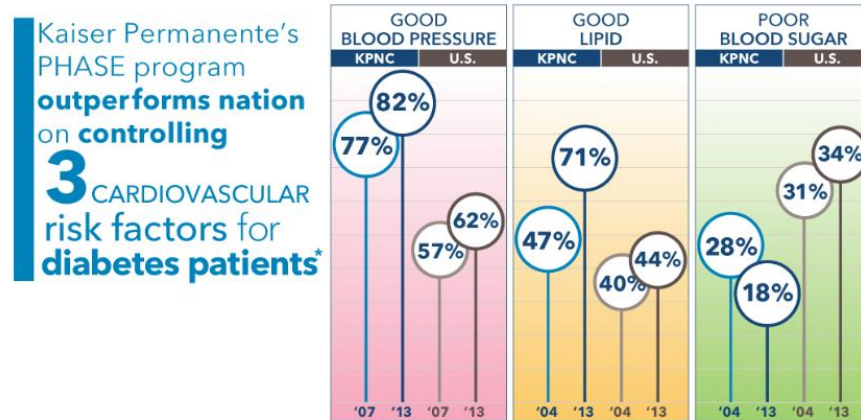


PHASE Works: How We Know



Kaiser Permanente's PHASE program is an evidence-based, cost effective combination of medication and lifestyle changes that has reduced heart attacks and strokes by more than 60 percent among Kaiser Permanente members.



*Rana et al. Am J Med 2018



Treatment Algorithm Evidence

Kaiser Permanente's comprehensive evidence-based cardiovascular risk factor control algorithm for step therapy was developed in 2004. The treatment algorithm combined the recommendations of 4 different guidelines:

- Coronary Artery Disease Guideline
- Diabetes Guideline
- Cholesterol Guideline
- Hypertension Guideline

The summary recommendations are referred to as "[PHASE on a Page](#)." The algorithm is updated approximately every 2 years or more frequently according to emerging clinical trial evidence and national guidelines. Clinicians are encouraged to follow the algorithm unless clinical discretion required otherwise.

Published Papers

[Improved Cardiovascular Risk Factors Control Associated with a Large-Scale Population Management Program Among Diabetes Patients](#). Rana JS, Karter AJ, Liu JY, Moffet HH, Jaffe MG. (2018). Am J Med, 131(6):661-668. doi: 10.1016/j.amjmed.2018.01.024.

[The Kaiser Permanente Northern California Story: Improving Hypertension Control From 44% to 90% in 13 Years \(2000 to 2013\)](#)

Jaffe, M. G. and Young, J. D. (2016). J Clin Hypertens, 18: 260–261. doi:10.1111/jch.12803.

[Improved blood pressure control associated with a large-scale hypertension program](#). Jaffe MG, Lee GA, Young JD, et al. JAMA. 2013; 310:699–705.

[Community implementation and translation of Kaiser Permanente's cardiovascular disease risk-reduction strategy](#). Wong W, Jaffe M, Wong M, et al. The Permanente Journal. 2011 Winter;15(1):36–41.