



# MARCH NEWSLETTER THE LATEST IN TELEHEALTH NEWS



**UMTRC  
NEWS**

## **CHRONIC CONDITIONS AND TELEHEALTH**

In an era where lifestyle related chronic conditions, such as obesity, type 2 diabetes, and cardiovascular disease are increasingly prevalent, the observance of March as Nutrition Health Month brings additional awareness to the impact dietary choices can have on all our long-term health outcomes. As the Upper Midwest Telehealth Resource Center, we are grateful for the opportunity to work with regional partners across Indiana, Illinois, Ohio and Michigan as they seek to educate their communities on how telehealth impacts nutrition; through the removal of traditional barriers to care, such as geographic isolation, mobility limitations, and time constraints. Ensuring that evidence-based interventions are accessible to diverse populations regardless of their physical location.

If you or your organization want to learn more on how to expand telehealth resources please reach out to us, and we can foster a healthier more resilient community, together!

Antonia Sawyer, MS.

**Program Director, UMTRC**



## **PODCAST**

### **This month on A Virtual View...**

Our host speaks with Mary de Groot, Ph.D., a professor of medicine from the Indiana University School of Medicine. Tune in for an in-depth discussion about diabetes distress and burnout, the impact of stigma on those with diabetes and how telehealth and virtual care are a vital tool to support those with diabetes in our communities.

Listen on [YouTube!](#)



## **NEW WEBINARS**

### **Recordings Available**

*Missed any of our webinar presentations? You can catch them now on our YouTube channel! Check out the [UMTRC Webinar playlist](#) to see the latest - [Telehealth Access Points: Building Health Access in Rural Communities](#) – and subscribe so you don't miss any new videos from the UMTRC!*

[\*\*Watch Now!\*\*](#)

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## **HEALTH HIGHLIGHTS**

### **National Nutrition Month**

During National Nutrition Month, telehealth plays a critical role in expanding access to personalized nutrition care and education. Virtual visits with registered dietitians and healthcare providers make it easier for individuals—especially those in rural or underserved areas—to receive guidance on healthy eating, chronic disease management, and weight management without the barriers of travel or limited local resources. Telehealth also supports ongoing engagement through remote monitoring, digital food tracking, and follow-up consultations, helping patients stay accountable and make sustainable lifestyle changes. By leveraging technology to deliver timely, convenient nutrition support, telehealth helps bridge gaps in care and empowers individuals to take a more active role in improving their overall health.

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## **EVENTS**

### **Live Webinar on April 7th – Digital Navigation and TAPs: Tools and Partnerships for Increasing Healthcare Access**

Join us for our April webinar! Jaleen Johnson with the Northwest Regional TRC and Abi Waldrup of the National Digital Inclusion Alliance as they share information about Digital Health Navigation. Highlighting tools and relationships that will benefit your organization as you seek to increase access to healthcare within your communities.

This session has been approved for 1.0 CEU credits by the National Association of Social Workers - Indiana Chapter for LSWs, LCSWs, LMFTs, LMHCs, LACs, and LCACs. Participants will receive information on how to claim their credit in follow-up communication after the conclusion of this presentation. These CEUs are approved for IN and OH partners

## More Events

- [Preparing for your state's Rural Health Transformation – April 14th](#)
- [Data Interoperability: What's Changing, What It Means, and How to Prepare - April 16th](#)
- [2026 TeleBehavioral Health Summit – AI in TeleBehavioral Health: Promise, Practice and Responsibility – April 23rd](#)

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## NEWS UPDATES

### Telehealth and the Rural Health Transformation (RHT) Program

*Recent developments in telehealth continue to play a critical role in advancing the goals of the [Rural Health Transformation Program \(RHT\)](#), particularly by improving access to care in underserved and rural communities. As healthcare systems adapt to evolving federal and state regulations in 2026, telehealth remains a key strategy for addressing provider shortages, reducing travel burdens, and supporting chronic disease management.*

*Updates to reimbursement structures and licensure flexibilities have encouraged more providers to integrate virtual care into their service models, allowing RHT-participating organizations to expand their reach while maintaining continuity of care. These changes are especially impactful in rural areas, where access to specialty care has historically been limited.*

### Newsletter Information

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