

8 BENEFITS OF REMOTE PATIENT MONITORING FOR PATIENTS

Chronic diseases impact most Americans, with 60% having at least one chronic condition and 42% having multiple chronic conditions.¹ These diseases lead to high medical costs and frequent hospital visits, often placing unneeded stress and financial burdens on patients. In fact, care for chronic care patients makes up almost 75% of healthcare spending, or around \$5,300 per person annually.² Remote Patient Monitoring (RPM) has numerous benefits that can aid in the treatment of these diseases and help healthcare organizations achieve the quadruple aim.

1 Affordability

Remote Patient Monitoring decreases healthcare costs, and by 2045 RPM is expected to save the healthcare industry \$200 billion.³ Medicare and Medicaid are increasingly supportive of RPM, with 21 state Medicaid programs reimbursing for RPM services.⁴ Additionally, 69% of healthcare professionals said that RPM is the #1 cost reducer.⁵

2 Engagement

As patients use Remote Patient Monitoring tools to monitor their health, they become more aware and invested in the process. In one study, diabetic patients who engaged with RPM services reported better glycemic level outcomes.⁶ Since RPM requires observation of health on a daily basis, patients are better able to understand their condition and manage their symptoms.

3 Reduced Admissions

Remote Patient Monitoring has dramatically decreased hospital admissions and readmissions. In one study, hospitals and health centers that used RPM services reported 38% and 25% decreases in admissions and readmissions, respectively.⁶ This clears up space in hospitals and health centers while giving medical professionals increased time to focus on serving additional patients.

4 Accessibility

People in rural areas and those with lower incomes often have difficulty accessing healthcare. Remote Patient Monitoring allows them to monitor their health from home without having to travel long distances to receive care. With this benefit, more individuals can be served and chronic care better managed.

5 Real Time Data

Real time tracking of patient data can be life saving, especially for those living in rural and underserved areas with little access to care. With the constant relaying of health information from patients to providers through RPM devices, results can be clearly analyzed and recommendations made quickly.

6 Higher Quality Care

Through Remote Patient Monitoring, patients are better served by medical professionals. RPM provides a wealth of information about patients' health, allowing providers to make well informed decisions regarding the next best steps for patients to take. About 25% of surveyed healthcare organizations reported higher patient satisfaction with quality of care among patients who used RPM.⁷

7 Peace of Mind

With Remote Patient Monitoring, patients can worry less about an unexpected event occurring and spend more time on the things they love. With the ability to check health data at any time from their own home, RPM provides patients peace of mind and the comfort of knowing their health is in good hands.

8 Early Detection

Those with chronic diseases often don't discover a medical complication until it's too late. With Remote Patient Monitoring, providers can monitor patient data to detect problems earlier. RPM can also help with detecting side effects of medications, and then care plans can be adjusted accordingly. Early detection and diagnoses sets patients on the right care management path.

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¹ Buttorff, Christine, et al. "Multiple Chronic Conditions in the United States." Rand Corporation, 2017. PDF File, https://www.rand.org/content/dam/rand/pubs/tools/TL200/TL221/RAND_TL221.pdf

² Raghupathi, Wullianallur and Raghupathi, Viju. "An Empirical Study of Chronic Diseases in the United States: A Visual Analytics Approach to Public Health." Int. J. Environ. Res. Public Health, vol 15, no.3, Mar. 2018. doi: 10.3390/ijerph15030431

³ "Infographic: Drivers of Remote Patient Monitoring - Healthcare Intelligence Network." 21 June 2017, <http://hin.com/blog/2017/06/21/infographic-drivers-of-remote-patient-monitoring/>

⁴ "State Telehealth Laws and Reimbursement Policies Report | CCHP Website." 2019, <https://www.cchpca.org/telehealth-policy/state-telehealth-laws-and-reimbursement-policies-report>

⁵ Su, Dejun, et al. "Diabetes Management Through Remote Patient Monitoring: The Importance of Patient Activation and Engagement with the Technology." Telemed. J. E. Health, vol 25, no. 10, Oct 2019, pp 952-9. doi: 10.1089/tmj.2018.0205

⁶ Cohen, Jessica Kim. "KLAS: Remote Patient Monitoring Reduces Admissions, Readmissions, ER Visits. Remote Patient Monitoring Programs Offer Multiple Clinical and Financial Benefits, Including Reducing Hospital Admissions Among Patients, According to a New KLAS Research Report." 3 Oct. 2018, <https://www.beckershospitalreview.com/telehealth/klas-remote-patient-monitoring-reduces-admissions-readmissions-er-visits.html>

⁷ "Remote Patient Monitoring Cuts Hospital Admissions, ER Visits, Report Finds." Healthcare Dive, 8 Oct. 2018,

<https://www.healthcaredive.com/news/remote-patient-monitoring-cuts-hospital-admissions-er-visits-report-finds/539073/#:~:text=One%2Dfourth%20of%20healthcare%20organizations,a%20new%20KLAS%20Research%20report.>



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