

## DIGITAL HEALTH MODALITIES

### Remote Physiological Monitoring (RPM)

**Method:** Asynchronous between patient and provider

**Coding:** Service codes available

Remote Physiological Monitoring (RPM) involves the collection of a wide range of **physiological** health data from individuals in one location, which is then transmitted via electronic communication technologies to a healthcare provider in a different location for use in care.

Patients use medical devices to measure their health metrics, including heart rate, blood pressure, and glucose levels. The collected data is then sent to their health care providers via secure online platforms, mobile applications, and specialized RPM systems. Then, the patient's health care teams review the data for abnormalities. These services enable healthcare providers to track patients' health status dynamically and make timely adjustments to treatment plans, enhancing the management of chronic conditions and improving overall patient outcomes.



**TIP**

*Always consider reviewing the requirements for reporting and billing related to RPM, as specific guidelines cover the use of these codes.*

# CTRC Digital Health Payment Guide

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