

Supplementary Table 1 Management flow for SILE, and BT1, BT2

	Procedure	SILE	BETSILE (For BT1) Optimistic and indifference to health	BETSILE (For BT2) Despite having motivation, efforts do not last long
At Initial Consultation	[Assesment] Intention to health	Check their intention to how they want to treat their health related probems.	-Ask the target person to talk about "what is health concerns" and "what to do with their own health" in their own talk. -By using blood test's outcome and DM guidelines, information of evidence ¹⁾ in order to encourage target to recognize their clinical status and level of their health risks. ¹⁾ Targeted value of HbA1c from complications standpoint, etc.	Ask the target person to think not to rely on others including family members and friends, or company to be responsible for their own health, but have recognition that "my health will be protected by myself.
	Motivation of lifestyle improvement	Check whther they are have motivation to resolve their health related problems or not.	Clearly tell the target "If at least one effective behavior can be achieved your weight and blood test result to improve, the possibility is high".	Have them consider with providing actual examples of merits that can be achieved by improvement ¹⁾ , troubles in daily life which may occur in case the target cannot improve ²⁾ . ¹⁾ Something which would lightens up their mind, like purchasing new outfits ²⁾ Extra cost may become necessary, trouble caused by no one available to handle housework, etc.
	Physical measurement, blood pressure, clinical tests results	Have the target understand body weight(BMI) and results of blood test, and recognize items that does not meet its standard.	As same as SILE	As same as SILE
	Medical history	Have the target understand the years of DM and family medical history to confirm risk-level.	As same as SILE	As same as SILE
	Eating habits	- Based on FFQW82, and hearing of their dietary intakes, confirm inadequate situation by comaring to adequate volume and extract problems. - Praise their good eating habit behavior.	Praise their good eating habit behavior greatly.	As same as SILE
	Physical activity habits	- Check frequency of adequate physical activity, and if they have in mind to increase the amount of activities or not. - Praise their good physical activity habit behavior.	Praise their good physical activity habit behavior. greatly.	As same as SILE
	Drinking habits	Take record of drinking volume per day and frequency per a week.	As same as SILE	As same as SILE
	Smoking habits	Confirm whether they smoke or not, and whether they wish to quit smoking if in case they smoke.	As same as SILE	As same as SILE
	Extracting probmens	Extract lifestyle habits problems which relates to health condition problems.	As same as SILE	As same as SILE

	<p>Selection of prioritized problems to be resolved</p> <p>【Goal setting】 Decide Intervention Policy</p> <p>Seeting behavior goal</p> <p>Considering barriers of behavior goal</p>	<p>Select to 2 to 3 of the problems prioritized to be resolved in their lifestyle habits. Explain to the target person and obtain consent.</p> <p>Setting prioritized on their own intentions.</p> <p>Set to 2 to 3 behavior goals to solve their lifestyle habits problem selected earlier .</p> <p>As much as pobbile, consider barriers and countermeasures.</p>	<p>Prioritized problems to resolve must be limited to only one.</p> <p>Setting specialized in clinical data related to HbA1c and DM. (To highlight relation of risk)</p> <p>Set to 1 or 2 priorities behavior goal which they are confident to perform.</p> <p>Barriers and countermeasures must be examined without fail.</p>	<p>Prioritized problems to resolve must be limited to only one.</p> <p>Setting lower by 30 % than usual (Due to low ability to perform and continue)</p> <p>In order to comply with the "Model Menu", behavior goal sets only just one related to diet.</p> <p>Barriers and countermeasures must be examined without fail.</p>
<p>Consultation after 1 to 5 months</p>	<p>【Practice】 Practice behavior goals</p> <p>【Monitoring】 & 【Evaluation】 Ask the target self-monitoring</p> <p>Monitor and evaluate behavior goals</p> <p>Achieved behavior goal →Setting higher goal</p> <p>Non-achieved behavior goal →Enforce frequency</p> <p>Share behavior change related to improvement of health related problems</p>	<p>- Encourage to practice the behavior goal . - If necessary, provide with tools encourage performance or supported by tellephone calls.</p> <p>Encourage the target to use prior selected self-monitoring index to perform monitering.</p> <p>Evaluate goals by the amount of change volume of frequency to their behavior goals.</p> <p>Set (no more than 2) behavior goals to resolve highly prioritized problems chosen from remaining problems.</p> <p>Consider of barrierd factors for achieve behavior goals.</p> <p>Clearly inform relation of physical situation and clinical data to phsyscal target performance frequency and amont of change, so that further motivation may be enforced.</p>	<p>As same as SILE</p> <p>As same as SILE</p> <p>As same as SILE</p> <p>As same as SILE</p> <p>Take time in barrier consideration (confirm their motivation and cognition go back, and if so, go back to the first process.)</p> <p>As same as SILE</p>	<p>Be sure to provide "Model Menu" .</p> <p>- Encourage the target to always check “Model Menu” each time they eat to see that the volume is adequate. - Have the target write “Diet Records” (for 3 days) at home.</p> <p>- Explain carefully to make sure the target recognizes the frequency and change of volume since they are low in recognition. - At second consultation, using the “Diet Records”, confirm whether “Model Menu” is kept. (At the third consultation, perform “Diet Records” (for 3 days).</p> <p>Once at a time, set higher rank goals (it is possible to add the next one once it has been achieved).</p> <p>-Put more weight on considering environmental improvement for their better behavior than their own efforts. -Repeatedly ask “What is the goal you had wanted to achieve?”</p> <p>As same as SILE</p>

<p>Consultation after 6 month</p>	<p>【Fainal evaluation】 Evaluate acheivement of intervention policy Share evaluation Judgement of necessity of program continuency</p>	<p>Evaluate whether intervation policy is achieved or not. Clearly inform relation of physical situation and clinicla data to physical target performance frequency and amont of change, so that further motivation of self management may be enforced. Judge necessity of program continuency, If result of evaluation finds necessary, repeat the flow again.</p>	<p>As same as SILE As same as SILE As same as SILE</p>	<p>As same as SILE As same as SILE As same as SILE</p>
--	---	---	--	--