

Leveraging Remote Patient Monitoring in Your Practice

Use technology to manage patient conditions and improve health outcomes

Remote patient monitoring (RPM) technology allows health care providers to use devices that gather and analyze health information without a face-to-face appointment or in-person testing. RPM is not a new practice, but it continues to grow in popularity for the convenience it provides patients and the opportunities it offers to improve patient care.

Care management



Remote patient monitoring technology can be used to manage a variety of acute and chronic conditions or symptoms, including:

- ▶ **High blood pressure and other heart conditions**

A remote blood pressure monitoring cuff allows the patient to take their reading and instantly send the data to your electronic health records for your review

- ▶ **Diabetes**

Internet-connected glucose monitors allow you and your patients to track blood sugar levels in real time

- ▶ **Weight loss or gain**

Bluetooth-enable “smart scales” are popular with patients because they can connect to wearable fitness tracking devices, among other reasons

- ▶ **Chronic obstructive pulmonary disease (COPD)**

Common COPD monitors include photoplethysmography and respiratory force sensors

Implementation tips



Keep these factors in mind as you look to integrate RPM into your practice:

Patient education

Ensuring your patients know how to use the equipment you’ve recommended for them is a crucial component of a successful RPM program. Here are a few tips:

- ▶ Walk your patient through operating the device in a telehealth appointment, and make sure they have written instructions that they can refer back to
- ▶ Tell your patient what types of readings you will get from their device and how you will receive that information
- ▶ Encourage your patient to write down their questions and either call your office, email you the questions through a patient portal, or request a follow-up telehealth appointment



Billing and reimbursement

If your patients are enrolled in Medicare, note that CMS uses the term “**remote physiologic monitoring**” in their coding and billing language. These billing codes describe non-face-to-face monitoring and analysis of physiologic factors used to understand a patient’s health status.

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