

## ONLINE APPENDIX

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All other Look AHEAD staffs are listed alphabetically by site.

## **Appendix 1 - Cost data used in estimation of monthly medication costs.**

Amounts given are cost in \$US of one month prescription of medication at indicated daily dose as listed on national online pharmacy website on November 1, 2007

([www.walgreens.com/library/finddrug/druginfosearch.jsp](http://www.walgreens.com/library/finddrug/druginfosearch.jsp)). Oral diabetes medications were recorded by specific drug; insulin was recorded as short, rapid, intermediate or long acting. Hypertensive and hyperlipidemic medications were recorded by drug class but not specific drug name. For these medications and for the various insulins, representative drugs from each class used to estimate cost are shown.

### Diabetes medications

Glimeperide 4 mg - \$17  
Glyburide 10 mg - \$22  
Glipizide 10 mg - \$26  
First generation sulfonylurea (not otherwise specified) - \$28  
Second generation sulfonylurea (not otherwise specified) - \$22  
Metformin 2000 mg - \$33  
Pioglitazone 30 mg - \$197  
Rosiglitazone 4 mg - \$119  
Repaglinide 3 mg - \$159  
Nateglinide 180 mg \$162  
Acarbose 150 mg - \$110  
Miglitol 150 mg - \$108  
Short acting insulin – Regular insulin 10 ml - \$32  
Rapid acting insulin – Insulin aspart 10 ml - \$94  
Intermediate acting insulin – NPH insulin 10 ml - \$32  
Long acting insulin – Insulin glargine 10 ml - \$84

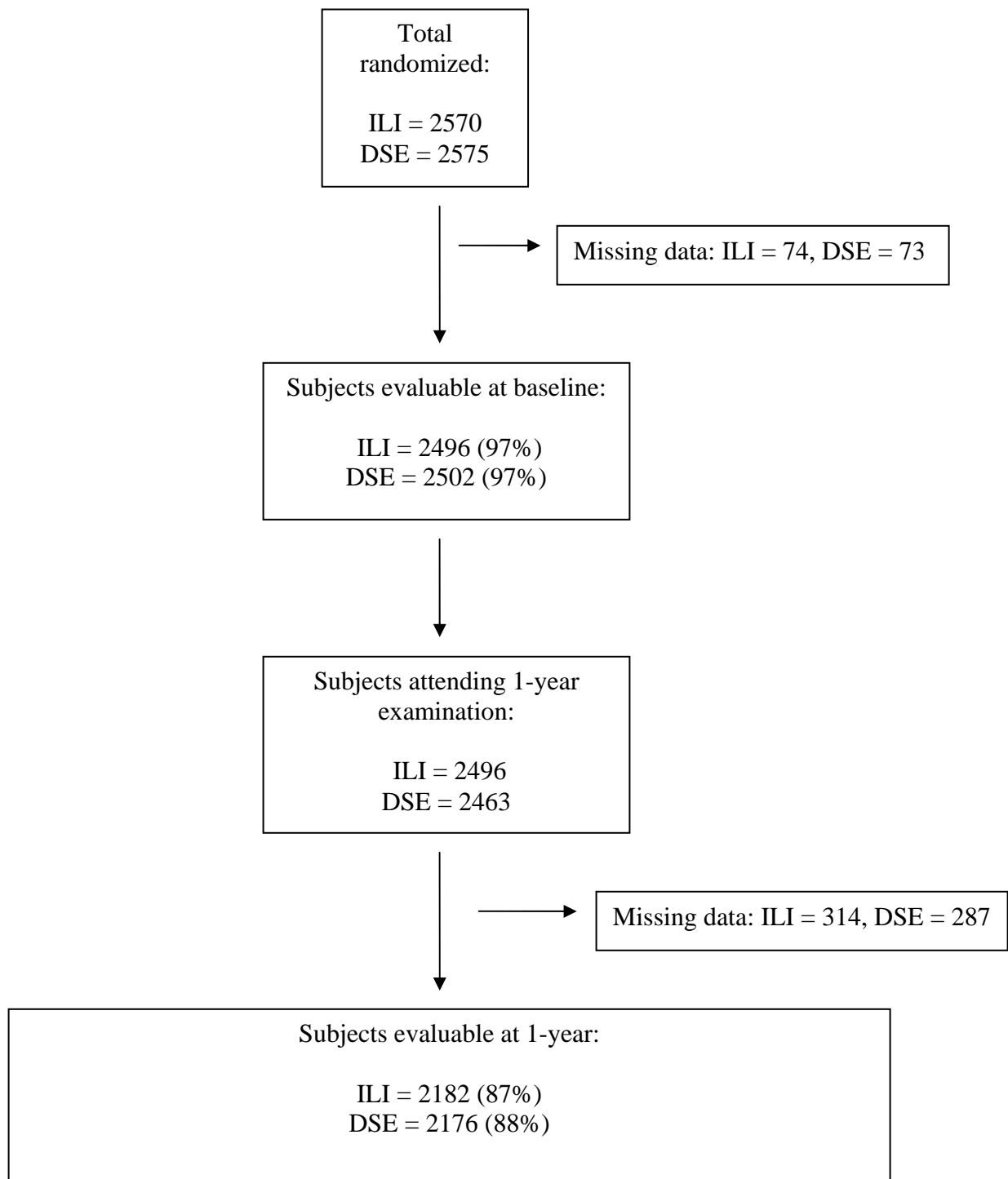
### Hypertension medications

ACE inhibitors – Lisinopril 20 mg - \$15  
Calcium channel antagonists – Amlodipine 10 mg - \$64  
Beta blockers – Metoprolol 200 mg - \$18  
Angiotensin receptor blockers – Losartan 50 mg - \$63  
Alpha adrenergic blockers – Doxazosin 2 mg - \$23  
Diuretics – Hydrochlorothiazide 25 mg - \$9

### Hyperlipidemic medications

Statins – Simvastatin 20 mg - \$65  
Niacin – Extended release niacin 1000 mg - \$120  
Fibrates – Gemfibrozil 1200 mg - \$28  
Bile acid sequestrants – Cholestyramine 8 gm - \$8

**Figure 1.** Flow diagram of study cohorts



**Figure 2.** Percentage of participants in ILI and DSE cohorts categorized by number of medications prescribed for treatment of (A) diabetes, (B) hypertension, (C) hyperlipidemia and (D) total medications for all three conditions at baseline and 1-year.

