

### **Supplementary File 1. Case vignette**

Mr. Williams is a 55 year-old man with Type 2 diabetes. You are seeing him in follow-up in your clinic. At the last visit 3 months ago, Mr. Williams' BMI was 29.5 and Hemoglobin A1C was 8%. You encouraged him to exercise, lose weight, and monitor his blood sugar regularly. At this visit, Mr. Williams admits that he has not been able to follow any of your recommendations. His BMI is 30 and Hemoglobin A1C is 9%. You again ask him to adhere to the non-pharmacologic recommendations and decide to start him on insulin, given his elevated Hemoglobin A1C. You write a prescription and book follow-up in 1 month.