

Supplemental Table 1. Matching adherence facilitators to previously published adherence barriers within the Capability, Opportunity, Motivation, Behavior conceptual model.

	Barriers	Facilitators
Capability: Medication access	Insurance and Costs* Pharmacy issues* Clinic factors^	Medication Access* -Payment assistance programs, GoodRx -Prioritizing most important drugs to fill -Using pharmacies with sufficient specialty pills -Easy access to provider and pharmacist
	Logistics* -Busyness and forgetting -Schedule variability -Not refilling on time Physical limitations§ -Fatigue -Mobility issues	Medication reminders* -Pillbox, alarm, mobile app, calendar, visual reminders, having a routine -Always carrying medicines on hand -Pre-sorted medication service -Automatic refills or reminders Social support* -Encouragement, reminders, and physical assistance from family and friends
Opportunity: Taking medications regularly	Medication attributes* -Food requirements -Number and size of pills -Pill frequency Side effects*	Medication properties* -Easier to take regimen -Fewer side effects -Resources to help deal with side effects
	Medication necessity and effectiveness* -Medication not necessary when feeling good -No immediate consequences of stopping medications - Medication not working	Physical and mental health* -Avoiding negative consequences -Maintaining wellness and caregiver role -Tapping into future goals -Ability to decrease prednisone use -Psychiatric care
Motivation: beliefs and attitudes	Mental fatigue* -Tired of taking medications -Denial -Unready to prioritize health -Defeatist attitude	Empowerment ^
	Limited patient knowledge^ -Lack of understanding -Insufficient patient education in clinic	Patient education and communication^ -Attention to health literacy -Effective communication -Clinic- and system-level changes -Supplemental education resources

	Barriers	Facilitators
Motivation: beliefs and attitudes	External influences* -Negative outside information -Religion or alternative medicine -Lack of trust in providers or health system	Patient-provider relationship* -Building trust -Shared decision making -Engaged and caring staff

*Reported by both patients and providers/staff; §Reported by patients only; ^Reported by providers/staff only. Most commonly described barriers and facilitators are highlighted in grey.