

PAIN JOURNALS

REMOTE THERAPEUTIC
MONITORING (RTM)



DataGlue



AUTOMATE PROFITS

MAXIMIZE YOUR TIME

Pain Management

August 2024

CONTENTS

03

EXECUTIVE
SUMMARY

04

FINANCIAL
OPPORTUNITY

05

PAIN
RELIEF

06

INTEGRATION
WORKFLOW

07

PAIN
JOURNALS

08

PROGRESS
REPORTS

09

CPT
CODES

10

PATIENT
EXPERIENCE

11

PATIENT
CARE

12

SUCCESS
METRICS

13

PATIENT
REVIEWS

14

CONTACT
US

EXECUTIVE SUMMARY

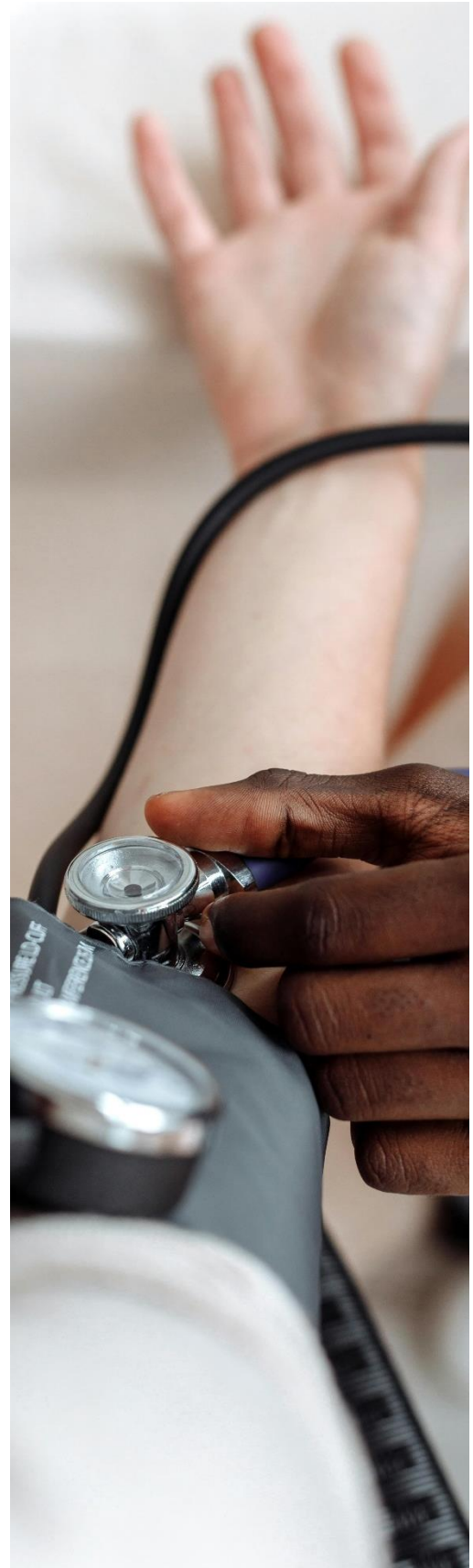
Remote Therapeutic Monitoring (RTM) using pain journals is transforming how doctors manage chronic pain. This innovative approach allows for real-time monitoring of patient pain levels, medication adherence, and lifestyle factors, providing doctors with valuable insights to tailor treatment plans effectively.

By utilizing RTM pain journals, healthcare providers can receive comprehensive reports that highlight patterns and triggers, enabling them to make data-driven decisions. This leads to improved patient outcomes and more personalized care.

The integration of RTM pain journals into clinical practice is seamless, offering a user-friendly experience for both patients and providers. Reports are instantly available, allowing for timely adjustments to treatment strategies and enhancing patient engagement in their own care.

- Gain actionable insights into patient pain patterns.
- Enhance treatment plans with accurate, real-time data.

Empowering healthcare providers with automated tools that elevate patient care and improve chronic pain management.



FINANCIAL OPPORTUNITIES

UNLOCK REVENUE POTENTIAL:

Remote Therapeutic Monitoring (RTM) provides significant financial benefits with recurring revenue. By implementing RTM, healthcare providers can deliver personalized care while unlocking new revenue streams.

MAXIMIZE REIMBURSEMENT:

RTM ensures consistent reimbursement through dedicated CPT codes covering setup, monitoring, and management. This strategic approach enhances patient care and drives financial success via recurring revenue.

“RTM codes offer an average reimbursement of up to \$254.89 per patient. With just 9 new patients per week, a small practice can generate an annual income boost by over \$110,000.”

Examples of CPT Codes and Reimbursements for a clinic in Miami-Dade County:

- **98975:** Initial setup (\$18.56)
- **98977:** Device monitoring (\$49.18) [**recurring monthly**]
- **98980/98981:** Treatment management (\$124.36) [**recurring monthly**]
- **99490:** Chronic Care Treatment (\$62.79) [**recurring monthly**]

Partnering for Success:

DataGlue understands the intricacies of EHR systems, enabling seamless integration of RTM into your practice. We offer customized templates to ensure billing compliance and educate staff on incorporating RTM data into medical notes. Our partnership streamlines the process, optimizes revenue, and enhances patient care.

PAIN RELIEF

"Remote Therapeutic Monitoring has led to substantial improvements in chronic pain management" – Dr. Demetrius Ruben Borges de Rezende

The following chart demonstrates how quickly and easily RTM can scale over the first months. By increasing patient enrollment each month, clinics can significantly boost their revenue and enhance patient care. See how quickly the monthly progress can transform your practice.

Month	Patients Enrolled	Monthly Revenue (\$)
1	20	\$5,097
2	50	\$12,744
4	100	\$25,489

The below chart illustrates the improvement in patient outcomes and engagement over the first three months of implementing RTM, based on findings from the study published in the Journal of Medical Access.¹ Patients using remote monitoring experienced better treatment adherence, a reduction in pain severity, and increased satisfaction with their care.

Month	Patient Engagement (%)	Medication Adherence (%)	Pain Severity Reduction (%)	Patient Satisfaction (%)
Month 1	15%	20%	10%	15%
Month 2	22%	27%	18%	23%
Month 3	28%	35%	25%	30%

¹ **Disclaimer:** The figures presented in these charts are based on findings from the study "Analysis of the effectiveness of remote intervention of patients affected by chronic diseases" by Demetrius Ruben Borges de Rezende. Accessed via: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10540568/>.

Actual results may vary depending on individual practice circumstances, patient demographics, and implementation

INTEGRATION WORKFLOW

Integrating RTM pain journals into established patient care processes is straightforward and efficient.

With minimal disruption, RTM aligns seamlessly with your current EHR systems, supported by customized templates for compliance and data entry.



Seamlessly integrate RTM pain journals into your practice with minimal effort.

Our step-by-step approach makes it easy to enhance patient care and improve outcomes without disrupting existing processes.

"Patient engagement is effortless with a simple pain journal app that empowers them to take an active role in their healthcare journey."

Get started now and experience the benefits of improved patient communication, efficient data collection, and personalized care.

Elevate your practice with a streamlined workflow that delivers tangible results.

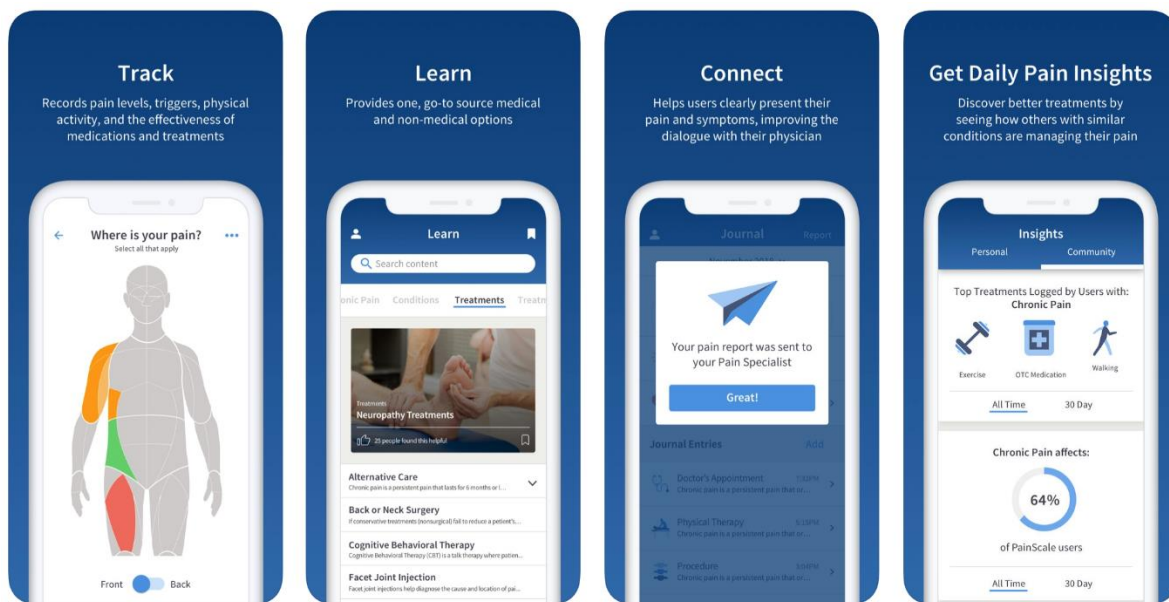
INTRODUCING PAIN JOURNALS

THE ULTIMATE PAIN MANAGEMENT TOOL

Our RTM solution enables real-time tracking of pain and provides personalized insights for physicians to determine the best treatment plans, improving patient outcomes. With a user-friendly interface and robust features, pain diary mobile applications are integral to our solution.

APP SCREENSHOTS

PainScale, developed by Boston Scientific, is a trusted resource doctors can offer patients to manage their pain, and is our preferred pain management journal app.



Key Features:

- ✓ Comprehensive Pain Tracking
- ✓ Educational Resources
- ✓ Personalized Insights
- ✓ Integration with Healthcare Providers
- ✓ Free



PROGRESS Reports

Pain journals generate detailed reports on pain intensity, triggers, and medication adherence that can be exported and reviewed by healthcare providers. These reports can then be uploaded into an EHR system, ensuring integration into the clinic's patient management and billing processes.



Progress reports track user activities and lifestyle, providing insights that help tailor effective pain management plans.

Progress reports log activities with precise timestamps, ensuring compliance with CMS standards.

Date	Pain	ADL	Treatments	Medications	Moods	Sleep
12/30/16 12:27p	5	5	Acupuncture, Aloe Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-Traditional Meds, OTC Meds, Prescription Pain Meds, Sitting, Sleep, Spinal Cord Stimulation, Stretching, TENS Therapy, Walking, Yoga, Other	Acetaminophen, Aspirin, Gabapentin, Cyclobenzaprine, Fentanyl, Hydrocodone, Hydroxyzine, Naproxen, Metaxalone, Morphine, Nonsteroidal Antiinflammatories, Tramadol, Other	Angry, Anxious, Depressed, Frustrated, Lonely, Irritated, Tired	Interrupted
12/30/16 12:27p	4	5	Acupuncture, Aloe Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-Traditional Meds, OTC Meds, Prescription Pain Meds, Sitting, Sleep, Spinal Cord Stimulation, Stretching, TENS Therapy, Walking, Yoga, Other	Acetaminophen, Aspirin, Gabapentin, Cyclobenzaprine, Fentanyl, Hydrocodone, Hydroxyzine, Naproxen, Metaxalone, Morphine, Nonsteroidal Antiinflammatories, Tramadol, Other	Angry, Anxious, Depressed, Frustrated, Lonely, Irritated, Tired	Interrupted
12/30/16 12:27p	5	5	Acupuncture, Aloe Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-Traditional Meds, OTC Meds	Acetaminophen, Aspirin, Gabapentin, Cyclobenzaprine, Fentanyl	Angry, Anxious, Depressed	Interrupted
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For Android users, alternative apps such as *Bearable* provide similar functionality for tracking and managing pain. Other free options for both Iphone and Android devices include *ManageMyPain* and *CatchMyPain*.

CPT CODES

Discover how the following CPT codes streamline Remote Therapeutic Monitoring:

- **CPT Code 98975: Initial Setup and Patient Education**

Covers the initial setup and education for using the pain diary app, ensuring patients understand how to track their pain and treatment adherence. This setup is crucial for engaging patients and proper configuration setup.

- **CPT Code 98977: Device Supply and Monitoring**

Applies to the continuous monitoring of patient data through the pain diary app, allowing for daily updates on pain levels and medication adherence.

- **CPT Code 98980: RTM Treatment Management Services**

Involves the first 20 minutes of patient-provider interaction to review pain diary data, adjust treatment plans, and offer personalized care.

- **CPT Code 98981: Additional Treatment Management Services**

Covers any additional time needed beyond the initial consultation, ensuring comprehensive care through extended patient-provider interactions. Each additional 20-minute session is reimbursed.

- **CPT Code 99490: Chronic Care Management**

Covers non-face-to-face chronic care management services for patients with two or more chronic conditions, lasting at least 20 minutes per month.

CPT Code	Description	Reimbursement Rate
98975	Initial Setup and Patient Education	\$18.56
98977	Device Supply and Monitoring	\$49.18
98980	Treatment Management Services (20 mins)	\$48.00
98981	Additional Treatment Management (per 20 mins)	\$38.18
99490	Chronic Care Management	\$62.79

*Disclaimer: The reimbursement rates provided are average estimates and may vary based on geographic location and payers.

PATIENT EXPERIENCE

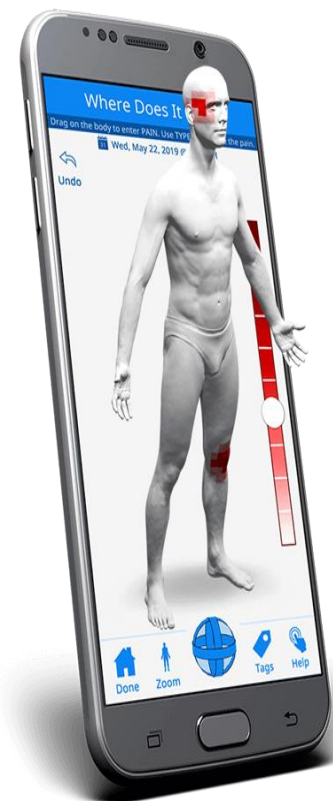
The pain diary significantly enhances the patient's experience for chronic pain management.

The process begins when a doctor introduces the app to a patient, explaining its benefits for improving treatment adherence by tracking pain more effectively. A technician then assists the patient in setting up the app on their smartphone, ensuring they understand how to log symptoms and monitor progress.

The user-friendly app empowers patients to record pain levels at their convenience, providing valuable insights to share with healthcare providers for more informed treatment decisions.

Here's a step-by-step look at the patient experience:

1. **Doctor Recommendation:** My doctor introduced me to the pain diary app
2. **Setup and Configuration:** A technician helped me set up and configure the app on my smartphone
3. **Daily Usage:** I log my pain levels and symptoms at my convenience, from any location
4. **Monthly Support:** I receive phone support monthly to assist with any questions about using the journal
5. **Periodic Review:** I have regular reviews with my healthcare provider team to discuss treatment



SIMPLIFIED PATIENT CARE

- **Effortless EHR Upload:** Pain diaries produce reports that can be easily uploaded into electronic health record systems (EHR).
- **Customized Note Templates:** Our pre-designed templates detail the pain journal's role in chronic pain management, meeting billing standards and easing medical assistants' tasks.



- **Streamlined Billing:** Our solution integrates seamlessly with existing systems, automating billing processes and ensuring all necessary details are included, reducing administrative burdens and errors.
- **Automated Efficiency:** With automated monitoring and reporting, our solution simplifies patient management, enabling recurring revenue through continuous care and follow-ups, ultimately improving patient outcomes.

S U C C E S S

M E T R I C S

By integrating advanced features and a user-friendly interface, pain diaries empower both patients and healthcare providers to achieve their goals in pain management.

Below are key success metrics that highlight the impact of pain diaries on patient care and practice efficiency as outlined by CMS:

Patient Engagement	Over 1 million patients are active users who regularly log journal entries into pain diaries every month.
Treatment Adherence	Users report a 35% improvement in following their prescribed treatment plans.
Pain Reduction	Patients experience an average 25% reduction in pain severity after consistent use of the pain management apps.
Community Support	90% of users feel more supported and less isolated through community features.
App Performance	The suggested apps, PainScale and Bearable, hold 4.5-star ratings on app stores with over 250,000 downloads.
Practice Revenue	Clinics report a 20% increase in revenue due to enhanced patient management and billing efficiency.
Operational Efficiency	Practices experience streamlined operations and reduced administrative burdens.

REAL-LIFE STORIES

The following testimonials and real-life stories, sourced from PainScale users and healthcare providers, highlight the transformative impact of the app on chronic pain management. Discover how pain diaries have empowered individuals to take control of their health and improve their quality of life.

Patient Testimonials:

- "The app makes it easy to **track my pain and communicate with my doctor**. I feel more in control of my health than ever before."
— *Jessica R., Chronic Pain Patient*
- "...**a game-changer for me**. I can log my pain whenever I need, and the insights I get help me understand my condition better. My doctor appreciates the detailed reports."
— *Michael T., Arthritis Patient*

Healthcare Provider Testimonials:

- "PainScale has improved how I manage my patients' chronic pain. The real-time data and detailed reports allow me to **tailor treatment plans** effectively. It's an invaluable tool in my practice."
— *Dr. Sarah L., Pain Management Specialist*
- "The integration of PainScale into our workflow has been seamless. Our patients are more engaged, and we've seen a significant improvement in treatment outcomes. **I highly recommend it.**"
— *Dr. Mark K., Family Medicine Physician*

Act Now

PAIN JOURNALS

UNLOCK NEW REVENUE STREAMS

EXPERIENCE THE BENEFITS OF
IMPROVED PATIENT ENGAGEMENT, &
INCREASED FINANCIAL GROWTH.

20%

Increase in Practice Revenue

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