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Alameda Health System Receives \$400,000 Grant from Kaiser Permanente to Help Reduce Heart Attacks and Strokes

Oakland, Calif. (February 6, 2015) – Building on its successful six-year program, [Alameda Health System](http://alamedahealthsystem.org) (AHS) announced today that Kaiser Permanente continuing its support of AHS’s Preventing Heart Attacks and Strokes Everyday (PHASE) program with a two-year, \$400,000 grant that will be administered by Alameda Health System Foundation. AHS will be expanding the number of patients participating in the PHASE program, which targets adults ages 45 to 74 who have uncontrolled diabetes or hypertension.

PHASE combines a fixed-dose medication regiment with lifestyle changes. Successfully implementing the program requires team-based care, with coordination between pharmacies and direct care providers, along with reliable patient data management.

“Too often we are providing care for patients with a multitude of chronic conditions, which is overwhelming for them to manage without support. The PHASE program allows people to learn about healthy choices and how to manage their chronic conditions,” said Mark Maus, DO, MPH, AHS’s Eastmont Wellness Medical Director. “Our team works with each patient to create a custom, individual plan that meets their needs.”

In 2015, AHS will focus on patients served by its two largest freestanding clinics: Eastmont Wellness, located in East Oakland, and Hayward Wellness, located in Hayward. In 2016, PHASE will expand to Highland Wellness, also located in East Oakland. AHS’s patients are largely low-income and uninsured/underinsured; they face barriers to access and experience many disparities. The vast majority are persons of color, representing significant cultural, race/ethnic and linguistic diversity. Chronic conditions, including diabetes and hypertension, are prevalent, as is the onset of these conditions at younger ages than the general population.

“We are excited that AHS will be able to expand the PHASE initiative, which supports our patients in improving their health,” said Debra Barnes, President of Alameda Health System Foundation. “We are committed to AHS’s mission of ‘Caring, Healing, Teaching,

Serving All.’ This grant gives us additional resources to help our community, especially those with the greatest needs.”

Kaiser Permanente is awarding a total of \$5.25 million in 17 PHASE grants across Northern California. Grants will support the technology and work process changes that are necessary for implementing PHASE, as well as assistance in evaluating the effectiveness of the program. All organizations receiving PHASE grants become part of a learning community that engages in training, problem solving, and advancing best practices.

“By sharing PHASE with the broader health care system, we can save more lives. In the process we’re giving community health providers access to an evidence-based model and population health management tools,” said Marc Jaffe, MD, an endocrinologist and internist at Kaiser Permanent San Francisco. “It’s an important investment for the long-term because it will help clinicians operate more efficiently in an environment that is becoming more focused on improving measurable patient outcomes.”

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About Alameda Health System (AHS)

Alameda Health System, a major public health care provider headquartered in Oakland, California, is recognized as a world-class patient and family centered system of care with more than 4,500 employees, 1,000 physicians and 480 volunteers. Their facilities include Highland Hospital, a major regional trauma center and teaching hospital; Alameda Hospital, an acute care facility providing emergency, in-patient and outpatient services in Alameda; San Leandro Hospital, which provides emergency and in-patient hospital care services; John George Psychiatric Hospital, an acute and emergency care facility in San Leandro; Fairmont Hospital, an acute rehabilitation hospital and skilled nursing facility, also in San Leandro; and four ambulatory wellness centers in Oakland as well as in Newark and Hayward.

About Kaiser Permanente

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America’s leading health care providers and not-for-profit health plans. Founded in 1945, our mission is to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve more than 9 million members in nine states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal physicians, specialists and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and



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