



Important Update on Medicare Telehealth Services

Dear Clients,

We want to inform you of a recent change to **Medicare** telehealth services due to the government shutdown.

Medicare is reinstating a rule that requires an **in-person visit within the past six months** before patients can access **mental health services via telehealth**.

Exceptions to this rule include:

- Clients who began virtual mental health treatment **before September 30, 2025**.
- Clients with a **substance use disorder** or a **co-occurring mental health and substance use disorder**.

If either exception applies to you, an in-person appointment is **not required** at this time.

This change only applies to clients covered by **Medicare**.

We are continuing to monitor these changes. If you have questions about how this may affect your care, please contact your provider or our navigation team for support.

Sincerely,

Jefferson Center