



The Benefits of Chronic Care Management and Remote Therapeutic Monitoring in Endocrinology

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EXECUTIVE SUMMARY

Diabetes and thyroid management depend on consistent support between visits. Chronic Care Management and Remote Therapeutic Monitoring help endocrinology practices coordinate complication risk and track adherence to treatment plans.

INTRODUCTION TO CCM AND RTM

Chronic Care Management provides at least 20 minutes of monthly, non-face-to-face care coordination for patients with two or more chronic conditions — medication reconciliation, care plan updates, and consistent communication between patients, caregivers, and providers.

Remote Therapeutic Monitoring tracks non-physiologic, patient-reported data: how well a patient follows a treatment plan, manages symptoms, or adheres to therapy between visits. Used together, CCM and RTM give care teams both the breadth of full chronic-condition coordination and the depth of ongoing treatment adherence tracking.

BENEFITS FOR ENDOCRINOLOGY

Coordinating Complication Risk

Chronic Care Management helps coordinate the comorbidities that often accompany diabetes — hypertension, obesity, and early kidney or cardiovascular involvement — before they progress.

Medication & Lifestyle Adherence

Remote Therapeutic Monitoring tracks adherence to insulin regimens or lifestyle programs for patients who need an additional layer of support between visits.

Ongoing Care Coordination

Structured monthly outreach keeps care plans current as a patient's diabetes or thyroid condition evolves, rather than waiting for the next scheduled visit.

FINANCIAL AND QUALITY OUTCOMES

Both CCM and RTM are CMS-supported services, giving practices a sustainable path to fund expanded care coordination and therapy adherence tracking. Practices that layer the two together report stronger patient engagement, fewer avoidable emergency room visits, and improved continuity of care.

CONCLUSION

For endocrinology patients managing diabetes, thyroid disorders, or metabolic syndrome, CCM and RTM together provide the coordination and adherence tracking needed to prevent complications before they progress.

Ready to bring CCM and RTM to your endocrinology practice?

Contact CHMS at 1.888.415.CHMS (2467) or contact@clinicalhms.com