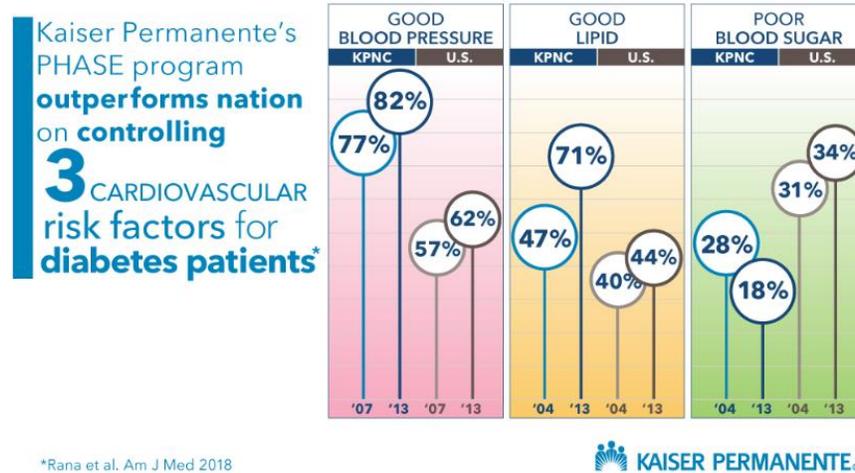


PHASE Works: How We Know



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
- Cholesterol Guideline
- Diabetes 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.