Multimedia Appendix 2. Vignette

John is a 78-year old man who has a diagnosis of CVD and Type II Diabetes. He recently suffered an acute myocardial infarction and is 6-weeks post-op having had a double bypass surgery. John has been given the ‘all-clear’ to begin transitioning back to normal daily living and to participate in light physical activity. His cardiologist had initially referred him to the local Sunbury Community Health Centre for an 8-week comprehensive cardiac rehabilitation (CR) program. However, when John attends his follow-up appointment with the cardiac nurse 2-weeks post-discharge, she realises that he has not yet been in contact with the CR facilitator. It eventuates that John is facing a number of barriers that have prevented him attending as he: cares for his wife who is suffering from a stroke-related disability; no longer drives as he lives close to many amenities; is unsure if CR is the best choice for him as he also has to manage his diabetes; is anxious about attending the CR program in a large group. Consequently, the CR nurse consults the cardiologist and together they recommend that John enrols on the digital health platform, Salvio. This would allow John to remotely access a secondary-prevention technology-based intervention alongside his usual care, to assist him in making the necessary lifestyle changes required to self-manage his disease. John takes home a small business card with the information he needs to access Salvio. When he gets home, John charges his tablet device and sits down in his favourite chair by the window to see what ‘this Salvio stuff is all about!”. He types in the web-address and is greeted with the platform home-page. Having created a profile, John is guided through a series of questions related to his overall health objectives, current health behaviours, and usual use of technology. In particular, John’s cardiologist advised that he make appropriate changes to address his hypertension and weight, become less sporadic when taking medications, as well as managing his anxieties about leaving the security of the hospital environment. He keeps this advice in mind when answering the questions, as well as thinking about his own preferences. Having completed the questionnaire, the Salvio software has intelligently offered John a choice of 4 digital health interventions suited to his individual needs and preferences. He clicks on each of the interventions to learn more and decides to enrol for SCRAM (Smartphone Cardiac Rehabilitation, Assisted self-Management). This will assist John with improving his physical activity levels, which could lead to positive changes in his weight and hypertension. A key feature of SCRAM is supervised exercise with a wearable sensor, which would allow John to exercise at home or in his local area while being monitored by a healthcare professional who is a fair distance away. He hopes this might reduce his anxiety.
and allow him to be close to his wife. John also enrols for the Text4Heart program, which delivers text messages to his phone and has been shown to improve medication adherence. He thinks this will be a good program for him, because he likes getting reminders during the day and he will also get information about other important lifestyle changes.

Every day, John can sign into his Salvio account and see his progression for both programs. He can also send a brief summary of his progression by email to his cardiologist through the digital health platform, so he can chat about this at his upcoming face-to-face appointment. After 6 weeks, John decides to delete Text4Heart from his platform. He has become much better at taking his medications and feels that the SCRAM program is much more enjoyable. After 12 weeks, the SCRAM program finishes, and John decides to try something new. He re-enters the decision support questionnaire and finds that a lot of his answers have changed due to the lifestyles changes he has already made while using Text4Heart and SCRAM. Salvio now offers John a choice of two digital health interventions best suited to his new needs and preferences.