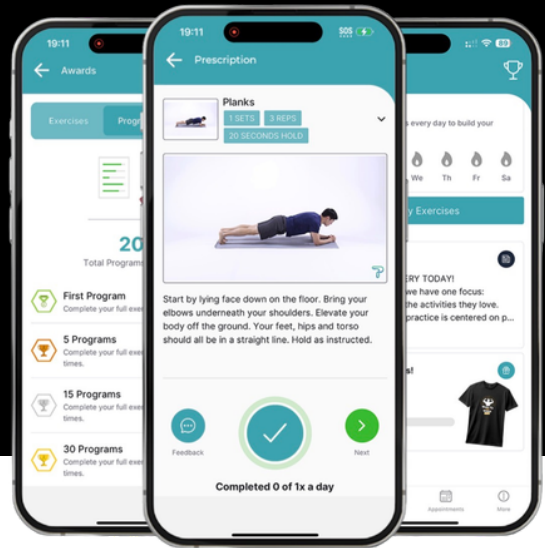




StayFIT Physical Therapy LLC

REMOTE THERAPEUTIC MONITORING



WHAT IS (RTM)?

Remote Therapeutic Monitoring (RTM) allows your physical therapist to monitor your progress, symptoms, and participation in your treatment plan between in-person visits.

HOW DOES RTM WORK?

You may use a digital platform or device to complete your prescribed exercises, report symptoms, and provide information about your progress. Your therapist can review this information and provide guidance when appropriate.

IS RTM COVERED BY INSURANCE?

Coverage varies by insurance plan, patient eligibility, and the specific RTM services provided. Our team can help explain any applicable costs before you begin.

WHAT IS A REMOTE CARE NAVIGATOR?

Our Remote Care Navigator will contact you to discuss RTM. They will be able to communicate with your clinic therapist to ensure treatment consistency.



More exercise compliance
means faster recovery and
better results



Call or message with a PT
Clinician between your visits
and get questions answered
faster



Maximize the success of
staying on track through
professional coaching
and habit-building



Daniel Flores, PTA
Remote Care Navigator
(360)243-5121

Save Daniel's contact here!

