



Remote Therapeutic Monitoring (RTM)

A Practical Guide for Clinic Leaders

How to support better patient outcomes, get reimbursed for work you're already doing, and implement RTM with IndiAide.

IndiAide

Track progress.
Improve outcomes.
Get reimbursed.

Provide an easier day-to-day for your clinicians + improved therapy experience for your patients, all while getting reimbursed for between-session work your team is *already doing*.

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Our *Individualized Aide*

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Disclaimer: The information included in this handout about Remote Therapeutic Monitoring, related CPT codes, coverage, and use cases is publicly available and included here for informational purposes only, and does not constitute legal nor billing advice.

What is RTM & Who Can Bill?

What is RTM?

Remote Therapeutic Monitoring (RTM) is a set of CMS-approved CPT codes (98975–98981) that allow therapists to get recognized and reimbursed for the work we already do outside of the therapy room - things like tracking patient progress, adjusting care plans, and supporting adherence between sessions.

With RTM, you can:

- Monitor progress, therapy adherence, and patient-reported outcomes digitally
- Communicate between sessions and document progress
- Bill for that time, ensuring your efforts are recognized

Who can bill for RTM?

- Speech-Language Pathologists (SLPs)
- Occupational Therapists (OTs)
- Physical Therapists (PTs)
- Physicians & other Non-Physician Practitioners (NPPs)

👉 **Here's the difference with [IndiAide](#):** While many existing qualified RTM platforms were designed only for PTs, IndiAide allows full flexibility to assign and track therapy activities for each unique client seen by *any* discipline - including SLPs and OTs, too.

Why RTM Matters for Therapy Teams

Better patient outcomes

Research shows that digital reminders and structured home program tracking increase adherence and intensity of practice, thus leading to better patient outcomes. IndiAide RTM is designed specifically to make this easy for both you and your patients.

You're already doing the work

As clinicians, we often spend time outside of sessions sharing therapy activities, answering questions, and checking in with families. RTM turns this into billable time, allowing clinicians to be recognized for between-session efforts we're often already doing - and get paid for it.

A bridge between therapy sessions and the home environment

Patients practice more, families feel supported, and clinicians stay connected without adding extra sessions.

The IndiAide difference:

- Simple design and reminders that keep patients on track
- Clinician dashboards that make progress monitoring and billing straightforward
- Research-backed usability with populations experiencing cognitive and motor challenges and/or with low technology comfort
- Multi-discipline flexibility (SLP, OT, PT)

RTM Codes & Reimbursement Overview

Code	Description	Example	2025 National Avg Reimbursement	Frequency
98975	Initial setup & patient education	Add patient to IndiAide, educate on use	\$19.73	Once per episode
98976 98977 98978	Device supply, Respiratory; Musculoskeletal; Cognitive behavioral	Patient logs therapy exercises daily in IndiAide; reports progress	\$43.02	Monthly/every 30 days (≥16 days)
98980	Monitoring & treatment management, first 20 minutes	Clinician reviews adherence data in IndiAide; speaks with patient/family	\$50.14	Monthly/once per calendar month
98981	Monitoring & treatment management, each additional 20 minutes	Same as 98980, billed in 20-min increments	\$39.14	Multiple times monthly/per calendar month

Key requirements:

- You must be using a qualifying RTM technology (like IndiAide)
- Patients must engage with the RTM platform on 16+ days in a 30-day period for device supply codes 98976–98978
- At least one interactive communication with the patient or caregiver per month for treatment management codes (98980/98981)
- All activity must be documented

👉 ***In our first call with clinics, we break these codes down with your actual workflows, patient populations and volumes so you can see what this can look like for your unique clinic.***

Book here → [Learn RTM](#)

IndiAide RTM Workflow

How IndiAide makes RTM easy:

1. **Add patient & educate** → Invite them via the platform, walk through how to use
2. **Assign therapy activities** → Add exercises or handouts directly into IndiAide
3. **Track & monitor data** → IndiAide logs patient activity, messages, and reminders automatically
4. **Communicate & support** → Engage with patients/families to keep them on track
5. **Document & bill** → Use IndiAide's dashboard to streamline documentation for RTM billing

Why IndiAide?

- Evidence-based ease of usability -even for patients with cognitive and motor challenges
- HIPAA-compliant; BAA in place
- Designed with SLPs and OTs in mind -flexible to be used by all therapy disciplines
- Ongoing support so you're never alone in implementation

Next Steps

- Schedule a 15-30 minute call with us to see how IndiAide RTM could fit your practice
- Leave with an RTM action plan for *your* practice
- Not quite sure yet? Take this survey to see if RTM is right for you.

[Book here to see what RTM's all about! \(click\)](#)

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