

UnitedHealthcare Narrows Remote Monitoring Coverage Starting January 2026

Digital Health

11.12.25

Effective January 1, 2026, UnitedHealthcare will limit reimbursement for remote patient monitoring (RPM) to two conditions: chronic heart failure and hypertensive disorders during pregnancy. The policy applies across [Medicare Advantage](#), [commercial](#), and Medicaid plans, and will exclude coverage of RPM for commonly monitored conditions like type 2 diabetes, COPD, and general hypertension.

UnitedHealthcare cites a lack of sufficient clinical evidence for RPM's effectiveness outside the two covered conditions. However, critics argue that the policy overlooks well-established data, may disrupt care for millions of patients currently using RPM for chronic disease management, and raises legal questions under the Medicare Advantage statute.