

5 FAQs ABOUT RTM

Everything You Need To Know About Remote Therapeutic Monitoring

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WHAT IS RTM?

Remote therapeutic monitoring (RTM) is the use of remote technology to collect and analyze non-physiologic data to assess the functions of a therapeutic response.

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Examples of non-physiologic data include therapy adherence, response, as well as pain level, which can provide insights into the efficacy of a therapy and help guide future treatment.

NOT TO BE CONFUSED WITH RPM...

They both are remote forms of clinical engagement; however, remote patient monitoring (RPM) is the process of transmitting data from a device to a provider, whereas RTM allows therapists to review non-physiologic data as means to track patient progress and adjust treatment as needed.

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WHAT ARE THE RTM CODES?

CPT #98975

- Initial set up and patient education

CPT #98976 (respiratory), CPT #98977 (musculoskeletal) and CPT #98978 (cognitive behavioral therapy)

- Device supply with scheduled monitoring every 30 days

CPT #98975

- First 20 minutes of RTM treatment

CPT #98975

- Each additional 20 minutes of RTM treatment

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WHAT TYPE OF DEVICES CAN BE USED FOR RTM?

Devices used for RTM must meet the definition of a medical device per Section 201(h) of the Food, Drug, and Cosmetic Act as well as have an appropriate classification within the FDA.

Do not report RTM services to Medicare if the device is not FDA approved or if the service is under a total of 20 minutes. Visit FDA.gov for a more in-depth definition and access to the [FDA Product Database](#)!

WHAT ARE THE BENEFITS OF RTM?

- Insights into patient pain levels, treatment adherence, and satisfaction
- Improved patient education and engagement as well as outcomes
- Improved provider-patient relationships
- Regularly updated data that can improve treatment plans on the go
- Reduced costs as patients begin to improve faster

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WHO CAN BILL FOR RTM?

In the final rule, CMS determined that providers whose scope of practice includes RTM services are eligible to bill Medicare directly for their services. This includes, but is not limited to...

- Physicians and assistants
- Nurse practitioners
- Physical therapists
- Occupational therapists
- Speech-language pathologists
- Qualified Audiologists
- Clinical social workers
- ...and other qualified professionals

BILLING RTM AND RPM CODES AT THE SAME TIME

The American Medical Association's [CPT Manual](#) states that RTM and RPM should not be billed for the same patient within the same month.