



A Guide to Remote Patient Monitoring (RPM) For Provider Practices

Introduction

According to the AAMC (Association of American Medical Colleges), the United States could see an estimated shortfall of between 54,100 and 139,000 physicians by 2033. In addition, many provider practices are overworked as they struggle to care for an ever increasing patient population. Remote patient monitoring (RPM) holds considerable promise in helping provider practices address both challenges.

RPM is a growing trend as physicians continue to expand their use of telehealth through technology to address the pending physician shortage. In addition, RPM solutions can also bring digital home care to chronically ill patients who use wireless LTE devices to manage their conditions like diabetes or hypertension at home.

88%

The percentage of providers surveyed that have invested or are evaluating investments in RPM technologies to support high-risk chronically ill patients.¹

Remote Patient Monitoring at a Glance

- ✓ Actively manage, monitor, and track patient health conditions remotely
- ✓ Patient-facing, pre-configured wireless devices seamlessly track and transmit a patient's physiological data, either for post-acute care or managing chronic conditions at home
- ✓ Increases the potential for early intervention of patient setbacks, decreasing the likelihood of acute episodes
- ✓ Reliably tracks patient habits in managing chronic diseases like diabetes to support population health management
- ✓ If required, physician-patient virtual visits can be scheduled

52%

More than half of consumers indicated they would use a connected health device if it was recommended by a physician.²

What is Remote Patient Monitoring?

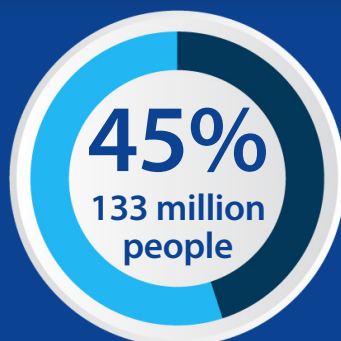
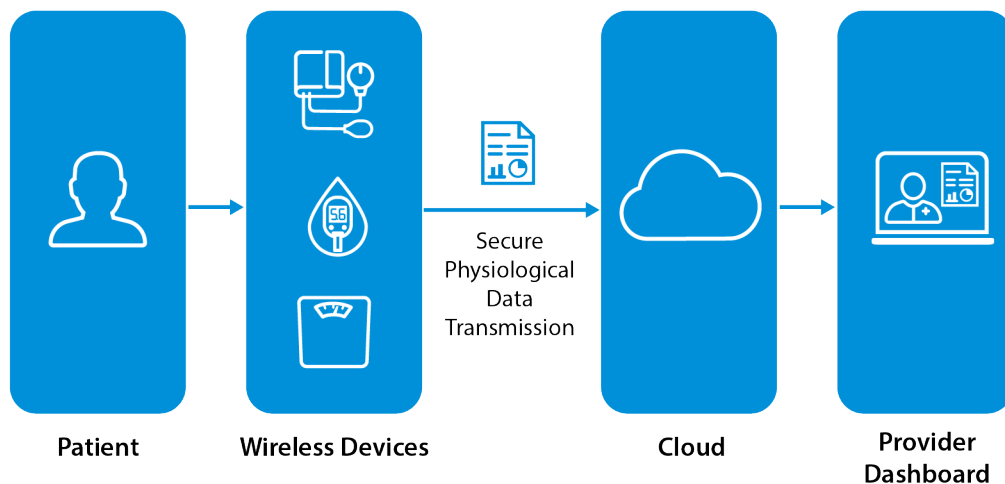
Remote patient monitoring technology automatically collects and routes data from the patient's at-home medical devices to the physician office via a 4G cellular connection. This modality of at-home care is easy to use by provider practices, visiting nurses and other home healthcare professionals, as well as family members acting as at-home caregivers for post-surgical or chronically ill patients. Patients who can manage their own chronic conditions at home also use pre-programed, wireless remote patient monitoring devices to transmit physiological data from blood pressure cuffs, glucose readers, weight scales, and a growing number of other compatible at-home monitoring devices.



Chronic Condition Monitoring

Mary, 65, has lived with two chronic conditions for many years: diabetes and high blood pressure. She has been monitored closely by her provider practice physician, which requires frequent trips into the practice for checkups. As Mary gets older, this is becoming more inconvenient and time consuming. Clinical staff at the practice have many patients like Mary with chronic conditions and regular monitoring of their vital signs is a considerable drain on resources.

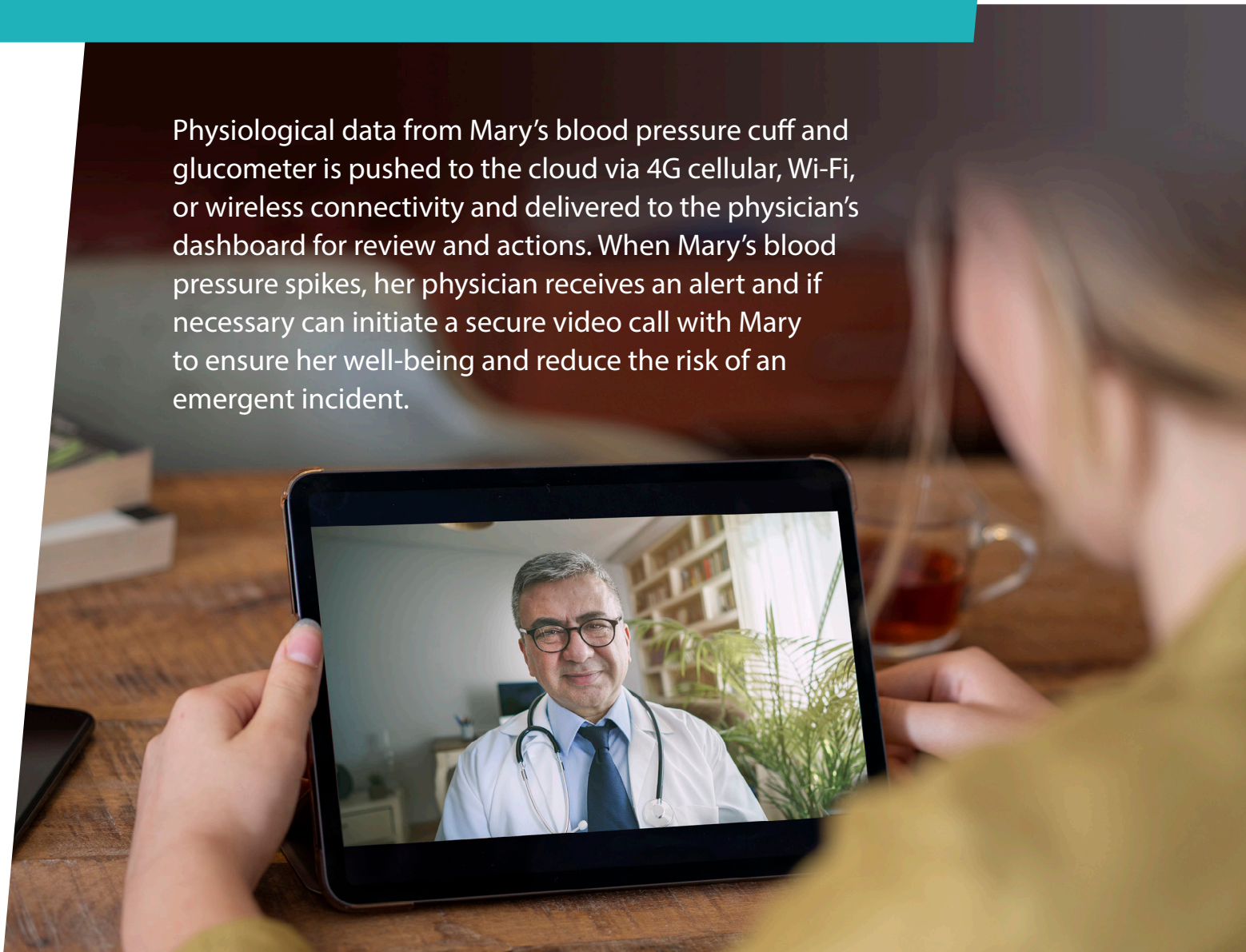
How it Works



The number of Americans that have at least one chronic disease.¹

With remote patient monitoring available from Mary's provider practice, her physician and care team can consistently monitor Mary's conditions via at-home devices that include a blood pressure monitor and glucometer. If necessary, virtual visits can be scheduled.

Physiological data from Mary's blood pressure cuff and glucometer is pushed to the cloud via 4G cellular, Wi-Fi, or wireless connectivity and delivered to the physician's dashboard for review and actions. When Mary's blood pressure spikes, her physician receives an alert and if necessary can initiate a secure video call with Mary to ensure her well-being and reduce the risk of an emergent incident.



Benefits to the Provider

- ✓ Enables provider practice physicians to monitor and manage the chronic conditions of more patients more efficiently while maintaining care quality
- ✓ Reduces the number of in-person visits, reducing the burden on clinical staff
- ✓ Increases the potential for early intervention, thereby decreasing the likelihood of a serious or life-threatening situation
- ✓ Provider practices may be reimbursed for remote patient monitoring services by Medicare using CPT Codes 99453, 99454, 99457 and 99458
- ✓ Requires fewer staff to monitor multiple patients
- ✓ Fewer lab and diagnostic tests

68%

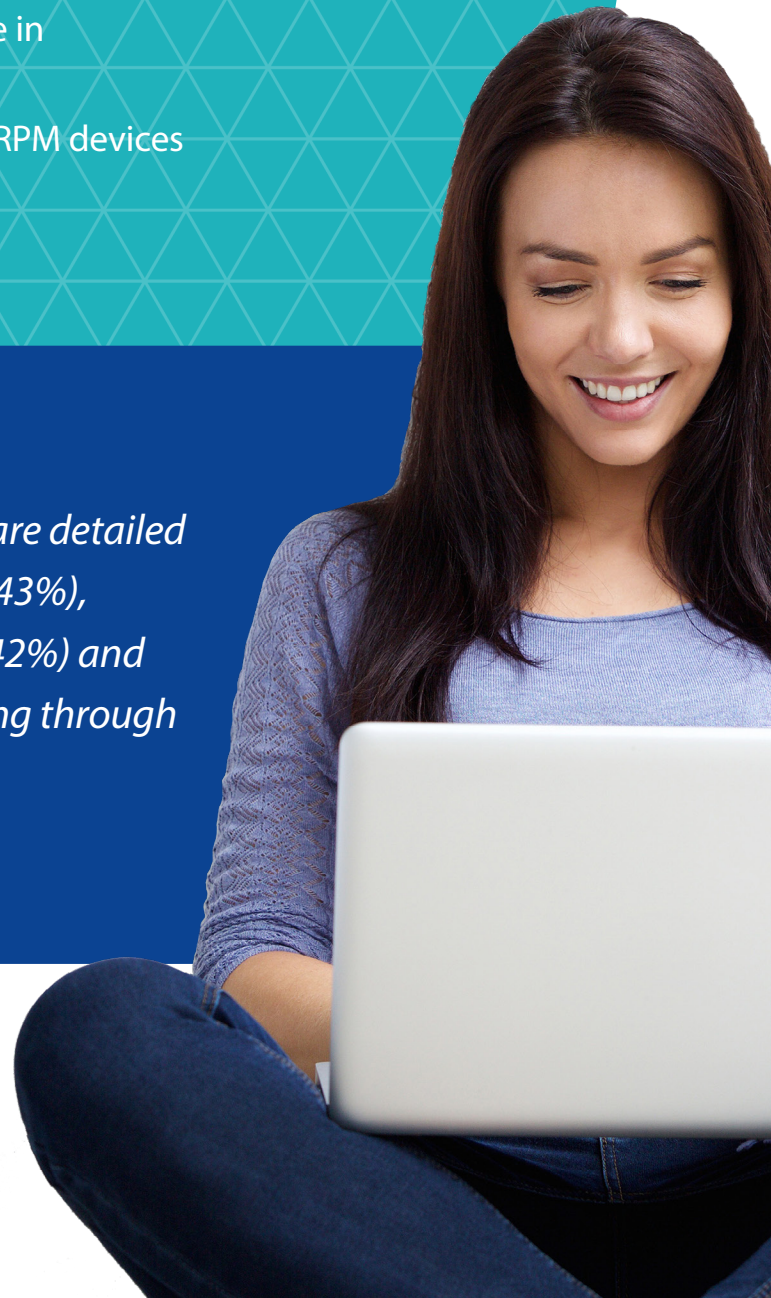
Two in three physicians surveyed strongly intend to use remote patient monitoring technology.²



Benefits to the Patient

- ✓ Higher patient and family satisfaction with quality of at-home care
- ✓ Less caregiver stress and better functional outcomes
- ✓ Family members can actively participate in patient care
- ✓ No network pairing or configuration of RPM devices is required by the patient

*"For patients, the top three benefits are detailed information on personalized health (43%), faster access to health care services (42%) and more influence on their own well-being through ownership of health data (37%)."*²



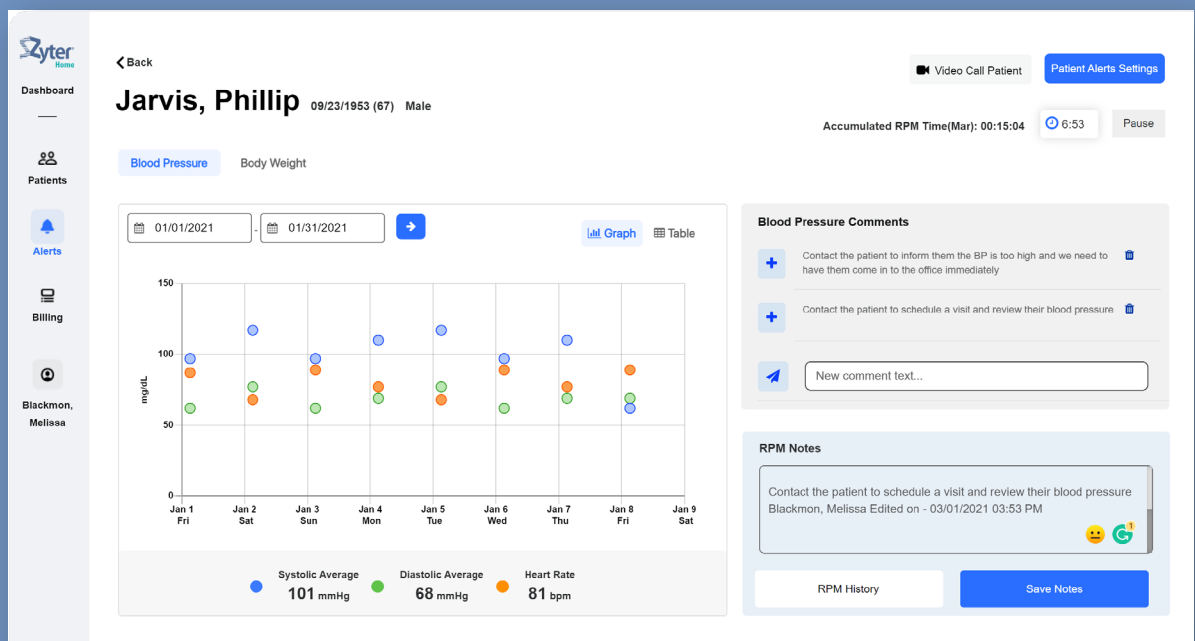
Remote Patient Monitoring Solutions from Zyter

Driving the future of digital health, Zyter offers a comprehensive, integrated and easy-to-use suite of tools that work with existing systems and clinical workflows or independently.



> Connected Care for Provider Practices

Using a 4G-enabled device, physicians can remotely monitor physiological data from a patient's blood pressure cuff, a glucometer, and digital weight scale through the ZyterHome dashboard. Physicians automatically receive alert notifications of abnormal patient data values so they can intervene quickly. If required, virtual visits can be scheduled and conducted from within the dashboard, which also tracks the time physicians spend analyzing RPM data.



Learn More

For more information about Zyter's Remote Patient Monitoring solutions or to schedule a product demonstration, please visit:



www.zyter.com



+1 (301) 355 7760



ZyterHomeSales@zyter.com

Endnotes

- 1 https://www.spyglass-consulting.com/wp_RPM_2019.html
- 2 [https://cta.tech/Resources/Newsroom/Media-Releases/2019/April/CTA-Survey-Finds-High-Demand-for-Remote-Patient-Mo#::~:~:text=Over%20half%20\(52%20percent\)%20of,of%20technology%20in%20managing%20conditions.](https://cta.tech/Resources/Newsroom/Media-Releases/2019/April/CTA-Survey-Finds-High-Demand-for-Remote-Patient-Mo#::~:~:text=Over%20half%20(52%20percent)%20of,of%20technology%20in%20managing%20conditions.)

About Zyter

Zyter delivers a wide range of cloud-based, software as a service (SaaS) digital health products for providers, payers and patients that span telehealth, home health and remote patient monitoring, as well as care, utilization and population health management. In 2021, Zyter acquired Casenet®, LLC and together the two company's products are used to manage healthcare for 11% of the U.S. population. Zyter's products improve clinical operations and patient outcomes while reducing healthcare costs by enhancing interoperability, communication and collaboration. The company's 5G-ready platform also supports IoT/ smart technology and thermal imaging solutions. In 2020, the company won more than 50 awards for its products including Best Health Care and Medical Innovation as well as Company Innovation of the Year. In 2021, the company won an award as The Most Innovative Digital Health Startup. Founded in 2017, the privately-held company is based in Rockville, Md. For more information, please visit www.zyter.com.