

# Frequently Asked Questions About Remote Patient Monitoring (RPM)

## What Is Remote Patient Monitoring (RPM)?

Remote Patient Monitoring (RPM) is a Medicare-supported program that allows your healthcare team at **Alliance Medical Clinic** to monitor certain health conditions **from the comfort of your home** using FDA-approved medical devices.

RPM helps track important health data—such as blood pressure, blood glucose, weight, oxygen levels, or heart rate—on an ongoing basis so your care team can identify trends, intervene early, and adjust treatment plans when needed.

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## Why Does Medicare Offer RPM?

Medicare developed RPM to improve chronic disease management, reduce hospitalizations, and support patients between office visits. By receiving health data in real time, providers can address concerns earlier and help prevent complications.

RPM supports Medicare's shift toward **value-based care**, emphasizing prevention, early intervention, and better long-term health outcomes.

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## Who Is Eligible for RPM?

You may be eligible for RPM if you:

- Have a chronic or acute condition that benefits from ongoing monitoring
- Are managing conditions such as hypertension, diabetes, heart disease, COPD, obesity, or similar diagnoses
- Are able to use a monitoring device (or have assistance at home)
- Have Medicare or a participating Medicare Advantage plan

Your provider will determine if RPM is appropriate for you and will review enrollment details with you.

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## What Devices Are Used for RPM?

Depending on your condition, RPM may include one or more FDA-approved devices, such as:

- Blood pressure cuffs
- Glucose monitors
- Weight scales
- Pulse oximeters
- Other condition-specific monitoring devices

👉 **There is no cost for these devices.**

**Alliance Medical Clinic provides all RPM equipment at no charge to enrolled patients.**

The devices are provided as part of your care to support accurate, ongoing monitoring.

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## What Services Are Included in RPM?

RPM includes both the technology and the clinical oversight required to support your care, including:

- Device setup and education
  - Secure transmission of health data
  - Ongoing review of readings and trends
  - Monitoring for abnormal values
  - Clinical outreach when readings fall outside target ranges
  - Coordination with your provider to adjust your care plan as needed
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## How Is RPM Different From an Office Visit?

Office visits capture your health at a single point in time. RPM allows your care team to monitor trends over days or weeks, providing a more complete picture of your health between visits.

RPM does not replace regular office visits—it enhances your care by providing continuous insight.

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## Why Am I Receiving a Monthly RPM Charge?

RPM is billed monthly to cover:

- Clinical review and monitoring of your health data
- Care team oversight and follow-up
- Secure data systems and ongoing support

While **the monitoring devices themselves are provided at no cost**, Medicare allows billing for the clinical services associated with reviewing and managing your health data.

Enrollment in RPM is **voluntary** and requires your consent.

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## The Alliance Medical Clinic Approach to RPM

### Physician-Guided Monitoring

Your RPM data is reviewed by trained clinical staff under the supervision of your provider.

### Early Detection & Intervention

We monitor trends to identify potential issues before they become serious.

### Personalized Monitoring

Monitoring thresholds are customized to your condition and treatment goals.

### Convenience at Home

RPM reduces unnecessary office visits while keeping you closely connected to your care team.

### Integrated Care

RPM works alongside our APCM and CCM programs to provide comprehensive, coordinated care.

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## How Much Does RPM Cost?

RPM services are covered by **Medicare and many Medicare Advantage plans.**

### **Medicare Part B (2026):**

- Annual deductible: **\$283**
- After the deductible is met, Medicare typically covers 80% of RPM services
- The remaining 20% coinsurance may be covered by supplemental insurance

### **Medicare Advantage:**

- Many plans have little to no out-of-pocket costs

Most patients have minimal or no out-of-pocket expenses for RPM services.

If you have financial concerns, please contact **Alliance Medical Clinic's billing department.**

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## Can I Decline or Stop RPM?

Yes. Participation in RPM is **optional**. You may opt out at any time by notifying our office. Discontinuing RPM will not affect your access to other medical services at Alliance Medical Clinic.