

# 7 key telehealth trends for 2025

**In 2025, telehealth continues its expansion into new use cases from AI-assisted, direct-to-consumer models to digital therapeutics. However, regulatory challenges may impact growth. Here are the 7 biggest telehealth trends of 2025.**

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## 1. AI-driven transformation

Generative AI is improving telehealth by automating clinical documentation and providing deep data analysis. This reduces providers' administrative tasks, allowing them to focus on personalized patient care in fields like cardiology, mental health, and diabetes management.

## 2. Expansion of digital therapeutics

The digital therapeutics market is growing beyond its initial focus on mental health and is now making inroads into specialized areas like oncology. These tools offer personalized interventions and remote monitoring, leading to better patient outcomes and compliance.

## 3. Direct-to-consumer growth

Niche direct-to-consumer telehealth services, particularly for weight management and sexual health, are thriving. These cash-pay models offer patients convenience and privacy, creating new revenue streams outside of traditional insurance frameworks.

## 4. Workforce optimization

Telehealth is helping to solve the healthcare workforce shortage. It enables providers to serve patients across geographic boundaries, supports underserved communities, and offers flexible work arrangements that help reduce physician burnout.

## 5. Integrated nutritional care

The "food as medicine" initiative is gaining momentum through telehealth. Virtual platforms connect patients with nutritional counseling and resources, enhancing outcomes for value-based care by treating the whole patient.

## 6. Regulatory uncertainty

The primary barrier to sustained telehealth growth is the inconsistent regulatory environment. Temporary Medicare extensions are increasing uncertainty, and a lack of uniform state-level policies on licensing and reimbursement creates significant operational complexity.

## 7. Reimbursement for remote patient monitoring

While AI-enhanced remote monitoring tools can turn wearable data into actionable health insights for managing chronic conditions, low reimbursement rates continue to hinder widespread adoption by providers and health systems.

*For more details on these trends, read [the full article](#).*

**CHG Healthcare can help you staff your telehealth program with locum tenens providers. Give us a call at 866.588.5996 or email [ecs.contact@chghealthcare.com](mailto:ecs.contact@chghealthcare.com).**

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