



# NOVEMBER NEWSLETTER THE LATEST IN TELEHEALTH NEWS



UMTRC  
NEWS

## LET'S TALK ABOUT TELEHEALTH AND TOBACCO CESSATION

Cold Turkey is for sandwiches, not quitting smoking!

With The support of the National Quit Line (1-800-QUIT-NOW) and comradery of thousands of Americans choosing the 2025 Great American Smokeout as their day to work toward a smoke free future, there is no need to quit cold turkey! Data shows that those who plan to quit smoking, utilize evidenced based resources and strategies, and build a supportive network are more successful as quitting smoking than those who attempt cold turkey.

This month, the UMTRC is excited to collaborate with the American Cancer Society and the Indiana Department of Health to highlight telehealth resources for tobacco cessation to all our partners and their communities across Illinois, Indiana, Michigan and Ohio. This holiday season we are grateful to you all and hope this newsletter gives the gift of support for those who are currently on their tobacco cessation journey or need resources to get there!

Antonia Sawyer, MS.  
Program Director, UMTRC  
asawyer@indianarha.org

\*\*\*\*\*

## PODCAST EPISODE

### This month on a Virtual View...

Join Danielle for a conversation with two experts on tobacco cessation from the American Cancer Society and the Indiana Department of Health's Division of Tobacco Cessation and Prevention. In preparation for the Great American Smokeout, we discuss how to quit, why it matters and how digital health can make all the difference.

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



# BLOG POST

## The Great American Smokeout: How to Quit and How Digital Health Can Help

The Great American Smokeout is a chance to celebrate progress, start fresh, and lean on the tools that make quitting possible. For telehealth users and providers alike, it's an opportunity to combine traditional cessation methods with modern digital support — creating a holistic, patient-centered approach to quitting tobacco.

[Read More](#)

## HEALTH HIGHLIGHTS

### The Great American Smokeout

November 20th is the Great American Smokeout – a time for people across the country to make a plan to quit tobacco. The UMTRC has partnered with experts from the American Cancer Society and the Indiana Department of Health’s Division of Tobacco Cessation and Prevention services this month to promote the event. We also want to spread awareness of how the telehealth and digital health tools can make all of the difference to those who want to quit.

Providers are a key partners to helping people from all walks to life to quit tobacco and have a healthier tomorrow. You can learn more from our monthly blog and podcast about how healthcare professionals can integrate tobacco cessation into their daily operations and why it matters.

READY TO QUIT?

There is help.

INDIANA	ILLINOIS	MICHIGAN	OHIO
<a href="#">Quit Now Indiana</a>	<a href="#">Illinois Tobacco Quitline</a>	<a href="#">Michigan Tobacco Quitline</a>	<a href="#">Ohio Tobacco Quit Line</a>
1-800-784-8669			

## EVENTS

- TeleBehavioral Health 2025: Does Modality Matter? Comparing the Quality of Mental Health Care Delivered by Video, Phone, and In-person – November 21st
- Beyond Buzzwords: What Every Healthcare Leader Should Ask AI Vendors – December 2nd
- Telerehabilitation – December 3rd
- Inside access: Telemedicine for incarcerated patients – December 10th

# NEWS UPDATES

## The End of the Government Shutdown

After 43 days, the government shutdown has ended and operations at the federal government have resumed. As of now, the Medicare flexibilities that were halted during the shutdown have resumed. However, the status around some billable claims that were held during the shutdown remains uncertain. As of now, some claims are still being held – specifically those for acute care (i.e. Hospital at Home) and those that are not clearly identifiable as behavioral health. The future of these claims are currently uncertain.

Advocates are using this ongoing situation as an argument for why telehealth flexibilities should be enshrined as permanent law. As of now, we expect these flexibilities to continue to operate in the same way that they did prior to the shutdown.

\*\*\*\*\*

## More Telehealth and Health News

### National

- [The Longest-Running Federal Government Shutdown Is Over – What Does That Mean for Telehealth Providers?](#)
- [DEA to publish 4th extension of telehealth prescribing rule in wave of relief for virtual care providers](#)

### Indiana

- [New partnership boosts state's biomanufacturing workforce development](#)
- [Parkview Health expands specialty care in central Indiana with new Noblesville Diabetes and Endocrinology clinic](#)

### Illinois

- [What the end of ACA subsidies could look like in Illinois](#)
- [Nurses urge Illinois regulators to reject Ascension application to close Elk Grove obstetrics unit](#)

### Michigan

- [Michigan's health is falling behind, new report warns — and financial insecurity is driving it](#)
- [Michigan board approves new health and sex education standards in public schools](#)

### Ohio

- [Ohio GOP lawmakers move to ban telehealth, mail-order abortion pills](#)
- [First-of-Its Kind Nationwide Telehealth Therapeutic Clinical Trial for Cancer Now Open at Ohio State | Newswise](#)

## Newsletter Information

Published November 20, 2025

Email Subject: UMTRC and the Great American Smokeout