

## WEBeRPM

### What is Remote Patient Monitoring (RPM)?

According to U.S. Government Accountability Office states, “Remote patient monitoring refers to a coordinated system that uses one or more home-based or mobile monitoring devices that transmit vital sign data or information on activities of daily living that are subsequently reviewed by a healthcare professional.”

According to Medical Group Management Association (MGMA) states, “In simple terms, RPM is a device that collects patient data and transmits it via the internet to a physician. The collected data allows a physician to monitor changes in patient vital signs and act accordingly.”

### Benefits of Remote Patient Monitoring

That remote patient monitoring is experiencing rapid adoption rates comes as no surprise, considering the significant and **wide-spread benefits** to providers. In short, RPM is an efficient and effective way for practitioners to closely monitor a patient's chronic health conditions without requiring the patient to physically visit a practice.

### The top three benefits of remote patient monitoring cited by patients were:

1. Detailed information on personalized health
2. Faster access to healthcare services
3. Greater influence on their own wellbeing through ownership of health data.

### Healthcare professionals highlighted:

1. Improved patient outcomes
2. Improved compliance rates
3. Patients taking more ownership of their health.

## **Remote Patient Monitoring Devices**

Though there are many RPM device options on the market to learn about, we'll discuss three of the most common ones

### **Blood Pressure Monitor**

### **Weight Monitor**

### **Blood Glucose Monitor**

## **Value of Remote Patient Monitoring for Patients**

Five ways patients benefit from remote patient monitoring:

1. **Better access to the healthcare team** — Since RPM devices report real-time health data, practitioners are kept in the loop on their patients' current health status, providing patients and caregivers with more peace of mind.
2. **Fewer trips to the practitioner's office** — This means less exposure for patients to other illnesses and fewer expenditures in time and money for travel.
3. **Improved quality of care** — With RPM, practitioners gain a more holistic understanding of a patient's health condition, which can lead to more accurate adjustments in medications, fewer emergency room visits, and more time between in-office visits.
4. **More control over personal health** — RPM typically comes with a user-friendly application for a phone or tablet that provides patients with instant analysis of their wellbeing.
5. **Better support and education** — the healthcare team receives more comprehensive information about a patient's health status, practitioners can provide better individual support and education.



Remote patient monitoring doesn't just deliver clinical benefits. Provides cost saving benefits to patients and a passive revenue stream to the practices Centers for Medicare & Medicaid Services have set forth to rules and reimbursement guidelines for remote patient monitoring allowing the service to expand and grow tremendously. Private insurance companies follow the lead set forth by Medicare.