

## Follow-up survey

### **SECTION 1: DIABETES STATUS AND RELATED BEHAVIORS**

1. What is your current medication regimen for treatment of diabetes?
  - No medication
  - Oral medication
  - Injectable medication

### **SECTION 2: SUMMARY OF DIABETES SELF-CARE ACTIVITIES**

2. How many of the last **seven days** have you followed a healthful eating plan?
  - 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
3. On average, over the past month, how many **days per week** have you followed your eating plan?
  - 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
4. On how many of the last **seven days** did you eat five or more servings of fruits and vegetables?
  - 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

5. On how many of the last **seven days** did you eat high fat foods such as red meat or full-fat dairy products?
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
6. Did you make any changes to your diet over the past six months as a result of using the Glyco app?
- Yes
  - No
- {If 'Yes', proceed to Q7, else skip to Q8}
7. Please indicate what are the changes that you have made to your diet over the past six months as a result of using the *Glyco* app?
8. Did your average weekly level of moderate to vigorous physical activity change over the past six months, as a result of using the *Glyco* app?  
(Moderate or vigorous activity is defined as any activity that produces a small to large increase in breathing or heart rate, lasting for **at least 30minutes**)
- Increased
  - Decreased
  - Stayed the same
9. On how many of the last **seven days** did you participate in at least 30 minutes of physical activity (total minutes of continuous activity, including walking)?
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

10. On how many of the last **seven days** did you participate in at least 30 minutes of moderate to vigorous physical activities? (Moderate or vigorous activity is defined as any activity that produces a small to large increase in breathing or heart rate, lasting for **at least 30minutes**)

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

11. On how many of the last **seven days** did you participate in a specific exercise session (such as swimming, walking, biking) other than what you do around the house or as part of your work?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

12. Did you use the resistance band that was given to you, as part of the *GlycoLeap* program?

- Yes
- No

{If 'Yes', proceed to Q13, else skip to Q14}

13. How many times in the last **seven days** did you use your resistance bands to perform any strength training exercises?

- 0
- 1
- 2
- 3 or more

14. On how many of the last **seven days** did you test your blood sugar?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

15. On how many of the last **seven days** did you test check your feet?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

16. On how many of the last **seven days** did you inspect the inside of your shoes?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

17. Have you smoked a cigarette – even one puff – during the past **seven days**?

- Yes
- No

{If 'Yes', proceed to Q18, else skip to Q19}

18. How many cigarettes did you smoke on an average day?

\_\_\_\_\_

19. Did you chat with your health coach through the *Glyco* app?

- Yes
- No

{If 'Yes', proceed to Q20, else skip to Q21}

20. To what extent have you followed the advice provided to you by the *Glyco* app health coaches?

- Not at all
- To a small extent
- To a moderate extent
- To a large extent

### SECTION 3: PROGRAM EVALUATION

21. How user-friendly would you score each component of the *GlycoLeap* program?

(Please score out of 5: 1 = Very difficult, 5 = Very easy)

- Accessing weekly health lessons score: \_\_\_\_\_ (out of 5)
- Operating the glucometer score: \_\_\_\_\_ (out of 5)
- Logging blood sugar readings on the *Glyco* app score: \_\_\_\_\_ (out of 5)
- Syncing measurements from wireless weighing scale to the *Glyco* app score: \_\_\_\_\_ (out of 5)
- Logging daily meals on the *Glyco* app score: \_\_\_\_\_ (out of 5)
- Tracking physical activity on the *Glyco* app score: \_\_\_\_\_ (out of 5)
- Communicating with health coach on the *Glyco* app score: \_\_\_\_\_ (out of 5)

22. How useful would you score each feature of the *Glyco* app in helping you control your diabetes progression or improving your lifestyle habits?

(Please score out of 5: 1 = Not Useful at all, 5 = Very Useful)

- Health lessons score: \_\_\_\_\_ (out of 5)
- Glucose monitoring score: \_\_\_\_\_ (out of 5)
- Weight monitoring score: \_\_\_\_\_ (out of 5)
- Meal logging score: \_\_\_\_\_ (out of 5)
- Physical activity tracking score: \_\_\_\_\_ (out of 5)
- Interaction with health coach score: \_\_\_\_\_ (out of 5)

23. Which, if any, of these problems did you face throughout your experience with the *GlycoLeap* program? (Check all the boxes that apply to your experience)

- Unable to gain timely assistance to troubleshoot/resolve issues with app
- Trouble logging into the *GlycoLeap* personal account
- App features are too difficult to navigate/use
- Glucometer faulty/does not consistently work well)
- Wireless weighing scale faulty/does not consistently work well)
- App was unable to track my true level of physical activity accurately
- Health coaches were unable to provide me with adequate guidance
- Too little reminders were sent to encourage engagement with app
- Too many reminders were sent to encourage engagement with app
- Using the app took up too much of my time
- I did not face any of these problems

24. What is your overall rating of the app?

(Please score out of 5: 1= Very poor, 5 = Very good)

Score: \_\_\_\_\_ (out of 5)

25. Would you recommend the *Glyco* app to other people to use for managing their diabetes?

(Please score out of 5: 1 = Would not recommend, 5 = Would highly recommend)

Score: \_\_\_\_\_ (out of 5)

26. If it costs \$100 per year for unlimited access to the *Glyco* app and health coach(es), would you pay?

Yes

No

{If yes, proceed to Q27, else skip to Q28}

27. If it costs \$200 per year for unlimited access to the *Glyco* app, would you pay for access?

Yes

No

28. Are there any issues that you would like the study team to note, which could have improved your experience throughout this study?