



# SEPTEMBER NEWSLETTER

## THE LATEST IN TELEHEALTH NEWS



**UMTRC  
NEWS**

## **INTRODUCING OUR NEW DIRECTOR**

Hello UMTRC stakeholders, telehealth providers, partners, and colleagues:

I am Antonia Sawyer, the new Program Director of the Upper Midwest Telehealth Resource Center (UMTRC). I have recently joined our parent organization, the Indiana Rural Health Association (IRHA), after working in community engagement and readiness over the past 7 years, within the Indiana Clinical and Translational Sciences Institute (CTSI) at the IU School of Medicine.



I have an undergraduate degree in the Science of Psychology from Indiana University, a Graduate degree in the Science of Strategic Leadership and Design from the University of Indianapolis, and most recently my Project Management Professional (PMP) Certification from Project Management Institute (PMI). All of which will help me support and expand the amazing work of our partners within the UMTRC and beyond.

Outside of my professional role, a few things I enjoy are running, spending time with my family (my grandson Antonio is the best), decorating cakes, and tending to my small garden. I am extremely excited to be the new Program Director of the Upper Midwest Telehealth Resource Center and am truly looking forward to exploring and innovating around emerging telehealth trends with you all.

Please do not hesitate to reach out anytime to discuss partnership, training, education, event planning, or technical assistance requests.

Best,

Antonia Sawyer, MS.  
Program Director, UMTRC  
[asawyer@indianarha.org](mailto:asawyer@indianarha.org)

## NEW RESOURCES

Did you miss the latest UMTRC webinar “[Reducing Isolation: Telehealth and Mental Health for Seniors?](#)”

You can still watch it by checking out our [YouTube channel](#)! Visit today and subscribe to make sure you never miss out on a presentation by the Upper Midwest Telehealth Resource Center.

---

## HEALTH HIGHLIGHTS

### Healthy Aging Month

September is [Healthy Aging Month](#), a time dedicated to raising awareness about the positive aspects of growing older and encouraging older adults to take charge of their health. It highlights the importance of maintaining physical activity, staying socially connected, and embracing preventive care to support long-term well-being. [Healthy Aging Month](#) reminds us that healthy habits, regular check-ups, and proactive care decisions can make a significant difference in quality of life as we age.

Telehealth plays an [important role](#) in supporting healthy aging by making healthcare more accessible, convenient, and responsive to the unique needs of older adults. From routine check-ups and medication management to mental health support and chronic disease monitoring, telehealth allows seniors to connect with providers without the burden of travel. It also helps [reduce social isolation](#) by keeping individuals connected to both care teams and loved ones through digital tools. By bridging gaps in access and ensuring continuity of care, telehealth empowers aging adults to stay engaged in their health and live independently for longer.

## EVENTS

---

### 23rd Annual IRHA Public Policy Forum

Join the [Indiana Rural Health Association's Public Policy Forum](#) for key conversations shaping rural health in Indiana.

Hear updates from [FSSA Secretary Mitch Roob](#), national insights from Brock Slabaugh, and a look at the future of public health from [Health Commissioner Dr. Weaver](#)—plus dialogue with leaders on the policies that matter most to your community.

Be part of the conversation.



---

### More Events

- [Beyond the Pilot: Growing a Telehealth Program in Alaska's Correctional Facilities – October 16th](#)
  - [TeleBehavioral Health 2025: Virtual Pathways to Recovery – Telehealth for Behavioral Health in Correctional Settings – October 17th](#)
  - [Care Management Services: What's Telehealth VS Not Telehealth – October 28th](#)
-

# NEWS UPDATES

## September 30th: Expiring Telehealth Flexibilities

This newsletter will be sent on September 30th, 2025. That is also the day key telehealth flexibilities are set to expire - they have been in place for several years now due to lingering COVID allowances. However, as of the 30th they will no longer be in place. Up until now, the continued existence of these flexibilities has largely been tied to funding bills. As the latest funding bill has not been passed and the possibility of a government shutdown looms, Medicare telehealth coverage is also in question.

So, what does that mean for our stakeholders? The National Consortium of Telehealth Resource Centers has resources available to explain what would change without this coverage – you can visit the NCTRC's website to read [“The Telehealth Policy Cliff: Preparing for October 1, 2025”](#) and to view the [Federal Telehealth Policy in 2025](#) webinar.

From the write-up:

- In most cases, providers would no longer be reimbursed for telehealth visits delivered to Medicare beneficiaries in their homes. Pre-pandemic rural and facility restrictions would return.
- Critical programs like Hospital at Home could face major disruption.
- Federally Qualified Health Centers (FQHCs) and Rural Health Clinics (RHCs) would no longer be able to serve as distant site providers for most telehealth services after December 2025.
- While the DEA extended flexibilities for prescribing controlled substances via telehealth until December 2025, providers may struggle to sustain telehealth-based care if reimbursement disappears.

[Read More](#)

The UMTRC and our other consortium members are here if you have additional questions related to this or any other telehealth-related legislation.

---

## More Telehealth and Health News

### National

- [GOP Bill Extends Telehealth Flexibilities, Sidesteps ACA Subsidies](#)
- [Telehealth Disparities Persist Among Rural US Adults](#)

### Indiana

- [New \\$7.5M southern Indiana VA clinic for thousands of veterans to open](#)
- [Committee scrutinizes maternal, infant mortality rates](#)

### Illinois

- [Aetna Better Health of Illinois' app streamlining access to Medicaid, SNAP benefits](#)
- [Illinois becomes first state requiring universal student mental-health screenings](#)

### Michigan

- [New telehealth partnership expands addiction care in Michigan](#)
- [From telehealth to training: CMU Institute tackles rural health gaps](#)

### Ohio

- [Ohio to Tighten Oversight of Weight-Loss Copies by Limiting Inventory](#)
- [Maternity deserts spread across Ohio, deprive rural residents healthcare](#)

## Newsletter Information

**Published September 30, 2025**

**Email Subject: September Updates from the Upper Midwest Telehealth Resource Center**

**Newsletter Information**

**Published October 31, 2025**

**Email Subject: Happy Halloween from the UMTRC!**