

kitsap physical therapy

AND SPORTS CLINICS

Dear KPT Patient,

As part of your rehabilitation, your therapist will design a personalized home exercise program to support your progress between visits. If you're a Medicare beneficiary, you may also benefit from an enhanced service called Remote Therapeutic Monitoring (RTM).

Through our partner, Copper Health, RTM provides not only a printout of your exercises, but also convenient video links sent to your phone or computer. These videos allow you to see and hear your therapist's instructions clearly making it easier to follow your program correctly and consistently at home.

RTM also opens a direct line of communication with your therapist or a Copper Health assistant for quick answers to your questions, encouragement when you need it, and guidance if you run into challenges. You will also receive text reminders for your home exercises, and a check-in call to see how you are doing.

Medicare recognizes the value of RTM, covering 80% of the cost because studies show that patients using RTM often recover faster and achieve better outcomes. If your secondary insurance doesn't yet cover RTM, your portion will likely range from \$13–\$23 per month, never more than \$32—a modest cost for a tool that can make a real difference in your recovery.

This benefit will be provided to all Medicare patients. If you wish to opt out, please inform your physical therapist. As more insurers begin covering RTM, we look forward to offering this benefit to more patients.

We're excited to provide resources that enhance your rehab journey, and we welcome your feedback. Please reach out with any questions—we're here to help!

Warm regards,

The KPT Team