

Multimedia Appendix 2. Secondary outcome variables at baseline, and 3 and 6 months.

| Variable | | Total | Mobile health group | Control group | <i>P</i> value |
|---|----------|-----------------------------------|-----------------------------------|-----------------------------------|------------------|
| Participants, n | | | | | — ^a |
| | Baseline | 300 | 150 | 150 | |
| | 3 months | 287 | 145 | 142 | |
| | 6 months | 284 | 143 | 141 | |
| BMI (kg/m²), mean (SD) (95% CI) | | | | | |
| | Baseline | 28.75 (4.63) (28.22-29.27) | 28.84 (4.56) (28.10-29.58) | 28.65 (4.70) (27.89-29.41) | .72 |
| | 3 months | 28.29 (4.43) (27.77-28.80) | 28.33 (4.48) (27.59-29.07) | 28.24 (4.40) (27.51-28.97) | .86 |
| | 6 months | 28.27 (4.71) (27.72-28.82) | 28.22 (4.69) (27.44-28.99) | 28.33 (4.74) (27.53-29.12) | .69 ^b |
| WC^c (cm), mean (SD) (95% CI) | | | | | |
| | Baseline | 103.98 (11.49) (102.59-105.38) | 104.44 (11.91) (102.45-106.43) | 103.46 (11.02) (101.50-105.42) | .49 |
| | 3 months | 102.40 (10.97) (101.06-103.74) | 102.56 (11.53) (100.62-104.51) | 102.22 (10.35) (100.36-104.08) | .80 |
| | 6 months | 101.82 (11.36) (100.43-103.21) | 101.59 (11.87) (99.58-103.59) | 102.09 (10.80) (100.14-104.03) | .72 |
| SBP^d (mmHg), mean (SD) (95% CI) | | | | | |
| | Baseline | 132.93 (20.18) | 133.53 (19.94) | 132.34 (20.47) | .94 ^b |

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| | | (130.65-135.23) | (130.31-136.75) | (129.04-135.64) | |
| | 3 months | 131.11 (15.50) (129.29-132.92) | 128.96 (15.87) (126.32-131.59) | 133.27 (14.85) (130.80-135.74) | .01 |
| | 6 months | 132.88 (19.67) (130.57-135.19) | 130.00 (21.90) (126.35-133.65) | 135.78 (16.73) (132.99-138.58) | .01 |
| DBP^e (mmHg), mean (SD) (95% CI) | | | | | |
| | Baseline | 75.41 (11.52) (74.10-76.72) | 75.17 (12.53) (73.14-77.19) | 75.65 (10.45) (73.96-77.33) | .71 |
| | 3 months | 74.86 (10.66) (73.61-76.11) | 73.68 (9.76) (72.06-75.30) | 76.05 (11.42) (74.15-77.95) | .06 |
| | 6 months | 77.78 (10.92) (76.50-79.07) | 76.84 (11.00) (75.00-78.67) | 78.74 (10.79) (76.93-80.54) | .14 |
| HR^f (beats/min), mean (SD) (95% CI) | | | | | |
| | Baseline | 73.07 (13.94) (71.48-74.65) | 72.63 (12.99) (70.53-74.72) | 73.51 (14.85) (71.11-75.90) | .70 ^b |
| | 3 months | 69.33 (9.73) (68.19-70.47) | 66.75 (8.91) (65.27-68.23) | 71.93 (9.86) (70.29-73.57) | <.001 ^b |
| | 6 months | 69.31 (10.51) (68.07-70.54) | 68.20 (10.13) (66.51-69.89) | 70.43 (10.80) (68.62-72.23) | .07 ^b |
| Glucose (mg/dL), mean (SD) (95% CI) | | | | | |
| | Baseline | 122.27 (51.12) (116.46-128.08) | 116.48 (45.55) (109.13-123.83) | 128.06 (55.69) (119.07-137.05) | .02 ^b |
| | 3 months | 111.51 (35.10) | 110.58 (35.92) | 112.44 (34.38) | .48 ^b |

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| | | (107.00-116.02) | (104.03-117.13) | (106.15-118.74) | |
| | 6 months | 108.10 (31.36) (103.78-112.42) | 101.10 (18.57) (97.51-104.70) | 115.44 (39.46) (107.61-123.27) | .007 ^b |
| HbA_{1c} (%), mean (SD) (95% CI) | | | | | |
| | Baseline | 6.32 (1.35) (6.14-6.49) | 6.17 (1.32) (5.92-6.42) | 6.45 (1.38) (6.20-6.70) | .01 ^b |
| | 3 months | 6.43 (1.20) (6.06-6.79) | 6.61 (1.40) (6.03-7.19) | 6.19 (0.84) (5.78-6.60) | .25 |
| | 6 months | 6.57 (1.01) (6.30-6.84) | 6.44 (1.01) (6.04-6.84) | 6.69 (1.02) (6.30-7.08) | .36 |
| TC^g (mg/dL), mean (SD) (95% CI) | | | | | |
| | Baseline | 168.83 (46.18) (163.52-174.17) | 171.97 (47.11) (164.29-179.65) | 165.66 (45.16) (158.27-173.05) | .24 |
| | 3 months | 116.68 (29.83) (112.95-120.82) | 117.23 (29.39) (111.71-122.76) | 116.54 (30.39) (110.85-122.23) | .86 |
| | 6 months | 116.34 (30.79) (112.04-120.63) | 113.89 (26.35) (104.71-119.06) | 118.89 (34.77) (111.92-125.86) | .25 |
| HDL-C^h (mg/dL), mean (SD) (95% CI) | | | | | |
| | Baseline | 42.35 (10.95) (40.92-44.33) | 42.63 (10.34) (40.92-44.33) | 42.08 (11.57) (40.16-43.99) | .67 |
| | 3 months | 42.35 (12.67) (40.65-44.05) | 42.41 (9.67) (40.58-44.25) | 42.29 (15.18) (39.38-45.20) | .49 ^b |
| | 6 months | 44.02 (11.27) | 43.80 (11.22) | 44.26 (11.38) | .78 |

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| | | (42.39-45.65) | (41.54-46.07) | (41.87-46.64) | |
| LDL-Cⁱ (mg/dL), mean (SD) (95% CI) | | | | | |
| | Baseline | 101.15 (42.90) (96.18-106.11) | 104.39 (43.20) (97.30-111.49) | 97.88 (42.48) (90.88-104.87) | .19 |
| | 3 months | 54.94 (23.15) (51.85-58.04) | 54.42 (23.05) (50.04-58.80) | 55.47 (23.34) (51.04-59.90) | .79 ^b |
| | 6 months | 54.63 (24.14) (51.17-58.09) | 50.42 (18.67) (46.66-54.19) | 59.07 (28.23) (53.22-64.91) | .10 ^b |
| TG^j (mg/dL), mean (SD) (95% CI) | | | | | |
| | Baseline | 142.98 (77.80) (134.02-151.94) | 141.62 (76.87) (129.09-154.15) | 144.36 (78.99) (131.39-157.32) | .96 ^b |
| | 3 months | 112.61 (56.35) (105.17-120.05) | 109.06 (56.86) (98.37-119.76) | 116.13 (55.88) (105.66-126.59) | .12 ^b |
| | 6 months | 107.16 (55.10) (99.45-114.86) | 108.81 (61.69) (96.70-120.93) | 105.41 (47.47) (95.84-114.98) | .93 ^b |

^aNot applicable.

^bMann-Whitney *U* test. [Median (IQR)] mHealth vs control: BMI: 6 months [27.30 (31.22-24.97)] vs [27.14 (30.45-24.97)]; SBP: baseline [129.00 (142.00-120.00)] vs [130.00 (146.00-122.00)]; HR: baseline [70.00 (79.75-65.00)] vs [72.00 (83.00-62.00)], 3 months [67.00 (72.00-60.00)] vs [70.00 (80.00-65.00)], 6 months [67.00 (74.50-67.00)] vs [70.00 (80.00-70.00)]; glucose: baseline [103.50 (129.50-90.25)] vs [114.00 (158.50-96.00)], 3 months [93.00 (166.00-88.50)] vs [125.00 (127.00-96.00)], 6 months [90.00 (111.50-83.50)] vs [104.00 (123.00-88.00)]; HbA_{1c}: baseline [5.70 (6.37-5.40)] vs [5.90 (7.15-5.60)]; HDL-C: 3 months [45.50 (51.50-42.25)] vs [41.00 (51.00-33.00)]; LDL-C: 3 months [61.00 (84.50-54.25)] vs [54.00 (91.00-35.00)], 6 months [54.00 (67.50-45.50)] vs [55.00 (77.50-42.75)]; TG: baseline [123.50 (174.75-95.25)] vs

[128.00 (173.00-97.00)], 3 months [130.50 (204.25-100.25)] vs [100.00 (118.00-57.00)], 6 months [100.00 (132.00-78.00)] vs [112.50 (123.00-78.75)].

^cWC: waist circumference.

^dSBP: systolic blood pressure.

^eDBP: diastolic blood pressure.

^fHR: heart rate.

^gTC: total cholesterol.

^hHDL-C: high-density lipoprotein cholesterol.

ⁱLDL-C: low-density lipoprotein cholesterol.

^jTG: triglyceride.