

Supplementary Tables S1

Table S1(a): Baseline characteristics by intervention and control for full cohort and cohort for cost analysis

Variables	Responses	Full cohort		Cohort for cost analysis	
		Control	Intervention	Control	Intervention
n	215	95	120	32	33
Age, mean (SD)		56.2 (9.6)	58.9 (8.8)	61.0 (9.8)	60.5 (8.1)
Gender, n(%)	Female	32 (33.7)	60 (50.0)	10 (31.3)	17 (51.5)
	Male	63 (66.3)	60 (50.0)	22 (68.7)	16 (48.5)
Place of Birth, n(%)	Australia	59 (62.1)	66 (55.0)	17 (53.1)	20 (60.6)
	Overseas	36 (37.9)	54 (45.0)	15 (46.9)	13 (39.4)
Primary language at home, n(%)	English	88 (92.6)	96 (80.0)	31 (96.9)	25 (75.8)
	Other	7 (7.4)	24 (20.0)	1 (3.1)	8 (24.2)
Hospital admissions in past 12 months, n(%)	Yes	21 (22.1)	27 (22.5)	8 (25.0)	7 (21.2)
	No	74 (77.9)	93 (77.5)	24 (75.0)	26 (78.8)
State	NSW	35 (36.8)	99 (82.5)	6 (18.8)	28 (84.9)
	SA	60 (63.2)	21 (17.5)	26 (81.2)	5 (15.1)

Table S1(b): Outcome measurement at baseline by control and intervention for full cohort and cohort for cost analysis

Variables	Measure ¹	Full cohort		Cohort for cost analysis	
		Control	Intervention	Control	Intervention
n	215	95	120	32	33
Health literacy domain 8	Mean (SD)	4.3 (0.5)	4.0 (0.8)	4.4 (0.5)	4.3 (0.5)
	Median (IQR)	4.0 (4.0, 4.8)	4.0 (4.0, 4.6)	4.0 (4.0, 4.8)	4.0 (4.0, 4.8)
Health literacy domain 9	Mean (SD)	4.3 (0.5)	4.1 (0.7)	4.3 (0.5)	4.3 (0.5)
	Median (IQR)	4.0 (4.0, 4.8)	4.0 (4.0, 4.6)	4.1 (4.0, 4.8)	4.0 (4.0, 5.0)
eHealth	Mean (SD)	29.2 (6.3)	27.4 (7.3)	29.2 (6.6)	28.6 (6.0)
	Median (IQR)	32.0 (26.0, 32.0)	29.0 (23.5, 32.0)	32.0 (26.0, 32.0)	30.5 (25.5, 32.0)
Diet	Mean (SD)	3.1 (1.6)	3.2 (1.6)	3.4 (1.5)	3.3 (1.5)
	Median (IQR)	3.0 (2.0, 4.0)	3.0 (2.0, 4.0)	3.0 (2.0, 4.0)	3.0 (2.0, 5.0)
Physical activity	Mean (SD)	2.9 (2.3)	2.7 (2.5)	3.6 (2.3)	3.0 (2.6)
	Median (IQR)	2.0 (1.0, 4.0)	2.0 (1.0, 4.0)	4.0 (2.0, 4.0)	2.0 (1.0, 4.0)
BMI	Mean (SD)	34.9 (6.9)	34.7 (5.3)	31.9 (3.1)	33.8 (4.8)
	Median (IQR)	33.0 (30.3, 36.3)	33.3 (30.5, 37.2)	30.9 (29.9, 33.8)	32.3 (30.5, 35.4)
Waist	Mean (SD)	112.9 (15.2)	109.4 (13.6)	107.4 (10.1)	110.6 (14.6)
	Median (IQR)	110.0 (104.0, 121.0)	108.5 (99.0, 115.5)	107.0 (98.0, 116.0)	110.0 (100.0, 117.0)
Systolic blood pressure	Mean (SD)	130.7 (14.1)	130.6 (14.6)	127.6 (13.0)	131.3 (13.7)
	Median (IQR)	132.0 (121.0, 140.0)	131.0 (120.0, 139.0)	127.0 (120.5, 137.5)	131.5 (120.0, 140.0)
Diastolic blood pressure	Mean (SD)	81.3 (9.1)	79.2 (11.9)	79.4 (8.3)	79.5 (15.7)
	Median (IQR)	81.0 (75.5, 87.5)	80.0 (70.0, 86.0)	79.5 (74.0, 85.0)	79.0 (70.0, 89.5)

Table S1(c): Costs 12 months before and 12 months after enrolment date by control and intervention (excluding outlier)

Outcome	Timepoint	Control			Intervention			Crude DID (95% CI)
		n	Mean (SD)	Mean Diff (95% CI)	n	Mean (SD)	Mean Diff (95% CI)	
GP costs	12m before enrolment	32	\$1,109 (\$485)	Ref	32	\$912 (\$564)	Ref	Ref
	12m after enrolment	32	\$1,088 (\$683)	-\$21 (-\$248, \$207)	32	\$931 (\$579)	\$20 (-\$215, \$254)	-\$40 (-\$353, \$273)
GP & specialist costs	12m before enrolment	32	\$1,268 (\$571)	Ref	32	\$1,158 (\$677)	Ref	Ref
	12m after enrolment	32	\$1,345 (\$1,013)	\$77 (-\$247, \$400)	32	\$1,275 (\$837)	\$116 (-\$220, \$453)	-\$40 (-\$491, \$412)
PBS Costs	12m before enrolment	32	\$315 (\$403)	Ref	32	\$289 (\$366)	Ref	Ref
	12m after enrolment	32	\$328 (\$458)	\$12 (-\$52, \$77)	32	\$320 (\$479)	\$32 (-\$62, \$125)	-\$19 (-\$131, \$93)
GP & PBS costs	12m before enrolment	32	\$1,424 (\$672)	Ref	32	\$1,201 (\$754)	Ref	Ref
	12m after enrolment	32	\$1,416 (\$923)	-\$8 (-\$259, \$243)	32	\$1,252 (\$824)	\$51 (-\$217, \$319)	-\$59 (-\$412, \$293)
GP, specialist & PBS costs	12m before enrolment	32	\$1,583 (\$751)	Ref	32	\$1,447 (\$801)	Ref	Ref
	12m after enrolment	32	\$1,672 (\$1,203)	\$89 (-\$257, \$435)	32	\$1,595 (\$1,037)	\$148 (-\$205, \$502)	-\$59 (-\$535, \$417)
Number of GP visits	12m before enrolment	32	10.9 (0.9)	Ref	32	11.0 (1.1)	Ref	Ref
	12m after enrolment	32	11.3 (1.0)	0.3 (-1.2, 1.9)	32	10.7 (1.0)	-0.3 (-2.5, 2.0)	0.7 (-2.1, 3.4)

Table S1 (d): Costs and number of GP visits 12 months before and 12 months after enrolment date by control and intervention

Outcome	Timepoint	Control			Intervention			Crude DID (95% CI)
		n	Mean (SD)	Mean Diff (95% CI)	n	Mean (SD)	Mean Diff (95% CI)	
GP costs	12m before enrolment	32	\$1,109 (\$485)	Ref	33	\$897 (\$561)	Ref	Ref
	12m after enrolment	32	\$1,088 (\$683)	-\$21 (-\$248, \$207)	33	\$924 (\$571)	\$26 (-\$181, \$234)	-\$47 (-\$367, \$273)
GP & specialist costs	12m before enrolment	32	\$1,268 (\$571)	Ref	33	\$1,149 (\$669)	Ref	Ref
	12m after enrolment	32	\$1,345 (\$1,013)	\$77 (-\$247, \$400)	33	\$1,257 (\$830)	\$108 (-\$192, \$407)	-\$31 (-\$491, \$429)
PBS Costs	12m before enrolment	32	\$315 (\$403)	Ref	33	\$445 (\$969)	Ref	Ref
	12m after enrolment	32	\$328 (\$458)	\$12 (-\$52, \$77)	33	\$348 (\$497)	-\$97 (-\$362, \$167)	\$110 (-\$158, \$378)
GP & PBS costs	12m before enrolment	32	\$1,424 (\$672)	Ref	33	\$1,343 (\$1,103)	Ref	Ref
	12m after enrolment	32	\$1,416 (\$923)	-\$8 (-\$259, \$243)	33	\$1,271 (\$819)	-\$71 (-\$403, \$261)	\$63 (-\$364, \$490)
GP, specialist & PBS costs	12m before enrolment	32	\$1,583 (\$751)	Ref	33	\$1,595 (\$1,157)	Ref	Ref
	12m after enrolment	32	\$1,672 (\$1,203)	\$89 (-\$257, \$435)	33	\$1,605 (\$1,022)	\$10 (-\$397, \$417)	\$79 (-\$472, \$630)
Number of GP visits	12m before enrolment	32	10.9 (0.9)	Ref	33	10.9 (1.0)	Ref	Ref
	12m after enrolment	32	11.3 (1.0)	0.3 (-1.2, 1.9)	33	10.6 (0.9)	-0.3 (-2.5, 2.0)	0.6 (-2.0, 3.2)