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.

**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**


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