



# The Benefits of Chronic Care Management and Remote Therapeutic Monitoring in Pain Management

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## EXECUTIVE SUMMARY

Chronic pain is managed largely through home exercise, medication adherence, and self-reported symptoms — exactly what Remote Therapeutic Monitoring was built to track. Chronic Care Management adds coordination across the multiple providers many pain patients see.

## 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 PAIN MANAGEMENT

### Pain & Adherence Tracking

Patients self-report pain levels and therapy or medication adherence on an ongoing basis, giving the practice visibility that a single follow-up visit can't capture.

### Supporting Medication Oversight

Consistent monthly check-ins support appropriate oversight of medication use as part of a broader, responsible pain management plan.

### Coordinating Multi-Specialty Care

Chronic Care Management helps coordinate care for patients seeing multiple providers — physical therapy, behavioral health, and primary care — around a single pain management plan.

## 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

Together, RTM's day-to-day adherence tracking and CCM's cross-provider coordination give pain management practices a fuller picture of how well a treatment plan is actually working between visits.

**Ready to bring CCM and RTM to your pain management practice?**

Contact CHMS at 1.888.415.CHMS (2467) or [contact@clinicalhms.com](mailto:contact@clinicalhms.com)