**Supplemental Table 1- Changes in medication use in type 2 diabetic patients with baseline HbA1c ≥ 7% after receiving 12 month intervention or usual care (control).** [†]

| | Baseline | | | At 12 month follow-up | | |
|---|---|---|---|---|---|---|
| | Intervention (n=56) | Control (n=60) | p | Intervention (n=56) | Control (n=60) | p |
| **Glucose-lowering treatment** | | | | | | |
| Sulfonylurea | 54(96.4) | 57(95.0) | 1.000 | 54(96.4) | 60(100.0) | 0.231 |
| Bigrunide | 45(80.4) | 50(83.3) | 0.677 | 45(80.4) | 49(81.7) | 0.857 |
| Thiazolidinedione | 7(12.5) | 14(23.3) | 0.130 | 8(14.3) | 15(25.0) | 0.148 |
| Other oral hypoglycemia agent | 0(0.0) | 2(3.3) | 0.496 | 1(1.8) | 2(3.3) | 1.000 |
| **Lipid-lowing treatment** | | | | | | |
| Gemfibozil | 2(3.6) | 0(0.0) | 0.231 | 1(1.8) | 3(5.0) | 0.619 |
| Statins | 21(37.5) | 13(21.7) | 0.061 | 20(35.7) | 20(33.3) | 0.787 |
| Fibrate | 0(0.0) | 1(1.7) | 1.000 | - | - | - |
| **Antihypertensive treatment** | | | | | | |
| Diuretics | 1(1.8) | 2(3.3) | 1.000 | 2(3.6) | 1(1.7) | 0.609 |
| Beta-blocker | 0(0.0) | 2(3.3) | 0.496 | 2(3.6) | 5(8.3) | 0.441 |
| Alpha-blocker | 1(1.8) | 1(1.7) | 1.000 | 0(0.0) | 1(1.7) | 1.000 |
| Calcium-channel blocker | 17(30.4) | 20(33.3) | 0.731 | 20(35.7) | 24(40.0) | 0.635 |
| ACE inhibitor | 7(12.5) | 9(15.0) | 0.696 | 7(12.5) | 10(16.7) | 0.526 |
| ARB | 4(7.1) | 7(11.7) | 0.531 | 5(8.9) | 11(18.3) | 0.182 |
| **Aspirins** | 4(7.1) | 8(13.3) | 0.365 | 8(14.3) | 13(21.7) | 0.342 |

[†] Data are presented as n (%). $\chi^2$ test or Fisher exact test (if n<5) was used to test differences between the intervention and control subjects at baseline or at 1 year follow up. A $p<0.05$ is considered significantly different.