

movement for life
physical therapy

Everflex™

customer spotlight

LEVERAGING EVERFLEX to Streamline
RTM Billing & Maximize Reimbursement

ABOUT MOVEMENT FOR LIFE:

Movement for Life is a purpose-driven physical therapy organization founded in 1999, with a deep commitment to improving lives—both for their patients and their team. Starting as a single clinic in San Luis Obispo, CA, the practice has grown into a collective of 27 employee-owned locations in 4 states, focused on delivering high-quality, personalized care. Guided by experienced clinical directors and practicing PTs who understand the real challenges PT clinics face, the employees at Movement For Life built EVERFLEX.

In today's shift toward value-based care, physical therapy practices are embracing digital innovation to extend care pathways, optimize resources, and improve outcomes. At Movement For Life, the adoption of EVERFLEX—an all-in-one digital health platform—has streamlined care delivery by integrating Patient Engagement, Home Exercise Programs (HEP), Remote Therapeutic Monitoring (RTM), Self-Help Triage, and Employer Tools into one unified system.



27 CLINICS



164 PROVIDERS



82% of All Evals with
Active Everflex HEP

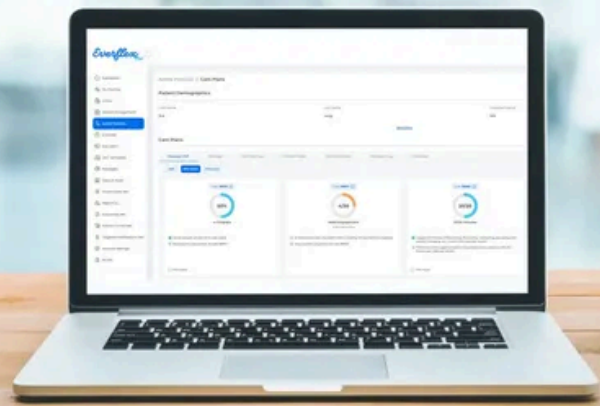


ROI: 3X

ENTER



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BACKGROUND:

Born from Everflex Health, a product operating since 2016 with an eligible user base of 3 million plus, EVERFLEX's RTM functionality has become a cornerstone of Movement For Life's strategy to improve access and support patients between visits while driving measurable clinical and operational gains. Unlike traditional care models that rely solely on in-clinic sessions, EVERFLEX RTM leverages FDA-registered SaMD to track real-time patient progress, improve adherence, and capture reimbursable CPT codes, all with a passion for eliminating administrative burden for clinicians. This case study explores how RTM through EVERFLEX has helped improve provider workflows, boost engagement with care plans, and increase revenue—demonstrating that digital tools, when thoughtfully integrated, can elevate both the patient and provider experience.

CHALLENGE:

Before adopting EVERFLEX, the practice predicted several barriers to RTM adoption:

- Manual tracking of RTM interactions
- Delayed or inconsistent payment
- Fractured workflows that didn't add to value to patient care

Their goal was to implement a system that could handle the administrative complexity of RTM, provide clear billing pathways, and ultimately increase revenue while delivering consistent care.

SOLUTION:

Movement For Life utilized EVERFLEX to:

- Automate and simplify RTM documentation and billing
- Gain real-time insights into patient care plan engagement and targeted opportunities for needed engagement
- Ensure compliance with payer guidelines and increase claim success rates

CONSIDERATIONS:

- Technology Access: Some patients may need support with digital tools
- Data Security: Ensuring secure transmission of patient data is essential
- Adapting to New Models: Staff training and workflow adjustments are required



the results

Between September 2024 and March 2025, Movement For Life experienced strong growth in RTM engagement and billing metrics.

REVENUE GROWTH:

- RTM revenue delivered an increase of over **186%** in six months.
- Total revenue received from RTM across the 7-month period exceeded **\$100,000**.
- As it has continued to grow, they saw more than **\$23,116** last month alone.

CPT CODE VOLUME:

- Codes billed rose steadily from **208** in September to **649** by March—a **212% increase**.
- In 7 months, Movement For Life has billed **2,764** RTM codes and continues to grow by approximately **8%** a month the more providers embraced the system.

ROI INSIGHTS:

- Revenue realized per CPT code averaged **\$37.19** indicating effective utilization and reimbursement optimization early on.
- At a cost of \$20 per provider and a max of \$50 per provider per month based on our pricing structure, it was easy to see this **software paid for itself** and then some if each provider accomplished just one RTM event per month.
- Movement For Life is now averaging over 4 RTM events per month per provider and growing at a rate of **3X**, the **ROI is high**.

CONCLUSION:

This case highlights how EVERFLEX is more than just a billing platform—it's a strategic partner in growing and sustaining remote care services. For clinics seeking to navigate RTM complexity and unlock new revenue, EVERFLEX provides the tools, insights, and support necessary for success.



SCALABLE GROWTH:

EVERFLEX enabled Movement For Life to scale RTM services without overwhelming their team or compromising billing accuracy.



PATIENT ENGAGEMENT:

RTM is popular with patients! We realized that OUR beliefs about our patients' interaction were more of a block than our patients. They appreciated the reminders and active involvement in their recovery plan.

RTM CPT codes overview:

CMS introduced several RTM CPT codes, offering reimbursement for services such as data transmission, device supply, and monitoring/treatment management.

KEY CODES INCLUDE:

- **98975:** Initial setup and patient education. Requires the Completion of Code 98977.
- **98977:** Monthly data transmission and 16 interactions with the SaMD within a 30-day period. Requires the completion of code 98975.
- **98980:** Provider logged 20 minutes of monitoring (reviewing, monitoring, discussing with patient, changing, etc...) within this calendar month. Performed and logged at least 1 interactive communication with the patient per calendar month.
- **98981:** Completed 98980. Logged additional 20 minutes of monitoring (reviewing, monitoring, discussing with patient, changing, etc...) within the calendar month.

The logo for Everflex, featuring the word "Everflex" in a white, cursive, handwritten-style font. A small "TM" trademark symbol is located at the top right of the word.

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