



# JANUARY NEWSLETTER

## THE LATEST IN TELEHEALTH NEWS



UMTRC  
NEWS

## JANUARY IS CERVICAL CANCER PREVENTION MONTH

Prioritizing health and scheduling a cervical cancer screening is critically important for all women for several reasons. Despite demanding personal and professional lives, regular screenings like Pap tests and HPV tests are essential for early detection of cervical cancer, which is highly treatable when caught in its initial stages.

As highlighted on the UMTRC on-demand session: [Healthy Weight, Cancer Prevalence, and Telehealth](#) Mary Robertson emphasizes that early detection significantly improves cancer survival rates and can even identify precancerous conditions. For women aged 21 to 65, cervical cancer is the fourth most common type of cancer, underscoring the need for proactive health measures, like Pap tests and HPV screening. By taking advantage of Cervical Health Awareness Month, women can make their health a priority, contribute to reducing cervical cancer rates, and ensure they remain healthy as they care for their families and others. Follow [this link](#) for more information on cervical cancer resources.

Antonia Sawyer, MS.

**Program Director, UMTRC**

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## PODCAST

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

This [Cervical Cancer Awareness Month](#) join host [Danielle Renckly](#) along with two experts from the Indiana University Simon Cancer Center's [Office of Community Outreach and Engagement](#) for a candid conversation about practical ways to prevent cancer and how telehealth can help.

Hear from [Calvin Roberson](#), Director of Operations, and [Mary Robertson](#), Prevention and Screening Program Leader, about small changes that can have a big impact on overall health.

[Listen on YouTube!](#)

## BLOG POST

### Cervical Cancer Prevention Month: Using Telehealth for Cancer Prevention and Support

“Cervical Cancer Prevention Month is an important reminder of how early detection, preventive care, and ongoing support can save lives. While cervical cancer is one of the most preventable cancers, access to screenings, education, and follow-up care remains a challenge for many individuals—especially those in rural or underserved communities. Telehealth and digital health tools are helping close these gaps by making prevention information, care coordination, and support more accessible than ever.”

[Read It Now!](#)

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## NEW RESOURCES

### 2025 Environmental Scan

View our [on-demand webinar](#) – it provides an overview of how lifestyle factors can impact cancer risk - and how telehealth can be used as a tool to manage these risk factors presented by Mary Robertson, MPH from the Indiana University Melvin and Bren Simon Comprehensive Cancer Center.

[Watch Now!](#)



## HEALTH HIGHLIGHTS

### January is Substance Use Disorder Treatment Month

January is Substance Use Disorder (SUD) Treatment Month, a time to raise awareness that recovery is possible—and help is available. Substance use disorders affect individuals and families across every community, yet barriers like stigma, transportation challenges, and provider shortages often prevent people from seeking care. Recognizing SUD Treatment Month helps normalize treatment, encourage early intervention, and highlight the importance of compassionate, evidence-based care that meets people where they are.

Telehealth plays a critical role in expanding access to SUD treatment by connecting patients to counseling, medication-assisted treatment, peer support, and follow-up care from the privacy of their homes. Virtual care can reduce missed appointments, improve continuity of care, and reach individuals in rural or underserved areas who might otherwise go without support. This month, we encourage patients, providers, and communities to explore how telehealth can be a flexible, confidential, and effective pathway to recovery—reinforcing that treatment works and recovery is within reach.

## More Events

- Expanding Access to Healthcare Through Virtual and Digital Capabilities - February 3<sup>rd</sup>
  - Building Digital Confidence: How Tech-Savvy Teens Are Strengthening Community Health – February 17<sup>th</sup>
  - Bio-Integrated Wearables and Implants: The Future of Continuous Health Monitoring – February 18<sup>th</sup>
  - Resilience, Relationships, Readiness and Recovery – February 19<sup>th</sup>
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## NEWS UPDATES

### Expiring Medicare Telehealth Flexibilities

As of January 30, 2026, many of the temporary Medicare telehealth flexibilities that were extended following the COVID-19 public health emergency have reached their scheduled end. These flexibilities had allowed patients to receive telehealth services from their homes regardless of geographic location, expanded the types of providers eligible to deliver and bill for telehealth, reimbursed certain audio-only services, and permitted federally qualified health centers and rural health clinics to serve as distant sites. Their expiration marks a shift back toward more restrictive, pre-pandemic Medicare telehealth rules unless Congress enacts further extensions or permanent reforms.

With the end of these flexibilities, Medicare coverage for telehealth is expected to again be limited largely by patient location, originating site requirements, and narrower provider eligibility, which may reduce access for rural, homebound, and underserved populations. While some behavioral health telehealth provisions and federal telemedicine flexibilities for prescribing controlled substances continue beyond this date, the broader rollback creates renewed uncertainty for patients and providers. Policymakers and advocates continue to push for longer-term solutions to avoid repeated “telehealth cliffs” and provide stability for virtual care delivery going forward.

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## Other News

### National

- [Hospice Telehealth Once Again Endangered as Federal Shutdown Looms](#)
- [Payment Processing and Compliance in Telehealth: What 2026 Will Demand](#)

### Indiana

- [Indiana Hospital Association report reveals financial crisis for hospitals and Hoosier healthcare](#)
- [IU's musculoskeletal research brings better health solutions to communities and collaborators](#)

### Illinois

- [Illinois awarded \\$193 million to expand healthcare access in rural areas](#)
- [Study warns data centers could cost Illinois billions and harm public health](#)

### Michigan

- [Healthcare resources aim to help those who are uninsured or underinsured in Michigan](#)
- [University of Michigan neurologists encourage protecting your 'brain health'](#)

### Ohio

- [Ohio Department of Medicaid has yet to pay nursing homes up to \\$1 billion after court ruling](#)
- [Ohio health director warns of severe flu season ahead](#)

## Newsletter Information

Published January 30, 2025

Email Subject: Step into 2026 with the UMTRC!