

2026

Remote Therapeutic Monitoring (RTM) Billing Guide

INSPIRE MEDICAL SYSTEMS



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Inspire is not for everyone. It is a surgically implanted system that is intended to treat obstructive sleep apnea in patients who are not effectively treated by, or able to tolerate CPAP. Talk to your patients about risks, benefits and expectations associated with Inspire. Risks associated with the surgical implant procedure may include infection and temporary tongue weakness. In rare cases tongue paresis and atrophy may occur. Some patients may require post implant adjustments to the system's settings in order to improve effectiveness and ease any initial discomfort they may experience. Important safety information and product manuals can be found at inspiresleep.com/safety-information/or call 1-844-OSA-HELP.

CPT® Coding for 2026 Remote Therapeutic Monitoring

There is CPT® coding available to describe remote therapeutic monitoring (RTM) of the Inspire Hypoglossal Nerve Stimulation (HGNS) therapy. This coding includes three CPT® Category I codes to report the initial patient set-up, monthly monitoring, and additional monthly monitoring.

Category I CPT® Codes for reporting remote monitoring of Inspire Hypoglossal Nerve Stimulation (HGNS) Therapy

Three new codes are available for providers to report the initial patient set-up, monthly monitoring, and additional monthly monitoring. The code descriptors are shown below:

98975 Remote therapeutic monitoring (eg, therapy adherence, therapy response, digital therapeutic intervention); *initial set-up and patient education on use of equipment*

98979 Remote Therapeutic Monitoring treatment management services, Physician or other Qualified Healthcare Professional time in calendar month requiring at least one real-time interactive communication with the patient or caregiver during the calendar month; *first 10 minutes*¹

98980 Remote therapeutic monitoring treatment management services, physician or other qualified healthcare professional time in a calendar month requiring at least one interactive communication with the patient or caregiver during the calendar month; *first 20 minutes*²

98981 Remote therapeutic monitoring treatment management services, physician or other qualified health care professional time in a calendar month requiring at least one interactive communication with the patient or caregiver during the calendar month; *each additional 20 minutes (List separately in addition to code for primary procedure)*³

¹CPT 98979 may be billable if total monthly monitoring time is 10–19 minutes

²CPT 98980 may be billable if total monthly monitoring time is 20–39 minutes

³Additional 20-minute increments may be billed with CPT 98981

Key Points for Consideration

- Who can analyze and interpret data will vary by payor:
 - **Medicare** will allow RTM codes to be billed under “general supervision” as of January 1, 2023.* General supervision allows clinical staff to assist with RTM (pull reports and communicate with the patient). Commercial insurances may still allow for staff to assist the patient with device set-up under the physician’s direct supervision.
 - **Commercial** insurances may still require data interpretation and patient communication be performed by the billing physician or other qualified healthcare professional (eg: PA, NP).
 - The billing physician or qualified healthcare professional must document spending at least 10 minutes interpreting the data and communicating with the patient interactively in order to submit a claim. For Medicare, clinical staff can perform this work under the general supervision of a physician or qualified healthcare professional.
- This set of CPT® codes is for monitoring non-physiological parameters (ie: therapy adherence).**
- Data may be digitally uploaded or self-reported.
- CPT® 98975 is intended to be used once per episode of care. An episode of care begins when the RTM service is initiated and ends when targeted treatment goals are achieved.

*11.18.2022, Federal Register, Vol. 87, No. 222, page 69649

**The RTM codes are used to report the reviewing and monitoring of data related to signs, symptoms, and functions of a therapeutic response (eg, musculoskeletal system status, respiratory system status, therapy adherence, therapy response). CPT® Assistant, February 2022 / Volume 32 Issue 2

CY 2026 Medicare Reimbursement

CPT® Code	Description	Physician Fee in Office	Physician Fee in Hospital	Billing
98975	Remote therapeutic monitoring (eg, therapy adherence, therapy response); initial set-up and patient education on use of equipment	\$21.71	N/A	Once
98979	Remote Therapeutic Monitoring treatment management services, Physician or other Qualified Healthcare Professional time in calendar month requiring at least one real-time interactive communication with the patient or caregiver during the calendar month; first 10 minutes.	\$26.39	\$11.36	Monthly
98980	Remote therapeutic monitoring treatment management services, physician or other qualified healthcare professional time in a calendar month requiring at least one interactive communication with the patient or caregiver during the calendar month; first 20 minutes	\$54.11	\$25.72	Monthly
98981	Remote therapeutic monitoring treatment management services, physician or other qualified health care professional time in a calendar month requiring at least one interactive communication with the patient or caregiver during the calendar month; each additional 20 minutes (List separately in addition to code for primary procedure)	\$41.42	\$25.38	Monthly

Rates quoted are 2026 National Medicare average rates applying the non-qualifying APM conversion factor (33.4009)

Clinical Examples CPT® Insider's View

Clinical Example (98975)

A 65-year-old male presents to the physician's or other QHP's office with exacerbation of a chronic condition. Following the visit, the physician initiates a remote therapeutic monitoring program to enable data collection and monitoring to support the therapeutic management of his condition.

Description of Procedure (98975)

Clinical staff walks the patient through the set-up of the therapeutic monitoring technology. Educate the patient regarding how to use the technology and outline related daily tasks. For respiratory therapy monitoring, introduce the patient to the device and the mobile app. For musculoskeletal therapy monitoring, educate the patient on setting up the device, reviewing the 3D motion-capture technology, and reviewing the specific exercises as prescribed by the physician or other QHP. Give the patient the opportunity to ask questions.

Clinical Example (98980)

An 8-year-old presents to the physician's or other QHP's office with exacerbation of asthma. The physician or other QHP initiates a remote therapeutic monitoring program to enable data collection and monitoring to support the therapeutic management of this patient's condition.

Description of Procedure (98980)

The physician or other QHP analyzes and interprets the data. Based on the interpreted data, the physician or other QHP uses medical and clinical decision making to assess the patient's condition, communicate with the patient, and oversee, coordinate, and/or modify the patient's care through shared decision making to achieve established outcomes and goals of care.

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