stowers](#) from [IU Health Positive Link](#) to discuss the importance of World AIDS Day and how virtual care options can be used to overcome barriers and foster connections to better health.

[.Listen on our website](#) or on [YouTube!](#)



BLOG POST

[World AIDS Day 2023 – Leveraging Telehealth for HIV Prevention and Beyond](#)

“While it may not seem immediately obvious, telehealth can be a vital tool for providing accessible HIV prevention and treatment services. From providing access to reducing stigma, there are a myriad of ways that telehealth can be leveraged to prevent, diagnose and treat HIV and AIDS.”

[Read It Now!](#)

NEW RESOURCES

2025 Environmental Scan

This [2025 Environmental Scan](#) highlights relevant information about the telehealth landscape nationally and for the UMTRC's region of Indiana, Illinois, Michigan and Ohio.

Download it today to learn more about:

- Political Landscape
- Sociocultural Acceptance of Telehealth
- Technology and Telehealth
- Environmental Impacts

And More!

[Download Now](#)



HEALTH HIGHLIGHTS

World AIDS Day

Held yearly on December 1st, World AIDS Day is an important moment to raise awareness, reduce stigma, and renew commitment to HIV prevention and care. For a Telehealth Resource Center, it highlights how virtual care expands access to HIV education, testing, and treatment—especially for people in rural or underserved communities. Telehealth helps remove barriers like transportation challenges, provider shortages, and concerns about privacy, making it easier for individuals to seek timely, confidential care.

This day also underscores the need for equitable access to ongoing HIV services. Telehealth Resource Centers support providers with tools and guidance to deliver high-quality, patient-centered care through digital platforms. By strengthening prevention efforts, continuity of care, and patient engagement, telehealth plays a key role in advancing health and improving outcomes for those affected by HIV.

More Events

- [Telehealth Policy in 2026](#) – January 15th
- [Telehealth Roundup: Mobile Health Units in the South Central Region](#) – January 27th

WEBINAR UPDATES

Webinar On Demand

January is Cervical Cancer Awareness Month! At the UMTRC, we've been learning more about how telehealth and other preventative steps can reduce the risk of cervical cancer as well as several others!

On Friday, January 5th, we'll be publishing an on-demand webinar on the UMTRC YouTube channel with experts from [Indiana University Melvin and Bren Simon Comprehensive Cancer Center](#). You can bookmark the page now – we look forward to sharing this webinar with you!



NEWS UPDATES

New Year, New Telehealth Prescribing?

Starting in January 2026, DEA telehealth [prescribing rules](#) are expected to shift as COVID-era flexibilities expire or transition into new regulations. Since the pandemic, clinicians have been allowed to prescribe Schedule II–V controlled substances via telehealth without an initial in-person visit, but these temporary waivers are set to end on December 31, 2025 unless further extended. If no extension or permanent rule is finalized, federal law under the Ryan Haight Act would again require an in-person medical evaluation before prescribing controlled substances through telemedicine.

At the same time, the DEA has proposed a new “special registration” pathway that could allow certain providers to continue prescribing controlled substances via telehealth without an in-person visit if they meet additional safeguards, though this framework has not yet been finalized. As a result, providers entering 2026 should closely monitor DEA action, as telehealth prescribing requirements may tighten or evolve depending on whether temporary extensions or permanent rules are adopted.



Other News

National

- [Countdown to 2026: New Year Changes in Telehealth Impacting Medicare Providers](#)

Indiana

- [Indiana Governor Mike Braun Signs Legislation to Modernize Healthcare, Expands Telehealth and Hearing Aid Access](#)
- [Indiana unveils multi-year rural health plan in newly released federal application](#)

Illinois

- [Partnership for a Connected Illinois Event to Recognize Excellence in Telehealth](#)
- [State health agency issues first-ever report on alcohol use in Illinois](#)

Michigan

- [Michigan lawmakers propose telehealth expansion for pets](#)
- [LEO - New state report examines how work impacts mental and physical health](#)

Ohio

- [Fairview Park Senior Center unveils new AARP-funded telemedicine station](#)
- [Ohio lawmakers push to restrict abortion medication](#)

Newsletter Information

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Email Subject: Happy Holidays from the UMTRC!