

## Remote Patient Monitoring for Chronic Conditions

Policy Number: **M20130211016**  
Effective Date: **6/1/2013**  
Sponsoring Department: **Health Care Services**  
Impacted Department(s): **Health Care Services, Servicing**

**Type of Policy:** ☐ Internal ☒ External

**Data Classification:** ☐ Confidential ☐ Restricted ☒ Public

### Applies to (Line of Business):

- ☐ Corporate (All)  
☐ State Products, if yes which plan(s): ☐ MediSource; ☐ MediSource Connect; ☐ Child Health Plus ☐ Essential Plan  
☒ Medicare, if yes, which plan(s): ☒ MAPD; ☐ PDP; ☒ ISNP; ☒ CSNP  
☒ Commercial, if yes, which type: ☒ Large Group; ☒ Small Group; ☒ Individual  
☒ Self-Funded Services *(Refer to specific Summary Plan Descriptions (SPDs) to determine any pre-authorization or pre-certification requirements and coverage limitations. In the event of any conflict between this policy and the SPD of a Self-Funded Plan, the SPD shall supersede the policy.)*

### Excluded Products within the Selected Lines of Business (LOB)

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**Applicable to Vendors?** Yes ☐ No ☒

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### Purpose and Applicability:

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To set forth Independent Health's coverage for remote patient monitoring for chronic health conditions.

## Policy:

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### **Commercial, Medicare Advantage and Self-Funded:**

Independent Health provides coverage for **remote patient monitoring** for chronic conditions when it is provided in conjunction with the Brook Remote Patient Monitoring Program.

No other remote patient monitoring service utilizing data transmitting devices or programs will be covered.

Note: Self-Funded members' participation in the Brook Remote Patient Monitoring program is specific plan dependent.

### **Background:**

The chief goals of remote patient monitoring for patients are to reduce hospital admissions and emergency department visits as well as reduce mortality. It has been suggested that frequent monitoring of symptomatic signs by involving patient use of electronic transfer of symptom and or physiological data might support these goals. Remote patient monitoring involves the trans-telephonic transmission of data including but not limited to weight, blood pressure, heart rate and blood glucose to a remote monitoring center. Once uploaded and transmitted to the provider, this data can be used to monitor and adjust therapy such as medication changes. Data of concern should be communicated directly to the provider's office via telephone, email, patient portal, or other methods.

### **Pre-Authorization Required?** Yes ☐ No ☒

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Pre-authorization is not required at the present time. Criteria above will be utilized upon retro-review.

## Definitions

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**Remote patient monitoring** is a medical practice that involves the use of telemonitoring devices for distantly monitoring various physiologic variables (e.g., blood pressure, heart rate, weight, and oxygen saturation) for members who are not at the same location as the health care provider.

## References

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### **Related Policies, Processes and Other Documents**

Remote Patient Monitoring for Chronic Conditions - State Products, Policy No. M20160428034.

### **Non-Regulatory references**

Krumholtz, H. Systems-based strategies to reduce hospitalizations in patients with heart failure. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on August 28, 2023).

Louis AA, Turner T, Gretton M, et al. A systematic review of telemonitoring for the management of heart failure. Eur J Heart Fail. 2003;5(5):583-590.

National Institute for Health and Clinical Excellence (NICE) [website]. Clinical Guideline 108 Chronic Heart Failure in Adults: Management. September 12, 2018. Available at: <https://www.nice.org.uk/guidance/ng106/resources/chronic-heart-failure-in-adults-diagnosis-and-management-pdf-66141541311685> Accessed July 1, 2025

Ong MK, Romano PS, Edgington S, et al; Better Effectiveness After Transition–Heart Failure (BEAT-HF) Research Group. Effectiveness of Remote Patient Monitoring After Discharge of Hospitalized Patients with Heart Failure: The Better Effectiveness After Transition–Heart Failure (BEAT-HF) Randomized Clinical Trial. JAMA Intern Med. 2016 Mar 1;176(3):310-8.

Ong MK, Pfieffer M, Muller RS. Telemedicine for adults. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on August 26, 2024).

Purcell R, McInnes S, Halcomb EJ. Telemonitoring can assist in managing cardiovascular disease in primary care: a systematic review of systematic reviews. BMC Fam Pract. 2014 Mar 7; 15:43.  
Salehi S, Olyaeemanesh A, Mobinizadeh M, et al. Assessment of remote patient monitoring (RPM) systems for patients with type 2 diabetes: a systematic review and meta-analysis. J Diabetes Metab Disord. 2020 Jan 10;19(1):115-127.

Taylor ML, Thomas EE, Snoswell CL, et al. Does remote patient monitoring reduce acute care use? A systematic review. BMJ Open. 2021 Mar 2;11(3):e040232.

Tice JA. Home telemonitoring for the management of heart failure. Technology Assessment. San Francisco, CA: California Technology Assessment Forum (CTAF); June 29, 2011.

## Regulatory References

Affordable Care Act, §6407

***This policy contains medical necessity criteria that apply for this service. Please note that payment for covered services is subject to eligibility criteria, contract exclusions and the limitations noted in the member's contract at the time the services are rendered.***

Signature / Approval on File? Yes ☒ No ☐

| Revision Date | Owner                | Notes    |
|---------------|----------------------|----------|
| 11/1/2025     | Health Care Services | Reviewed |

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| 11/1/2024 | Health Care Services | Reviewed |
| 11/1/2023 | Health Care Services | Reviewed |
| 11/1/2022 | Health Care Services | Revised  |
| 6/1/2021  | Health Care Services | Revised  |
| 6/1/2020  | Health Care Services | Reviewed |
| 6/1/2019  | Medical Management   | Revised  |
| 6/1/2018  | Medical Management   | Revised  |
| 6/1/2017  | Medical Management   | Reviewed |
| 6/1/2016  | Medical Management   | Revised  |
| 1/1/2015  | Medical Management   | Revised  |
| 8/1/2013  | Medical Management   | Revised  |
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