

# Remote Therapeutic Monitoring Codes

## Service Codes



### CPT 98975

Remote therapeutic monitoring (e.g., respiratory system status, musculoskeletal system status, therapy adherence, therapy response), initial set-up and patient education on use of equipment. (eligible devices\*)

### CPT 98976

Remote therapeutic monitoring (e.g., respiratory system status, musculoskeletal system status, therapy adherence, therapy response), device(s) supply with scheduled (e.g., daily) recording(s) and/or programmed alert(s) transmission to monitor respiratory system, each 30 days.

### CPT 98977

Remote therapeutic monitoring (e.g., respiratory system status, musculoskeletal system status, therapy adherence, therapy response), device(s) supply with scheduled (e.g., daily) recording(s) and/or programmed alert(s) transmission to monitor musculoskeletal system, each 30 days.

## Treatment Codes

### CPT 98980

Remote therapeutic monitoring treatment management services, physician/other qualified health care professional time in a calendar month requiring at least one interactive communication with the patient/care partner during the calendar month;

- first 20 minutes

### CPT 98981

each additional 20 minutes

Reference Document

**APTA Practice Advisory: Remote Therapeutic Monitoring Codes Under Medicare**

## Neuro Case 1

76 y/o female presents to PT with a report of worsening balance and recent fall. She has had PD for 15 years. She likes to garden and spend time with her grandchild however reported that she feel more unsteady following her recent fall. She fell during the middle of the night when going to the bathroom. She visited her PCP following the fall despite having no injuries and her PCP referred her to PT.

### Examination findings:

Five Time Sit to Stand: 6 seconds

10 meter walk: .8m/s

- Gait: Decreased stride length; narrow BOS

Activities Balance Confidence (ABC): 70%

Six Minute Walk Test: 500 meters

Functional Gait Assessment (FGA): 21/30

**Case example of how RTM codes could be used to enhance or supplement the patient's plan of care which may include in-person and/or telehealth PT.**

## Remote Therapeutic Monitoring

**98975:** Initial Set-up and Education (*allowable to bill only once per episode after the patient has had access to education materials for at least 16 days*)

- Provide patient with educational materials\* on neuroplasticity changes and high dosage of reps required for strength training program
- Provide patient with educational materials\* on optimal dosage required for gait/aerobic training program

**98977:** Medical Device Code (*patient must use the device/software for >16/30 days/month in order to bill this code, can only be billed every 30 days. (No PT interaction/feedback required.)*)

- Provide the patient with Strengthening Exercise Program\* to be performed % 80% 1RM for 2-3 nonconsecutive days and the patient to log the completion of the task as well as difficulty level, duration and any symptoms
- Provide the patient with a walking log\* for 3-5 days per week with instructions to walk for 20-30 min intervals and log the frequency/duration of walks and symptoms at the beginning and end of walks. Patient will use home blood pressure cuff to log blood pressure, heart rate and BORG scale.

**98980 (98981):** Remote Monitoring Treatment (synchronous interactions/visits, i.e., call, live messaging, 20 cumulative min interactions/unit, can bill multiple units, must perform PT assessment/recommendation, etc in the interactions, billed once per calendar month)

- Provide synchronous feedback via phone or messaging\* on the frequency /duration of the exercise program. PT to adjust the program based on information entered or automatically recorded by patient in the app.
  - Example: PT determines that the patient isn't performing one of the exercises and that the patient's self-reported confidence levels indicate it to be an ongoing barrier

*\*In order to use RTM codes all communication must occur using a FDA-approved medical device. The medical device should be FDA approved/registered in order to maximize the likelihood of reimbursement for RTM services. An example of a device could be an app that patient and PT can communicate through, documents transmitted such as educational materials or HEP, patient & PT can message back & forth securely*

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## Treatment Codes

### CPT 98980

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## Neuro Case 2

67 y/o male presents with a report of worsening balance. He has had DM II for ~20 years which has been managed with oral medications. He was recently diagnosed with peripheral neuropathy and glaucoma. He likes to walk outside for exercise, 2 miles at a time, but feels insecure at times, especially towards the ends of walks. He expressed concern for his balance and desire to continue exercise to his PCP who referred him to PT.

### Examination findings:

Balance:

- Romberg: +, falls immediately after closing eyes
- Feet together eyes open: falls after 16sec and patient reports "very difficult"

Gait:

- Wide BOS, absent heel strike, decreased floor clearance

Functional Gait Assessment (FGA):

- 20/30- severe difficulty with tandem gait, gait eyes closed, head turns, and stepping over an obstacle

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**Case example of how RTM codes could be used to enhance or supplement the patient's plan of care which may include in-person and/or telehealth PT.**

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## Remote Therapeutic Monitoring

**98975:** Initial Set-up and Education (*allowable to bill only once per episode after the patient has had access to education materials for at least 16 days*)

- Provide the patient with educational resources\* on balance systems including the impact of somatosensory on orientations
- Provide patient with educational materials\* on neuroplastic changes and high dosage of reps required

**98977:** Medical Device Code (*patient must use the device/software for >16/30 days/month in order to bill this code, can only be billed every 30 days. (No PT interaction/feedback required.)*)

- Provide the patient with Home Exercise Program\* to be performed 8-10x reps/day (2 exercises per day), and the patient to log the difficulty of the task, duration of the task, and symptoms/imbalance
- Provide the patient with a walking log\* with instructions to walk for 10 min intervals and log the frequency/duration of walks and symptoms at the beginning and end of walks

**98980 (98981):** Remote Monitoring Treatment (synchronous interactions/visits, ie-call, live messaging, 20 cumulative min interactions/unit, can bill multiple units, must perform PT assessment/recommendation, etc in the interactions, billed once per calendar month)

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