

# Remote Patient Monitoring

Remote Patient Monitoring (RPM) technologies allow a provider or clinic to track healthcare data for a patient. This tracking can occur in an out-patient setting if a patient has a chronic condition that would benefit from ongoing monitoring. RPM can also be used to track a patient's condition upon discharge from an inpatient stay or a care facility. RPM has been proven to be an effective way to decrease readmission rates.

The health metrics that can be collected from RPM include, but are not limited to: vital signs, weight, blood pressure, blood sugar, blood oxygen, and heart rate. Devices to capture metrics are selected based on which ones are relevant to the patient's condition or conditions.

RPM kits are designed for a specific patient population. These kits are assembled based on criteria that are agreed upon by the RPM company and the health care provider. Kits are deployed directly to patients, with the devices that are specific to their condition or conditions that they are monitoring. An example of a RPM kit for diabetes monitoring would be a digital blood pressure monitor, digital scale, digital glucose monitor. All of these devices are connected to a tablet that can guide a patient through the routine of taking their metrics. The patient is instructed to collect these metrics, usually on a daily basis. Some RPM programs also include an Artificial Intelligence (AI) component that gives patients individualized education and is responsive to patient's answers to daily surveys about their condition that is part of the metric collection process.

The data from these metrics are transmitted to a cloud-based server and a team of health professionals monitor the metrics, and flag patients if outside of certain thresholds, at which point interventions can occur to give patients more support and care.

## Reimbursement

While RPM is typically included in conversations about 'telehealth,' it should be noted that Medicare reimbursement for RPM has specific CPT codes that can be billed, and that Medicare reimbursement makes a distinction between how Medicare differentiates between billable 'telehealth' services and 'remote communication technology-based' services. CMS categorizes RPM as a 'remote communication technology-based service,' which has different eligibility and billing codes from those that Medicare defines as 'telehealth.'



The Center for Connected Health Policy has a very helpful [Billing Guide](#) which covers specifics of billing for RPM services.

Law firm Foley and Lardner's Telemedicine & Digital Health Industry Team have compiled thorough [up-to-date information](#) on Remote Patient Monitoring rules and regulations that have been published in the [2021 Physician Fee Schedule final rule](#).

## REFERENCES

Billing for Telehealth Encounters: An Introductory Guide on Fee-For-Service. (2020, January).  
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