



Everything You Need to Know About Remote Patient Monitoring

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An Epidemic of Chronic Conditions

- 60% of adults have at least one chronic condition
- 40% of adults have 2 or more chronic conditions
- 10% have 5 or more chronic condition and account for 41% of healthcare expenditures
- The economic cost of caring for these individuals is large and continuing to increase





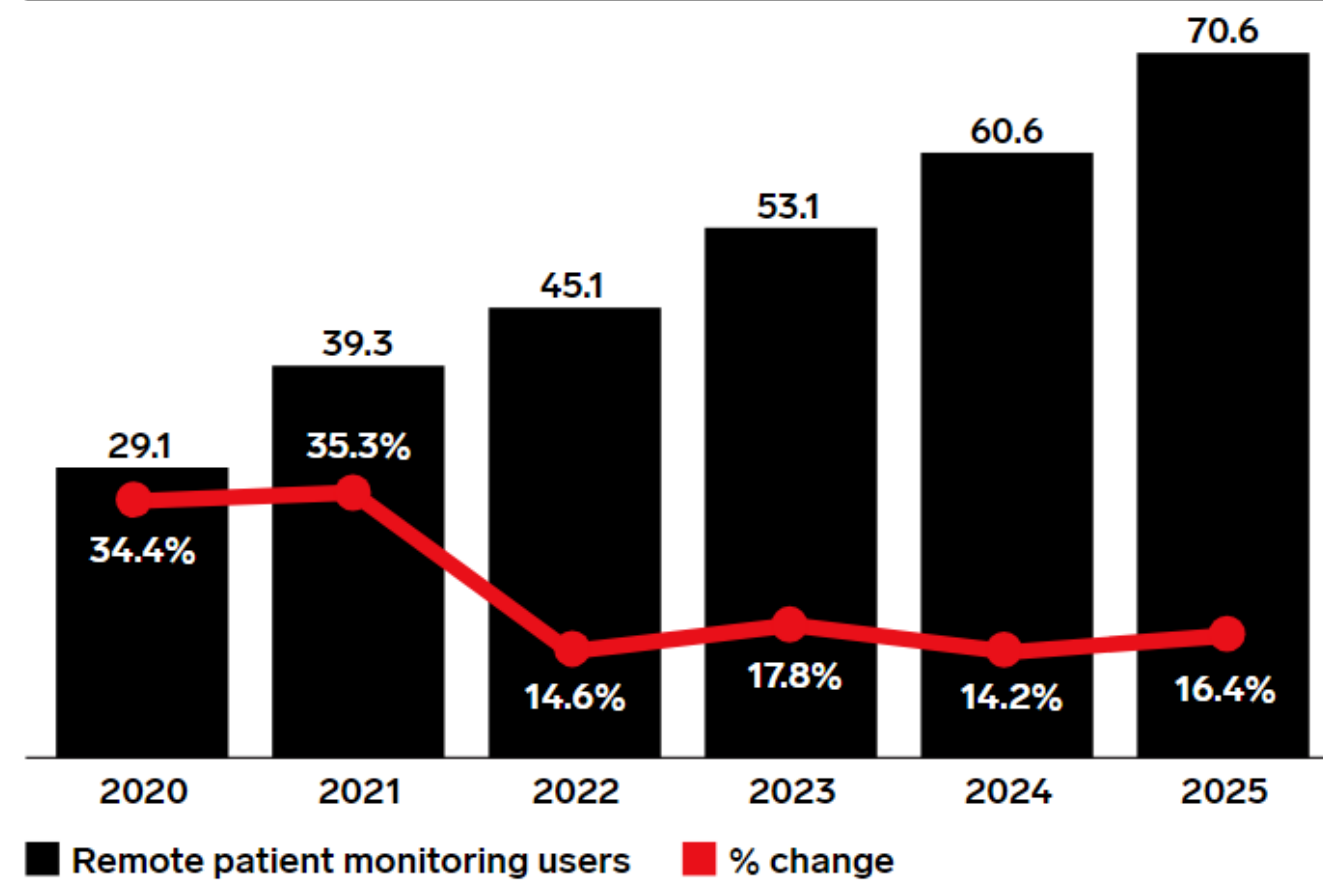
Is RPM Effective?

Geisinger Health Plan reports that its use of a home telemonitoring program for patients with congestive heart failure reduced their readmission rate by 44 percent, compared to a control group.

As part of post-acute care, RPM systems can keep readmission rates low in the first 30-90 days following discharge. With congestive heart failure patients, for example, use of Remote Patient Monitoring has demonstrated a 50 percent reduction in readmission rates. *2018 Nationwide Readmissions Database (NRD)*

RPM Usage and Growth

US Remote Patient Monitoring Users, 2020-2025
millions and % change

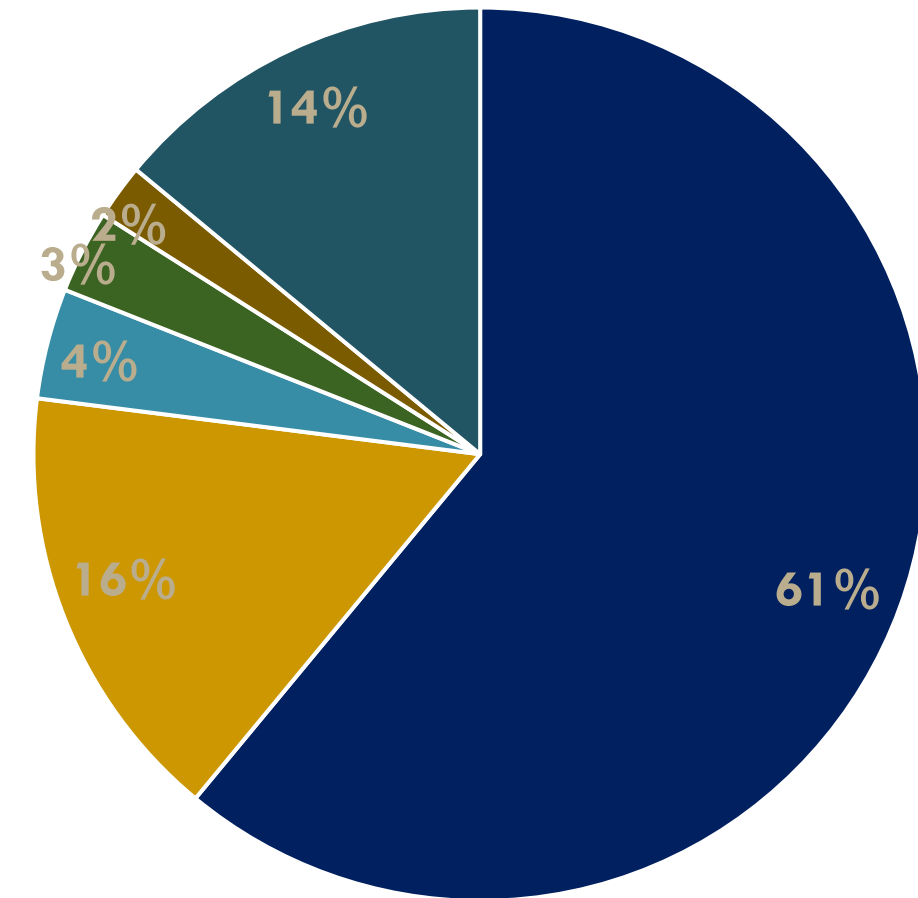


Source: Insider Intelligence, Aug 2021

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InsiderIntelligence.com

RPM Claim Volume by Diagnosis Type

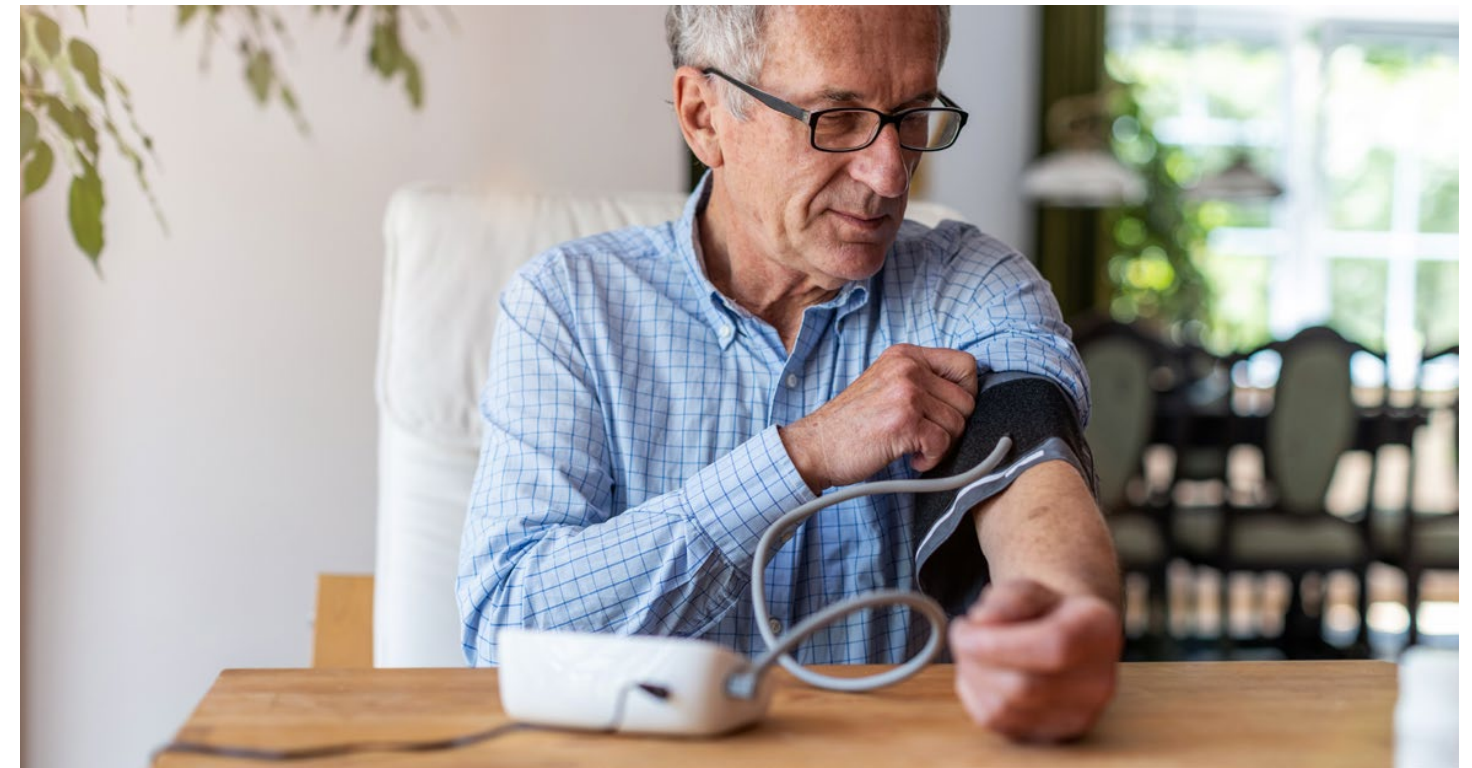


- Hypertension
- Diabetes
- Sleep apnea
- Heart disease
- Overweight/Obesity
- All others

Advisory Board, 2022

Patient Eligibility

- At least one chronic condition or an acute illness that warrants RPM services
- Active Medicare or have a commercial plan that covers RPM services
- Established patients of the billing practitioner



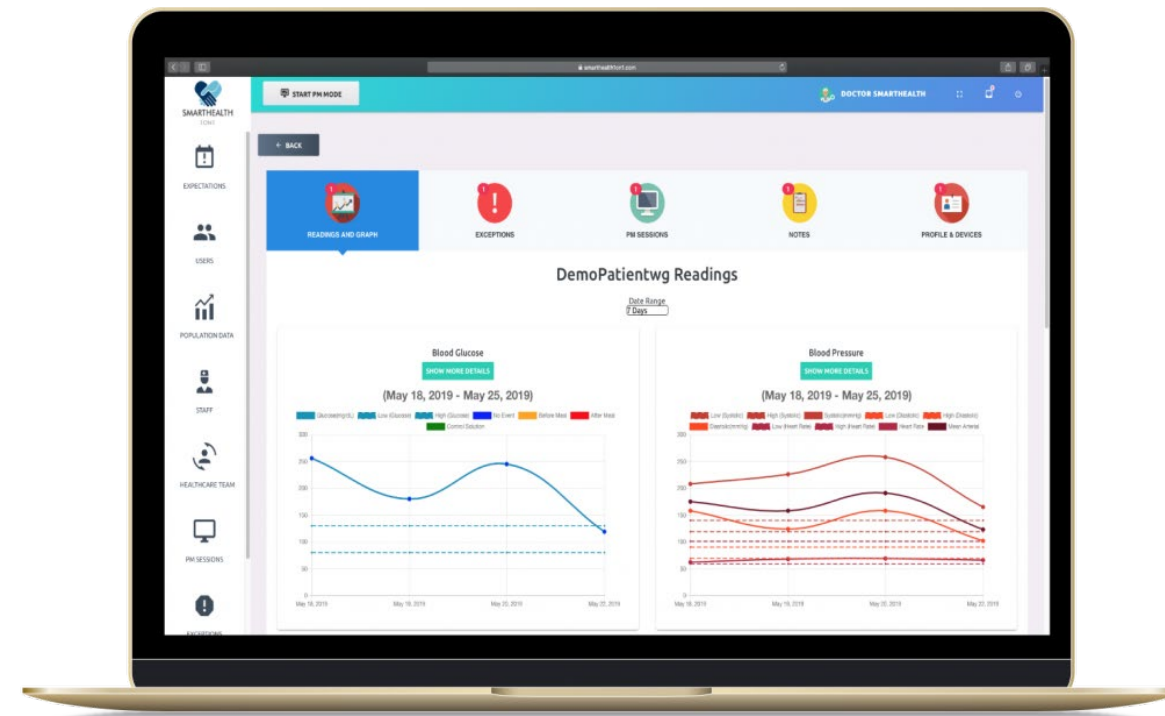
Benefits of RPM

1. Bringing care to the patient's home minimizes the shortcomings of episodic care
2. Visibility into condition management between visits allows for timely interventions
3. Increased patient engagement and treatment compliance



What is RPM?

Passive collection and transmission of vitals outside of the clinical setting to notify care team of concerning alerts and 20 minutes per month of analysis and remote patient consultation by a qualified healthcare provider.



- Weight
- Blood pressure
- Pulse oximetry
- Respiratory flow rate
- Heart rate
- Respiration rate
- Oxygen saturation level
- Temperature

- High blood pressure
- Diabetes
- Weight loss or gain
- Heart conditions
- COPD
- Sleep apnea
- Asthma

Connected Devices and AI Enable RPM



Glucometer



Blood Pressure



Thermometer



Pulse Oximeter



Weight Scale



Continuous GM



Cellular Devices



Wearable Monitors

- Empowers the patients to take greater responsibility for their health and care
- Provides continuous real time data
- Improved self-monitoring and healthy habits such as increased daily activity



Key Considerations In Launching a Program

1. Understand Your Goals
2. Provider Engagement
3. Staffing Resources and Managed Services
4. Partner Selection
5. Financial Model
6. Program Launch and Maintenance



Remote Patient Monitoring CPT Codes

CPT 99453	Initial set-up & patient education on equipment (one-time fee).	\$19.65
CPT 99454	Supply of devices, collection, transmission, and report/summary of services to the clinician.	\$46.83
CPT 99457	Remote physiologic monitoring services by clinical staff/MD/QHCP first 20 cumulative minutes of RPM services over a 30-day period.	\$48.14
CPT 99458	Remote physiologic monitoring services by clinical staff/MD/QHCP for an additional cumulative 20 minutes of RPM services over a 30-day period.	\$38.64
CPT 99091	Collection and interpretation of data by physician or QHCP, 30 minutes.	\$52.71



GPT's RPM Best Practices

- ✓ Flexible Start-up Fee Structure
- ✓ Scalable Logistics and Shipping
- ✓ Plug & Play Set-up
- ✓ Cellular Connectivity
- ✓ High Reliability Data and Reporting Platform
- ✓ 360 Care Team Dashboard and Communications
- ✓ U.S.-based Nurse Call Center
- ✓ Insights and Data-driven Intervention
- ✓ Clean Billing and Claim Submissions
- ✓ Regulatory Compliance
- ✓ Stellar Customer Service

More Information

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RPM Billing Guide

Introduction

In 2018, the Centers for Medicare and Medicaid Services (CMS) began reimbursing providers for remote patient monitoring (RPM) after recognizing the mounting evidence that such monitoring reduces hospitalization rates, enhances care coordination, and improves patient outcomes.

Since then, CMS has drastically changed the RPM billing system. It introduced new CPT codes, streamlined the reporting and documentation requirements, allowed for clinical staff to furnish RPM under general supervision, and increased reimbursement. The vast majority of providers will benefit from using this newer billing regime. As such, it will be the focus of this guide.

Billing for Remote Patient Monitoring

The vast majority of RPM services will be billed under four CPT codes. Generally, these codes can be split up into two categories: RPM "service codes" and timed RPM "management codes."

RPM Service Codes: 99453 and 99454

RPM service codes reimburse for the expense associated with furnishing RPM services, including the cost associated with the device, the initial education and training of the patient, and the transmission of the data to the practice. These codes include:

- CPT Code 99453** Remote monitoring of physiologic parameter(s) (eg, weight, blood pressure, pulse oximetry, respiratory flow rate), initial, set-up and patient education on use of equipment. (2024 average pay rate: ~\$19)
- CPT Code 99454** Remote monitoring of physiologic parameter(s) (eg, weight, blood pressure, pulse oximetry, respiratory flow rate), initial; device(s) supply with daily recording(s) or programmed alert(s) transmission, each 30 days (2024 average pay rate: ~\$46)

CPT 99453 is used to report the setup and patient education on RPM and use of the device(s). As such, this code is generally billed once per patient on the initiation of RPM services.

CPT 99454 is the monthly code that reimburses for the supply of the device and monitoring of patient data. This code requires that patient readings be performed at least 16 days each month.

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RPM for FQHCs and RHCs: 10 Things to Consider

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Thank You!

For more information,

contact boyd.mark@gpth.org

866.754.4325

or visit gpth.org