



DIGITAL HEALTHCARE SOLUTIONS



Remote Therapeutic Monitoring

Remote Therapeutic Monitoring (RTM) provides you and your physician with meaningful, easy to understand feedback that enhances your future care and assists in meeting you and your physician's treatment goals. Our app is designed to seamlessly fit into your day-to-day life to communicate regularly with your physician to provide a comprehensive overview of your progress, pain, mobility, and quality of life.

To Enroll:

1. Scan QR code, download app
2. Scan QR code again and Click "Signup with Email" or enter code: 674653
3. Create Username & Password
4. Click "Join Now"
5. Create your User Profile
6. Select your **Preferred Notification Time**
7. Click "Save"



**DIGITAL
HEALTHCARE
SOLUTIONS**



RTM Patient Q&A

Q: What is RTM?

A: RTM is a method of monitoring and collecting data from patients via an approved, connected medical device. The data includes “musculoskeletal system status, therapy (for example, medication) adherence, and therapy (for example, medication) response.” Patients are also able to self-report data within these connected medical devices and software, which is essential for rehab therapists looking to monitor patients’ pain levels, tolerance to therapy, and other related data during the plan of care.

Q: What does the app cost?

A: There is no fee for downloading the app and this is a covered benefit under most health plans. Depending on your insurance there may be a monthly cost share in the form of a Co-Pay or Co-Insurance. This amount is determined by your insurance plan.

Q: Does my insurance cover Remote Therapeutic Monitoring?

A: Remote Therapeutic Monitoring is a covered benefit with Medicare, Medicaid and all major commercial plans.

Q: How much will I have to pay?

A: Most insurance plans we have seen cover this service at 100% but there is a small percentage that applies a monthly copay. We can provide the CPT codes if you would like to verify your specific plan benefits.

Q: How often should I use the app?

A: We would like to monitor your pain and activities every day. It is ok to miss a day but it is extremely important to stay consistent with your treatment plan.

Q: Who has access to my data?

A: Our app is fully HIPAA compliant. Your care team are the only ones with access to your data.

Q: How much time should I commit to the app?

A: Consistency is key to making permanent change. There will be a short survey sent every day that should take less than 5 minutes to complete. This is to capture data over time and make sure that your pain control is trending in the right direction. We also recommend doing at least 15 minutes of activities every day to every other day. Alternating between activity types is a good way to stay consistent and not overexert yourself on 1 specific body part. For example, if you have been ordered Shoulder exercises Meditation and Biofeedback training your schedule might be:

- Monday: Shoulder Exercise 15 Minutes
- Tuesday: Biofeedback 15 Minutes
- Wednesday: Meditation 15 Minutes
- Thursday: Shoulder Exercise 15 Minutes
- Friday: Biofeedback 15 Minutes
- Saturday: Meditation 15 Minutes
- Sunday: Rest Day or 30 Minutes of Meditation

Over time as your body adjusts to this schedule and gets stronger you may want to increase to a schedule like:

- Monday: Meditation 15 Minutes and Shoulder Exercise 15 Minutes
- Tuesday: Meditation 15 Minutes and Biofeedback 15 Minutes
- Wednesday: Core Exercise 15 Minutes and Biofeedback 15 Minutes
- Thursday: Meditation 15 Minutes and Shoulder Exercise 15 Minutes
- Friday: Meditation 15 Minutes and Biofeedback 15 Minutes
- Saturday: Shoulder Exercise 15 Minutes and Core Exercise 15 Minutes
- Sunday: Rest Day or 30 Minutes of Meditation

Please discuss with your provider to determine a schedule that is right for you.