

Appendix
Effectiveness of an App and Provider Counseling for Obesity Treatment in Primary Care
Bennett et al.

Appendix Table 1. 12-month Adjusted Mean Weight Change From Baseline by Intervention Engagement

Criterion	N	Met criteria Adjusted mean change (95% CI), kg	N	Did not meet criteria Adjusted mean change (95% CI), kg	Between group difference Adjusted mean difference (95% CI), kg	<i>p</i>- value
≥80% of self-monitoring	101	-5.2 (-6.5, -4.0)	41	-1.7 (-3.6, 0.3)	-3.5 (-5.9, -1.2)	0.004
≥80% receipt of counseling calls	96	-5.2 (-6.4, -3.9)	46	-2.2 (-4.1, -0.3)	-3.0 (-5.3, -0.7)	0.01
≥5 days per week self-weighing	36	-7.5 (-9.6, -5.4)	106	-3.1 (-4.3, -1.9)	-4.4 (-6.8, -2.0)	0.0004
>80% of behavior tracking, >80% receipt of counseling calls, and >5 days per week self-weighing	34	-7.6 (-9.8, -5.5)	108	-3.1 (-4.3, -1.9)	-4.5 (-7.0, -2.1)	0.0003

Appendix
Effectiveness of an App and Provider Counseling for Obesity Treatment in Primary Care
Bennett et al.

Appendix Table 2. Comorbid Conditions Subgroup Analysis

Variable	N	Intervention Adjusted mean change (95% CI) from baseline	N	Usual Care Adjusted mean change (95% CI) from baseline	Between group difference Adjusted mean (95% CI)	<i>p</i> -value
Weight, kg						
Diabetes						
6 months	71	-2.9 (-4.1, -1.8)	68	0.6 (-0.5, 1.7)	-3.5 (-5.1, -1.9)	<0.0001
12 months	71	-2.2 (-3.7, -0.8)	68	-0.4 (-1.8, 1.1)	-1.8 (-3.9, 0.2)	0.08
Hypertension						
6 months	137	-4.4 (-5.2, -3.5)	138	0.4 (-0.4, 1.1)	-4.7 (-5.8, -3.6)	<0.0001
12 months	137	-4.3 (-5.3, -3.3)	138	0.1 (-0.8, 1.1)	-4.4 (-5.9, -3.0)	<0.0001
Hyperlipidemia						
6 months	96	-4.0 (-5.0, -3.0)	89	0.03 (-1.0, 1.0)	-4.1 (-5.5, -2.6)	<0.0001
12 months	96	-4.0 (-5.2, -2.7)	89	-0.7 (-2.0, 0.6)	-3.3 (-5.1, -1.5)	0.0003
SBP, mm Hg						
Diabetes						
6 months	71	-3.7 (-8.8, 1.4)	68	-0.8 (-5.8, 4.2)	-2.9 (-9.8, 3.9)	0.39
12 months	71	-11.4 (-16.2, -6.5)	68	-7.1 (-11.7, -2.4)	-4.3 (-10.7, 2.1)	0.19
Hypertension						
6 months	137	-3.6 (-7.0, -0.2)	138	-4.4 (-7.6, -1.1)	0.8 (-3.7, 5.2)	0.74
12 months	137	-7.4 (-10.9, -3.9)	138	-7.8 (-11.2, -4.4)	0.4 (-4.2, 5.0)	0.87
Hyperlipidemia						
6 months	96	-4.1 (-8.1, -0.1)	89	-4.2 (-8.3, -0.2)	0.1 (-5.2, 5.4)	0.97
12 months	96	-12.3 (-16.3, -8.3)	89	-6.2 (-10.3, -2.2)	-6.1 (-11.5, -0.7)	0.03
DBP, mm Hg						
Diabetes						
6 months	71	-2.9 (-5.9, 0.0)	68	-0.4 (-3.3, 2.5)	-2.5 (-6.5, 1.4)	0.20
12 months	71	-6.0 (-9.0, -3.1)	68	-4.1 (-7.0, -1.3)	-1.9 (-5.7, 1.9)	0.32
Hypertension						
6 months	137	-3.7 (-5.7, -1.7)	138	-3.1 (-5.0, -1.2)	-0.6 (-3.2, 2.0)	0.63
12 months	137	-4.5 (-6.7, -2.3)	138	-4.4 (-6.5, -2.2)	-0.1 (-3.0, 2.8)	0.94
Hyperlipidemia						

Appendix
Effectiveness of an App and Provider Counseling for Obesity Treatment in Primary Care
Bennett et al.

6 months	96	-3.4 (-5.7, -1.1)	89	-2.5 (-4.8, -0.2)	-0.9 (-4.0, 2.2)	0.58
12 months	96	-7.4 (-9.9, -5.0)	89	-3.2 (-5.6, -0.7)	-4.3 (-7.5, -1.1)	0.009
Total cholesterol, mg/dL						
Diabetes						
12 months	57	-6.1 (-21.6, 9.4)	60	-13.5 (-27.7, 0.7)	7.4 (-5.2, 19.9)	0.25
Hypertension						
12 months	111	-3.9 (-12.3, 4.6)	123	-5.5 (-13.7, 2.6)	1.7 (-7.2, 10.5)	0.71
Hyperlipidemia						
12 months	84	-3.0 (-14.4, 8.5)	82	-4.8 (-15.5, 5.8)	1.9 (-9.3, 13)	0.74
LDL, mg/dL						
Diabetes						
12 months	47	-4.8 (-18.2, 8.7)	55	-6.2 (-18.3, 5.9)	1.5 (-9.8, 12.7)	0.80
Hypertension						
12 months	97	-2.6 (-10.7, 5.4)	109	1.1 (-6.5, 8.8)	-3.8 (-1.2 to 4.5)	0.37
Hyperlipidemia						
12 months	75	-6.0 (-16.0, 4.0)	72	-2.0 (-11.5, 7.5)	-4 (-13.7, 5.6)	0.41
HDL, mg/dL						
Diabetes						
12 months	56	1.5 (-2.8, 5.8)	60	-2.4 (-6.1, 1.4)	3.9 (-0.02, 7.8)	0.051
Hypertension						
12 months	108	3.7 (1.1, 6.2)	122	-0.02 (-2.4, 2.4)	3.7 (1.0, 6.4)	0.007
Hyperlipidemia						
12 months	83	4.2 (0.9, 7.5)	81	0.6 (-2.4, 3.6)	3.6 (0.3, 6.9)	0.03
Triglycerides, mg/dL						
Diabetes						
12 months	55	-6.9 (-42.8, 29.0)	58	-20.9 (-52.8, 10.9)	14 (-19.0, 47.0)	0.40
Hypertension						
12 months	104	-12.6 (-34.4, 9.2)	118	-15.4 (-35.9, 5.0)	2.8 (-20.0, 25.7)	0.81
Hyperlipidemia						
12 months	83	-15.2 (-45.3, 14.9)	78	-10.8 (-38.7, 17.2)	-4.5 (-35.3, 26.3)	0.77
Glucose, mg/dL						
Diabetes						
12 months	57	-25.6 (-48.4, -2.8)	62	-3.9 (-24, 16.2)	-21.7 (-42.2, -1.2)	0.04

Appendix
Effectiveness of an App and Provider Counseling for Obesity Treatment in Primary Care
Bennett et al.

Hypertension						
12 months	111	-3.6 (-13, 5.7)	125	2 (-7.0, 10.9)	-5.6 (-15.4, 4.2)	0.26
Hyperlipidemia						
12 months	84	-9.2 (-23, 4.6)	83	4.2 (-8.5, 16.9)	-13.4 (-27.3, 0.5)	0.06
HbA1c, %						
Diabetes						
12 months	49	-1.0 (-1.6, -0.5)	58	-0.5 (-1.0, -0.05)	-0.5 (-1.0, -0.04)	0.04
Hypertension						
12 months	104	-0.3 (-0.5, -0.1)	119	-0.2 (-0.4, 0.02)	-0.2 (-0.4, 0.1)	0.14
Hyperlipidemia						
12 months	77	-0.4 (-0.7, -0.2)	79	-0.3 (-0.5, -0.01)	-0.2 (-0.5, 0.1)	0.26

Notes: SI conversion factors: To convert cholesterol to mmol/L, multiply values by 0.0259; triglycerides to mmol/L, multiply values by 0.0113; Fasting glucose to mmol/L, multiply values by 0.0555.

SBP, systolic blood pressure; DBP, diastolic blood pressure; LDL, low density lipoprotein; HDL, high density lipoprotein; SI, International System of Units.