

This guide will tell you all you need to know about RTM (Remote Therapeutic Monitoring).



How to Implement Remote Therapeutic Monitoring in Your Practice



RTM Guide



Introduction

In this guide we cover

- What is Remote Therapeutic Monitoring
- Benefits of implementing RTM into your practice
- Steps to successfully implement RTM into your practice
- Rolling out RTM in your practice for both patients and staff
- Codes utilized for RTM: explained
- How does RTM work with Physitrack



Did you know, clinics make an extra

\$160

on average when they bill for RTM per patient per episode of care.



What is RTM?

Remote Therapeutic Monitoring (RTM) refers to the use of medical devices to remotely manage and monitor non-physiological data relating to the musculoskeletal and respiratory systems. Throughout the patient plan of care, the use of new CPT codes allow for RTM to be reimbursed by Medicare and other commercial insurances to track therapy adherence and response through self-reported and digitally uploaded data.



RTM v. RPM

Remote Therapeutic Monitoring (RTM) CPT codes were established in 2022. They are similarly related to previously established RPM codes, or remote physiologic monitoring. This type of monitoring refers to physiologic data points collected on a device whether owned by or provided to the patient. This would include measures such as vital signs or glucose levels that are collected by the patient and transmitted back to their doctor's office in between in-person visits. Studies on use of RPM in medical practices have demonstrated decreased length of hospital stays and admissions leading to cost savings for health care systems, as well as improved patient outcomes. This serves as a premise for the use of new RTM codes to expand patient monitoring into the rehab sector to assist in preventative care and therefore cost savings, as well as allowing for new revenue streams to be generated with this type of billing.



Benefits of implementing RTM into your practice

- Improved patient outcomes
- Increased efficiency of care delivery
- Reimbursement opportunities by Medicare and other commercial insurances
- Improve health equity and access to care
- Improved communication between medical teams especially when not always in the same physical location
- Better monitoring of patient health status, allowing for earlier detection and treatment of potential problems
- Reduction in need for more invasive procedures such as surgeries or hospital visits, resulting in significant cost savings for both patients & healthcare providers
- Platform for healthcare professionals to stay in constant contact with their patients

Did you know

93%

of physicians across all ages and specialities report digital health offer an advantage with patient care.

[Click for source](#)

Did you know

by 2024

it is estimated over 60 million people will be using RPM tools.

[Click for source](#)

Did you know

49%

of hospital stays and admissions decreased with the use of RPM.

[Click for source](#)





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Steps to successfully implement RTM into your practice

Implementing Remote Therapeutic Monitoring into a healthcare practice can be an exciting way to take patient care to the next level. But it's important that certain steps are taken in order to ensure success. Let's have a look at the 6 steps on how to get started.

- 1** Start by making sure a clinician is present on-site in order to prescribe and monitor treatment with Remote Therapeutic Monitoring.
- 2** The collected data should be securely stored using a high security platform like Physitrack, networked with other relevant systems, and monitored regularly by the medical team for accuracy.
- 3** Each patient should receive an instruction manual or user guide outlining how to properly use the device, as well as being informed of any potential risks associated with it.
- 4** The healthcare provider should establish objective metrics to measure success, such as improved patient outcomes or increased efficiency of care delivery.
- 5** Continuous monitoring and evaluation is needed to make sure that targets are being achieved, and objectives remain up-to-date with current best practices or changes in standards of care.
- 6** Treatment protocols need regular review and adaptation if necessary according to new evidence regarding best practices in patient care.



Rolling out RTM in your practice for both patients and staff

- Start by training your staff in how to use your digital engagement system (such as Physitrack) to collect patient data.
- Ensure your staff is informed on how to properly bill for RTM (read the next page for instructions), such as what data points are needed for which codes.
- Train patients in how to use the engagement system to correspond with their clinician so they may successfully participate in the RTM program.
- Bill for RTM and benefit from the additional revenue you generate for your practice!



Codes utilized for RTM: explained

98975

Initial Set up and Patient Education; billed once per episode of care.

98977

Remote monitoring of the musculoskeletal system for at least 16 days out of a 30 day period; IE - checking in with patient and patient completing HEP, providing the therapist feedback on their program, messaging correspondence

98976

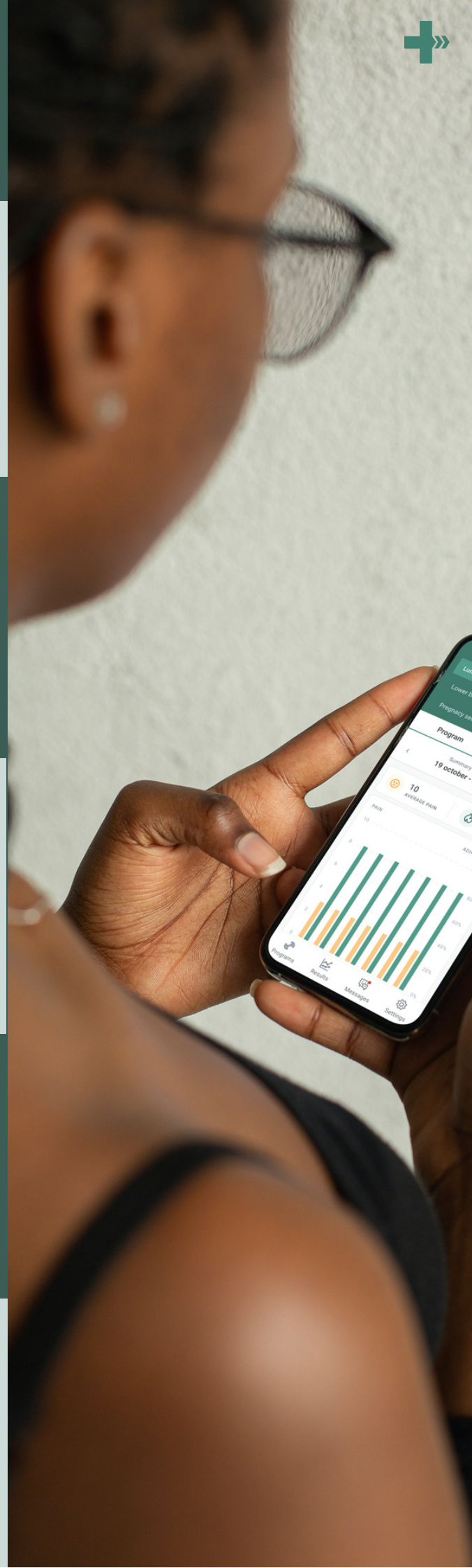
Same data as noted in 98977, but for the respiratory system. 98978 is for cognitive behavioral monitoring (both RTM codes, but do not apply to MSK care).

98980

Monitoring and treatment for the first 20 minutes out of a 30 day period; this would likely include a telehealth call or other communication with the patient.

98981

Same as 98980, but billing for additional/subsequent 20 minutes of treatment in the same 30 day period.





How does RTM work with Physitrack

Physitrack provides a suite of tools to allow providers to monitor patients and meet RTM requirements. **A basic subscription includes over 16,000 pieces of content including streamable exercise videos across all disciplines of rehab as well as patient education and outcome measures.** HIPAA compliant Telehealth and secure messaging is also included. All the data collected during a patient's episode of care is put into graph format to easily show progress during treatment. All this data can be downloaded to a patient's EMR (electronic medical record) to support the billing of RTM procedure codes.

Get started with Physitrack

If you would like to get started with Physitrack and experience all the wonderful features it offers as well as be able to bill for RTM, you can **sign up online for a free 30 day trial** for an individual practitioner account. If you are part of a larger organization and require multiple therapist accounts, contact us by emailing **sales@physitrack.com**

Physitrack is extremely affordable and easy to use by both patients and clinicians. If you would like to learn more about RTM or any of the other features available as a digital health solution, reach out to us to learn more!

