

UnitedHealthcare Medical Policy, current as of Jan 1, 2026, states that the only diagnoses they consider supporting medical necessity for remote physiologic monitoring are congestive heart failure and hypertensive disorders of pregnancy. [UHC medical policy eff Jan 01 2026](#). Thus, they announced in November a Payment Policy effective January 1, 2026, that would deny payment for diagnoses outside those two conditions. Late December, it was reported by several credible online sources that policy implementation would be delayed until later in the year due to strong negative response from physicians and seeming federal government support for RPM.

We have found no clear statement direct from UHC on delayed implementation of that payment policy. [Becker's Payer Issues](#) quoted an unnamed UHC spokesperson as stating that the policy implementation has been delayed.

Recommendation: Take care if you bill for RPM for those conditions that UHC does not consider to be medically necessary, such as continuous glucose monitoring and COPD, and continue to watch for any updates regarding UHC payment policy.