



# MONTHLY NEWSLETTER

## THE LATEST IN TELEHEALTH NEWS



**UMTRC  
NEWS**

## CONNECTING WITH THE UMTRC

March marks a season of transition—longer days, renewed energy, and a natural moment to reassess how we support patients and communities. It's also an ideal time to reflect on the continued growth of telehealth and the ways virtual care is becoming a more integrated, dependable part of the healthcare experience. At the Upper Midwest Health Resource Center, our team remains committed to helping organizations of all sizes strengthen their digital care strategies, adapt to changing policies, and make the most of technologies that improve access and outcomes.

Thank you for your continued collaboration and dedication. Together, we can ensure that telehealth remains not just a convenience, but a lasting resource that expands care, builds capacity, and strengthens the connections that matter most.

**Danielle Renckly**  
**Program Coordinator**

**On behalf of the UMTRC (Upper Midwest Telehealth Resource Center) Team**

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## HEALTH HIGHLIGHTS

### **National Nutrition Month - Highlighting Telehealth as a Tool for Better Health**

March is National Nutrition Month—a nationwide campaign encouraging people to make informed food choices and build healthy eating habits that support long-term wellbeing. For many patients, especially those managing chronic conditions like diabetes, hypertension, or heart disease, nutrition can be one of the most powerful tools for improving health outcomes.

Telehealth offers an accessible and flexible way to bring nutrition support directly to patients. Virtual visits make it easier for individuals to connect with dietitians, receive personalized meal planning guidance, and learn practical strategies for eating well at home.



Remote monitoring tools can help track blood pressure, glucose levels, or weight changes so providers can offer timely feedback and adjust care plans. Telehealth also helps break down barriers—such as transportation, rural distance, or limited appointment availability—ensuring more patients can receive the nutritional counseling they need.

National Nutrition Month is a great reminder that small, sustainable changes can make a big difference—and that telehealth can be a key partner in helping patients stay informed, supported, and motivated on their wellness journey.

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## EVENTS

### Other Events

- [Developing a Telemedicine Program](#) - April 1<sup>st</sup>
- NCTRC Webinar – Virtual Nursing: Innovations to Mitigate a Healthcare Workforce Crisis - April 17<sup>th</sup>
- TeleBehavioral Health 2025: Non-Standard Circuits: TeleBH care for Traumatic Brain Injury and Neurodiverse Patients - April 18<sup>th</sup>

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## NEWS UPDATES

### National

- [NO SHUTDOWN FOR TELEHEALTH AS CONGRESS PASSES SPENDING BILL TO KEEP THE GOVERNMENT OPEN, INCLUDING CRITICAL TELEHEALTH EXTENSIONS, ATA ACTION CELEBRATES VOTE](#)

### Indiana

- [Indiana Planned Parenthood affiliate opens virtual clinic](#)
- [AI in Rural Health: Hype or Hope?](#)

### Illinois

- [Illinois Legislative Update](#)
- [Peoria County Launches Second Cohort of Digital Equity Program](#)

### Michigan

- [Healthcare Laws Set to Take Effect April 2025](#)
- [Telehealth didn't increase total Medicare visits, but did drive](#)

### Ohio

- [Group claims new telehealth website violates Ohio law](#)
- [Medicare Telehealth Flexibilities Extended ... Again](#)

### Newsletter Information

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