

**Table A. Model Estimates Predicting HbA1C Including Outliers (N = 22)**

	Est.	SE	<i>t</i>	<i>p</i>
<i>Fixed Effects</i>				
Intercept	8.98	0.28	32.38	< .001
Age	-.06	0.04	-1.33	.20
T2	0.48	0.46	1.04	.31
T3	-0.57	0.41	-1.39	.18
T4	-0.64	0.41	-1.57	.14
Time	-0.27	0.28	-0.59	.56
Adherence	0.41	0.28	1.46	.16
Time x Adherence	-0.65	0.28	-2.32	.03
<i>Random Effects</i>				
$\sigma^2$	.85	.27		< .01
$\tau_{00}$	.82	.46		.07

$\sigma^2$  = residual,  $\tau_{00}$  = variance in intercept by participant. *Note.* The same multilevel regression models explaining changes in HbA1C levels were tested with different exclusion criteria for the analyses, with the results excluding only outliers reported in the main text.

**Table B. Model Estimates Predicting HbA1C Excluding Early HbA1C Measures (N = 17)**

	Est.	SE	<i>t</i>	<i>p</i>
<i>Fixed Effects</i>				
Intercept	8.96	0.37	24.20	< .001
Age	-0.07	0.05	-1.26	.23
T2	0.73	0.69	1.07	.31
T3	-0.59	0.51	-1.16	.27
T4	-0.84	0.67	-1.26	.24
Time	-0.08	0.35	-0.22	.83
Adherence	0.62	0.40	1.57	.14
Time x Adherence	-0.76	0.37	-2.08	.06
<i>Random Effects</i>				
$\sigma^2$	1.06	.39		< .01
$\tau_{00}$	1.09	.72		.13

$\sigma^2$  = residual,  $\tau_{00}$  = variance in intercept by participant. *Note.* Participants excluded for timing of their A1C measurements included anyone whose baseline assessment took place over 100 days before study start (participant 19) or whose post-study A1C measure was taken less than 60 days after study start (participants 3, 17, 28). Participant 5 was also excluded for having only 42 days between their baseline and post-study measures.