

Aetna Better Health® of Texas Provider Relations Team invites you to attend

Behavioral Health & Integrated Care Webinar



Diabetes and mental health

Individuals living with diabetes experience significantly higher rates of depression, anxiety, and Diabetes Distress—a condition stemming from the ongoing demands of managing blood sugar, nutrition, and daily care. Integrated behavioral health support is essential for improving outcomes, reducing complications, and strengthening overall well-being. We look forward to your attendance and participation in this webinar!

Featured presenters:



Kevin Shrum, MA, LPC

Licensed Professional Counselor — Mindful Brook Therapy, Frisco, Texas.

Mr. Shrum holds a Master of Arts in Professional Counseling from Amberton University. He combines professional expertise with his personal experience navigating Type 1 Diabetes since childhood. Counseling specialties include supporting individuals with chronic health conditions, and he facilitates a support group for persons managing diabetes.



Uma Gunasekaran, M.D.

Executive Director, Global Diabetes Program, Parkland Health

Dr. Gunasekaran is an Associate Professor of Internal Medicine in the Division of Endocrinology at UT Southwestern. Dr. Gunasekaran earned her medical degree at the George Washington University School of Health Sciences in Washington, D.C. She completed internal medicine residency training at Mt. Auburn Hospital in Cambridge Massachusetts, where she was Chief Resident. She then completed advanced training through a fellowship in endocrinology at Vanderbilt University Medical Center in Nashville. Dr. Gunasekaran is certified by the American Board of Internal Medicine in Endocrinology, Diabetes, and Metabolism.

Featured presenters:



Pyx Health will share how their non-clinical support program combining human and digital wellness tools can engage, support, and empower members with diabetes and promote social and emotional well-being. The Pyx Health program is available at no cost to all ABHTX adult members, as well as youth members ages 13 – 17 yrs old and their families.



Aetna Better Health of Texas Quality Management

Marianne Moise RN, MSN, CPHQ - Senior Manager
Katherine Yadusky Health Care QM Project Manager

This presentation will focus on HEDIS measures and quality initiatives to promote improved health care outcomes for plan members.

Webinar details:



Date: **Thursday, March 26, 2026**

Time: **12:00 PM – 1:00 PM CT**



Microsoft Teams: [https://teams.microsoft.com/
meet/22092930414720?p=6R2nwCmUYzyoTWAKyr](https://teams.microsoft.com/meet/22092930414720?p=6R2nwCmUYzyoTWAKyr)

Meeting ID: **220 929 304 147 20**

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Dial in by phone: **+1 860-785-4641**

Phone conference ID: **621 931 039#**

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