

Adam J. Freed

Partner

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Des Moines – 515.699.3277



Adam provides strategic advice to health care providers through all stages of transactions involving their businesses.

Adam represents a wide range of health care providers, including physicians, dentists, mental health professionals, hospitals, and nursing facilities, as well as trade associations that serve health care providers. For facilities undergoing changes of ownership, Adam advises clients on issues related to licensing, Medicare and Medicaid enrollment, and credentialing with Medicaid managed care organizations and commercial insurers. Adam strives to provide strategic advice in a clear and concise manner to help providers navigate the maze of complex federal and state regulations with which they must comply.

Adam also advises clients regarding compliance with the State of Iowa's Certificate of Need (CON) program and has appeared before the State Health Facilities Council. He also advises covered entities and business associates regarding HIPAA compliance.

Select Experience

- Frequently represents buyers and sellers of nursing facilities and assisted living facilities across the country to complete required regulatory filings.
- Represented a hospital in obtaining a certificate of need (CON) to establish a new inpatient behavioral health hospital.
- Served as interim general counsel for a nationwide operator of upscale continuing care retirement communities.
- Represented a long-term-care provider in obtaining a CON to establish a 60-bed skilled nursing facility as a joint venture with a religious order.

Professional Affiliations

- Polk County Bar Association
- Iowa State Bar Association

Education

- University of Iowa College of Law (J.D., 2007)
 - High Distinction
- University of Northern Iowa (B.A., Political Science, 1999)
 - *summa cum laude*

Bar Admissions

- Iowa

- American Health Lawyers Association
- Iowa Society of Healthcare Attorneys
- ABI Leadership Iowa, 2009-2010

Accolades

- *Best Lawyers in America*®, 2025-2026
- Dorsey & Whitney – Scales of Justice Team Award (Dr. Conaway Disability Rights Team), 2021
- *Great Plains Super Lawyers*®, "Rising Stars," 2018

Languages

- English

Select Presentations

- "COVID-19's Impact on Legal and Regulatory Practice Issues," Presentation to the Iowa Psychological Association (co-presented with Katie Cownie and Mike Jenkins) (June 18, 2020).
- "HIPAA and the Attorney's Duty of Confidentiality: The Intersection of Federal Health Care Privacy Law and the Rules of Professional Conduct," Presentation to the Iowa Society of Healthcare Attorneys Spring Conference (co-presented with Mike Jenkins) (May 28, 2020).
- "COVID-19 Virtual Townhall," Presentation to the Iowa Dental Association (co-presented with Katie Cownie) (April 6, 2020).