

• **PC Users:** Use "Ctrl" and "+" to zoom in and "Ctrl" and "-" to zoom out

• **MAC users:** Use "Command" and "+" to zoom in and "Command" and "-" to zoom out

# Multimedia Appendix

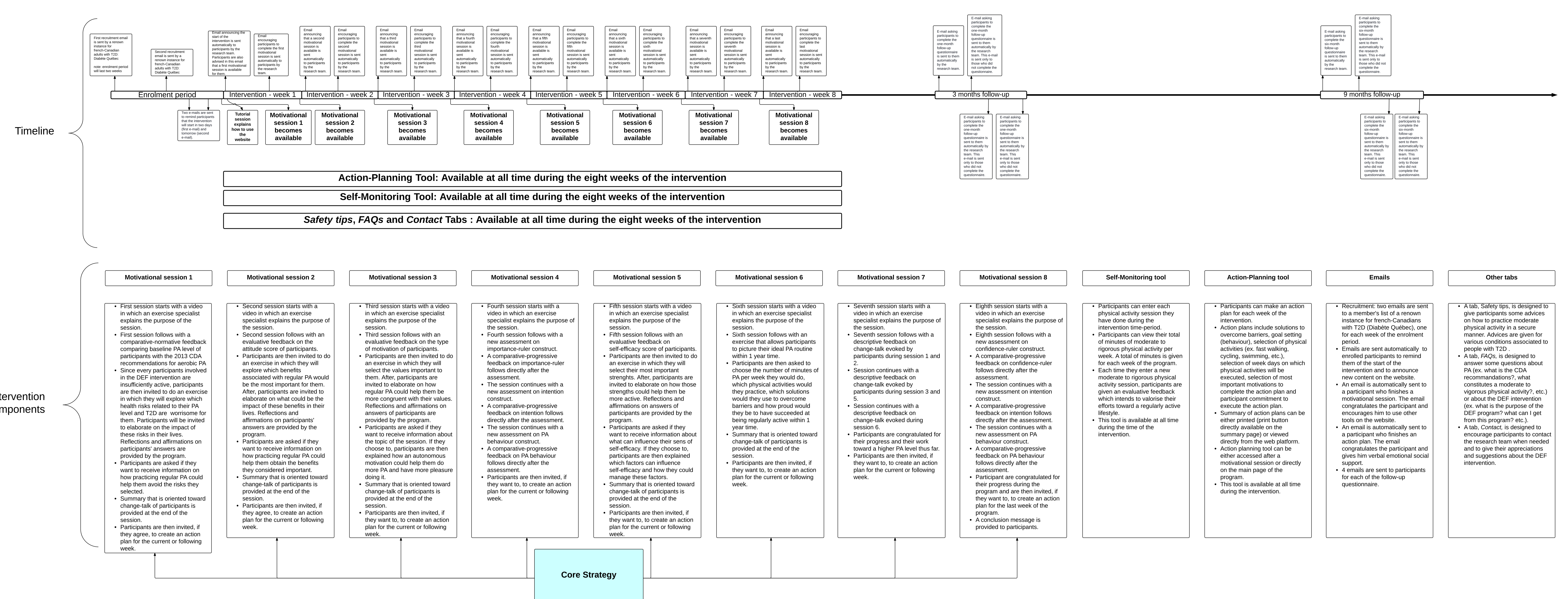
## Trial Overview

Timeline and intervention components

**Core Behavior Change Strategy For Both Interventions Are Highlighted In Light Blue-Green**

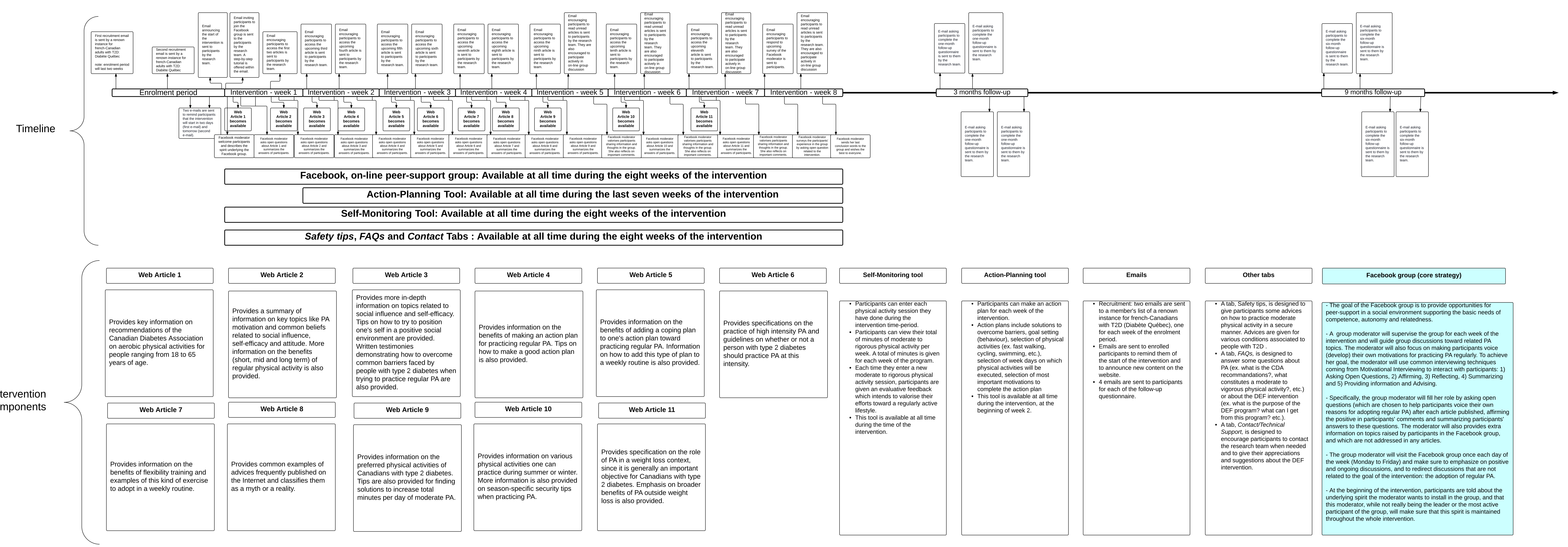
Fully automated, tailored, Web-based intervention

Intervention components



Facebook assisted, general, Web-based intervention

Intervention components



Control group

Intervention components

