DIGITAL HEALTH MODALITIES

BACK TO DOOR 1

Remote Therapeutic Monitoring (RTM)

Method: Asynchronous between patient and provider

Coding: Service codes available

Remote therapeutic monitoring refers to services that monitor patients outside of the clinical setting using digital technologies. RTM technologies collect **non-physiological data for health conditions**, including musculoskeletal system status, respiratory system status, medication adherence, and patient response to therapy (medication).

RTM involves digital tools like mobile applications or wearable devices that track specific therapeutic activities and patient-reported outcomes. The information helps providers track treatment effectiveness and make timely adjustments.

TIP

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

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