Can I use RPM?
User Guide

This guide is intended to give patients and providers information on how they can use RPM to manage their health or the health of their patients.

A Product of the
Upper Midwest Telehealh Resource Center (UMTRC)
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What is RPM?

Remote patient monitoring (RPM) technology lets providers use devices to capture health data from their patients remotely without a face-to-face appointment or in-person testing. RPM technology allows patients to be monitored outside of clinical settings, such as at home or in other remote locations.

RPM can be a vitally important tool for managing chronic conditions such as hypertension, type 2 diabetes, and asthma. The information gathered through RPM technology can help providers gain a better understanding of their patients' health and to take actionable steps into treating and managing their conditions.

Common Types of RPM

Blood Pressure Monitors

These devices measure a patient's blood pressure and can be used to monitor hypertension or other cardiovascular conditions.

Glucose Monitors

These devices measure a patient's blood sugar levels and can be used to monitor diabetes.

Pulse Oximeters

These devices measure a patient's oxygen saturation levels and can be used to monitor for respiratory conditions or sleep apnea.

Weight Scales

These devices measure a patient's weight and can be used to monitor for obesity or other conditions that may affect weight.

ECG Monitors

These devices record a patient's heart rhythm and can be used to monitor for arrhythmias or other heart conditions.

Benefits

Improved Outcomes

The usage of RPM is proven to improve patient outcomes. By monitoring patient health consistently, healthcare professionals can identify potential health issues earlyand take necessary corrective measures before they become serious.

Cost Savings

Remote patient monitoring can lead to cost savings for patients by reducing the need for in-office visits and costly medical interventions. Patients can also benefit from reduced associated costs on in-office visits, which can lead to greater overall affordability of care.

Real-Time Monitoring

Because of the nature of RPM devices, healthcare professionals are able to monitor patient health in real-time. Providers can gain greater understanding of a patient's condition in all areas of their life, not just what they can observe in the office.
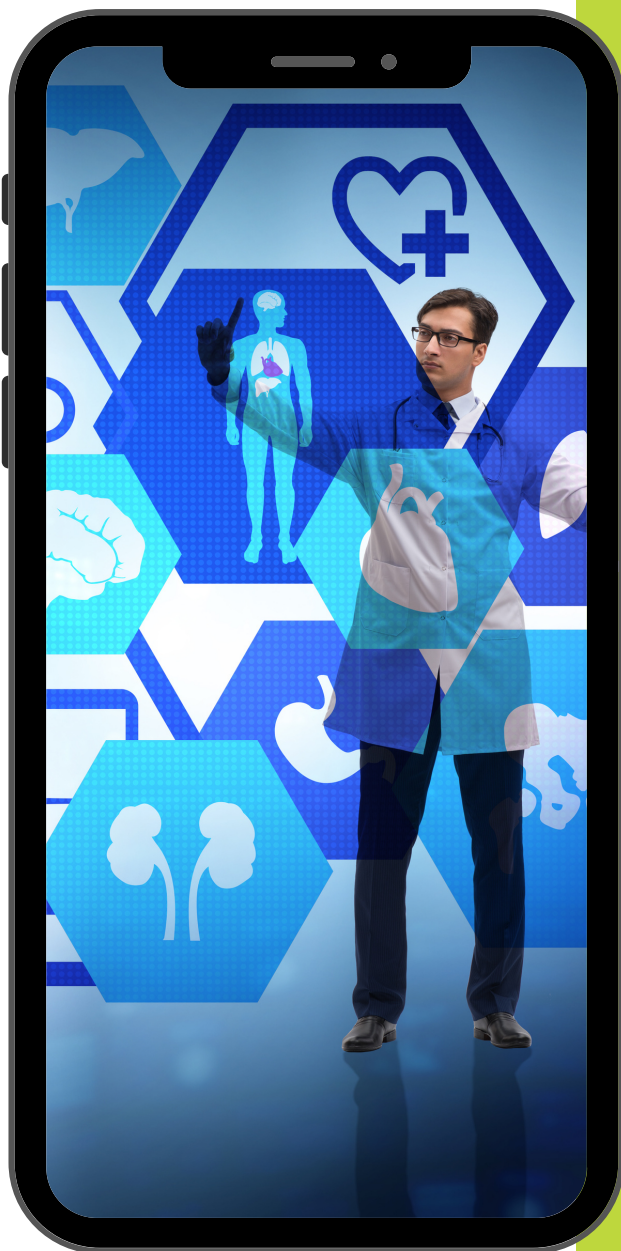
Patient Engagement

The use of RPM devices can improve patient engagement and overall health literacy. RPM can lead to greater patient clarity and understanding of their own health and can provide the tools and information they need to take an active role in their own care.

RPM and Health Apps

Health applications for mobile devices are an increasingly significant part of the current healthcare landscape. There are more than 350,000 different health apps on the market today that offer help in managing everything from fitness and sleep to specific chronic conditions. When relevant, these apps can also be used together with RPM devices to manage patient health. There are a wide variety of uses that health apps can have when used together with RPM devices.

Data Tracking

Health Alerts

Data Reports

RPM Billing - Medicare

Primary Medicare Codes:

- **99453** - Initial setup of the remote monitoring device and educating the patient on how to use it, including connecting it to other devices, if needed.
- **99454** - Monthly remote monitoring with daily electronic recordings of physiological data from the patient.
- **99457** - Remote patient monitoring treatment & management that includes dialogue between the clinical staff and patient and lasts at least 20 minutes, billed per calendar month.
- **99458** - Each additional 20 minutes of patient monitoring treatment & management services provided, billed per calendar month.
- **99091** - Clinical providers can bill for the time spent collecting, interpreting, and processing physiological data from patients.

Medicare policies:

- Patient and provider must have "established patient-provider relationship"
- Consent to receive RPM services must be obtained from patient
- Billing practioner must be eligible to furnish evaluation and management services (E/M)

Specific Service Codes

Additional codes exist for billing certain specific RPM services - these are primarily related to continuous glucose monitoring (CGM) and self-monitored blood pressure (SMBP). It should be noted that in the case that a more specific code is available to be billed, that code should be used.

Code	Description
99473	Used for initial education and training on set-up and usage of a SMBP device
99474	Used for data collection and interpretation when a patient is using a verified SMBP device 2 times daily
95251	Used for data interpretation of data collected from a CGM device
95250	Used for initial education and training on set-up and usage of a CGM device
95249	Used for calibration, training on, or placement of a CGM device

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RPM Billing - State By State

See below for the specific RPM codes that are covered in some capacity by state Medicaid within the UMTRC Region

Illinois
99091, 95249, 95250, 95251

Ohio
99453, 99454, 99457, 99458, 99473

Indiana
99453, 99454, 99457, 99458, 99091, 99473, 99474

Michigan
99453, 99454, 99457, 99458, 99473, 99474, 95249, 95250

RPM is not covered by Medicaid in every state – nearly half of states do not offer reimbursement for RPM devices and services at this time. As of September 2022, all four state in the UMTRC region (Illinois, Indiana, Michigan, and Ohio) have some measure of RPM coverage, though some of this coverage is very limited.

Other RPM Billing Options

Private Payer

RPM services can also be billed to private insurance companies. Each insurer may have its own billing requirements and codes, so it's important to check with the specific insurer when billing.

Direct Pay

If services are not covered by insurance, patients may pay out-of-pocket for RPM services with the healthcare provider can charge a fee for the service provided. The fee can be based on the time spent providing the service, the complexity of the service, and the type of device used.

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Contact Us

UMTRC.ORG

INFO@UMTRC.ORG

(812) 478-3919

More questions about RPM or about telehealth in general? Visit our website, UMTRC.org, for more resources or contact us with specific technical assistance requests via email or phone.