

Supplementary Online Content

Fukuoka Y, Haskell W, Lin F, Vittinghoff E. Short- and long-term effects of a mobile phone app in conjunction with brief in-person counseling on physical activity among physically inactive women: the mPED randomized clinical trial. *JAMA Netw Open*. 2019;2(5):e194281. doi:10.1001/jamanetworkopen.2019.4281

eTable 1. Subgroup Analyses of Age and Body Mass Index (BMI) in Daily Total Steps and Moderate to Vigorous Physical Activity (MVPA)

eTable 2. Other Self-Reported Measures

eTable 3. Safety Data Summary

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Subgroup analyses of age and body mass index (BMI) in daily total steps and moderate to vigorous physical activity (MVPA)

	3 months				9 months			
	Total steps per day	Interaction P value	MVPA (minutes) per day	Interaction P value	Total steps per day	Interaction P value	MVPA (minutes) per day	Interaction P value
Subgroup	Mean (95% CI)		Mean (95% CI)		Mean (95% CI)		Mean (95% CI)	
Age ≥ 55 years old	2033.5 (933.5 to 3073.6)	.98	18.2 (8.4 to 28.0)	.96	1449.9 (538.0 to 2361.8)	.78	11.4 (2.6 to 20.1)	.36
Age < 55 years old	2055.8 (945.2 to 3166.5)		17.8 (7.3 to 28.3)		1256.5 (281.8 to 2231.2)		5.3 (-4.0 to 14.7)	
BMI ≥30 kg/m ²	2140.5 (1053 to 3227.9)	.89	19.4 (9.1 to 29.7)	.79	1040.5 (95.1 to 1985.8)	.38	8.6 (-0.5 to 17.8)	.92
BMI < 30 kg/m ²	2029.0 (962.4 to 3095.6)		17.3 (7.2 to 27.4)		1638.9 (707.9 to 2569.8)		8.0 (-1.1 to 17.0)	

eTable 2. Other Self-Reported Measures						
		Baseline	3 months		9 months^b	
Self-report measures	Groups	Mean (SD) ^a	Difference (95%CI) ^b	P value	Difference (95%CI) ^c	P value
Barriers to being active	Control	12.3 (5.4)	-	-	-	-
	Regular	13.7 (6.4)	-	-	-	-
	Plus	13.4 (5.3)	-	-	-	-
	Intervention vs Control	-	-2.11 (-3.56 to -0.66)	.005	-1.63 (-3.17 to -0.08)	.04
	Regular vs Plus	-	-	-	-0.37 (-2.20 to 1.46)	.69
Social Support Family	Control	32.0 (9.2)	-	-	-	-
	Regular	31.5 (10.9)	-	-	-	-
	Plus	32.8 (9.2)	-	-	-	-
	Intervention vs Control	-	3.49 (1.27 to 5.71)	.002	-0.92 (-2.94 to 1.09)	.37
	Regular vs Plus	-	-	-	0.13 (-2.20 to 2.47)	.91
Friends	Control	31.1 (8.9)	-	-	-	-
	Regular	31.5 (8.2)	-	-	-	-
	Plus	31.8 (8.1)	-	-	-	-
	Intervention vs Control	-	3.45 (1.51 to 5.40)	.001	1.00 (-1.09 to 3.09)	.35
	Regular vs Plus	-	-	-	1.08 (-1.46 to 3.61)	.40
Self-efficacy	Control	18.8 (3.9)	-	-	-	-
	Regular	19.8 (5.1)	-	-	-	-
	Plus	19.0 (4.8)	-	-	-	-
	Intervention vs Control	-	-1.34 (-2.67 to 0.00)	.05	-1.22 (-2.49 to 0.05)	.06
	Regular vs Plus	-	-	-	0.7 (-0.79 to 2.18)	.35
CES-D	Control	9.3 (7.1)	-	-	-	-
	Regular	8.8 (7.0)	-	-	-	-
	Plus	11.1 (8.5)	-	-	-	-
	Intervention vs Control	-	-2.87 (-4.94 to -0.8)	.007	2.39 (-0.05 to 4.82)	.06
	Regular vs Plus	-	-	-	-1.85 (-4.85 to 1.14)	.22
SF-12 Mental component score	Control	47.5 (9.0)	-	-	-	-
	Regular	49.0 (8.8)	-	-	-	-
	Plus	49.1 (9.2)	-	-	-	-
	Intervention vs Control	-	1.89 (-0.54 to 4.31)	.13	-1.08(-3.79 to 1.62)	.43
	Regular vs Plus	-	-	-	-0.32 (-3.5 to 2.85)	.84
Physical component score	Control	51.5 (6.8)	-	-	-	-
	Regular	52.1 (5.6)	-	-	-	-
	Plus	50.9 (6.1)	-	-	-	-
	Intervention vs Control	-	-2.24 (-4.34 to -0.15)	.04	-0.56 (-2.65 to 1.53)	.60
	Regular vs Plus	-	-	-	-0.57 (-2.97 to 1.84)	.64

Abbreviation: CES-D, Center for Epidemiologic Studies Depression Scale

^a No difference at baseline ($P > 0.05$) ; ^b Adjusting for baseline value ; ^c Adjusting for 3-month value

eTable 3. Safety Data Summary

eTable 3.a. Safety Data Summary: Adverse Events Checklist (All Events) During 3 Month Intervention				
	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Person Reporting at least one Event	124 (0.20)	35 (0.17)	89 (0.22)	0.23
Self Reported Event	166 (0.27)	49 (0.24)	117 (0.28)	0.30
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	1 (0.00)	0 (0.00)	1 (0.00)	0.37
Irregular heartbeats	0 (0.00)	0 (0.00)	0 (0.00)	
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.01)	3 (0.01)	3 (0.01)	0.39
Fainting/passing out	1 (0.00)	1 (0.00)	0 (0.00)	0.14
Dizziness	13 (0.02)	3 (0.01)	10 (0.02)	0.45
Shortness breath	8 (0.01)	2 (0.01)	6 (0.01)	0.62
Foot pain	43 (0.07)	12 (0.06)	31 (0.07)	0.47
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	23 (0.04)	6 (0.03)	17 (0.04)	0.53
Joint stiffness/soreness	47 (0.08)	13 (0.06)	34 (0.08)	0.37
Extreme fatigue	1 (0.00)	0 (0.00)	1 (0.00)	0.37
Back injury	7 (0.01)	3 (0.01)	4 (0.01)	0.58
Fracture	3 (0.00)	1 (0.00)	2 (0.00)	0.99
Significant medical or mental problems with restricted walking at least 7 consecutive days?	35	6 (8.6%)	29 (20.0%)	0.05
eTable 3.a. reflects all adverse events (AE) reported by participants during their 1.5 month, 3 month visit, or interim AE events reported prior to 3 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] minus randomization date). P value is based on Poisson model.				

eTable 3.b. Safety Data Summary: Adverse Events Checklist (All Events) During 6 Month Maintenance

	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Person Reporting at least one Event	159 (0.13)	49 (0.11)	56 (0.14)	54 (0.13)	0.46
Self Reported Event	211 (0.17)	60 (0.13)	78 (0.19)	73 (0.18)	0.09
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	6 (0.00)	2 (0.00)	2 (0.00)	2 (0.00)	1.00
Irregular heartbeats	7 (0.01)	2 (0.00)	2 (0.00)	3 (0.01)	0.84
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.00)	0 (0.00)	2 (0.00)	4 (0.01)	0.06
Fainting/passing out	2 (0.00)	0 (0.00)	2 (0.00)	0 (0.00)	0.12
Dizziness	22 (0.02)	6 (0.01)	11 (0.03)	5 (0.01)	0.30
Shortness breath	9 (0.01)	3 (0.01)	1 (0.00)	5 (0.01)	0.21
Foot pain	41 (0.03)	13 (0.03)	15 (0.04)	13 (0.03)	0.89
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	37 (0.03)	11 (0.03)	12 (0.03)	14 (0.04)	0.76
Joint stiffness/soreness	46 (0.04)	14 (0.03)	17 (0.04)	15 (0.04)	0.84
Extreme fatigue	20 (0.02)	6 (0.01)	8 (0.02)	6 (0.01)	0.84
Back injury	11 (0.01)	3 (0.01)	4 (0.01)	4 (0.01)	0.90
Fracture	4 (0.00)	0 (0.00)	2 (0.00)	2 (0.00)	0.20
Significant medical or mental problems with restricted walking at least 7 consecutive days?	68	21 (26.9%)	23 (30.7%)	24 (32.9%)	0.71

eTable 3.b. reflects all adverse events (AE) reported by participants during their 5 month, 7 month, 9 month visit, or interim AE events reported between 3 month and 9 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] - month 3 visit date). P value is based on Poisson model.

eTable 3.c. Safety Data Summary: Adverse Event Checklist (First Event) During 3 Month Intervention				
	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Person Reporting at least one Event	101 (0.18)	29 (0.16)	72 (0.20)	0.26
Self Reported Event	151 (0.28)	46 (0.25)	105 (0.29)	0.36
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	1 (0.00)	0 (0.00)	1 (0.00)	0.37
Irregular heartbeats	0 (0.00)	0 (0.00)	0 (0.00)	
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.01)	3 (0.01)	3 (0.01)	0.39
Fainting/passing out	1 (0.00)	1 (0.00)	0 (0.00)	0.14
Dizziness	12 (0.02)	3 (0.01)	9 (0.02)	0.56
Shortness breath	8 (0.01)	2 (0.01)	6 (0.01)	0.62
Foot pain	36 (0.06)	10 (0.05)	26 (0.07)	0.49
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	21 (0.03)	6 (0.03)	15 (0.04)	0.71
Joint stiffness/soreness	42 (0.07)	12 (0.06)	30 (0.08)	0.44
Extreme fatigue	14 (0.02)	5 (0.02)	9 (0.02)	0.83
Back injury	7 (0.01)	3 (0.01)	4 (0.01)	0.58
Fracture	3 (0.00)	1 (0.00)	2 (0.00)	0.99
Significant medical or mental problems with restricted walking at least 7 consecutive days?	29	5 (7.2%)	24 (17.1%)	0.06
eTable 3.c. reflects the first adverse event (AE) reported by participants during their 1.5 month, 3 month visit, or interim AE events reported prior to 3 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] minus randomization date). P value is based on Poisson model.				

eTable 3.d. Safety Data Summary: Adverse Event Checklist (First Event) During 6 Month Maintenance

	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Person Reporting at least one Event	109 (0.11)	31 (0.09)	39 (0.12)	39 (0.12)	0.2957
Self Reported Event	190 (0.19)	52 (0.15)	72 (0.23)	66 (0.20)	0.0483
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	6 (0.00)	2 (0.00)	2 (0.00)	2 (0.00)	0.9992
Irregular heartbeats	7 (0.01)	2 (0.00)	2 (0.00)	3 (0.01)	0.8451
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.00)	0 (0.00)	2 (0.00)	4 (0.01)	0.0577
Fainting/passing out	2 (0.00)	0 (0.00)	2 (0.00)	0 (0.00)	0.1149
Dizziness	21 (0.02)	6 (0.01)	10 (0.02)	5 (0.01)	0.4155
Shortness breath	8 (0.01)	3 (0.01)	1 (0.00)	4 (0.01)	0.3357
Foot pain	38 (0.03)	11 (0.03)	15 (0.04)	12 (0.03)	0.7260
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	33 (0.03)	9 (0.02)	12 (0.03)	12 (0.03)	0.7101
Joint stiffness/soreness	37 (0.03)	11 (0.03)	14 (0.04)	12 (0.03)	0.8236
Extreme fatigue	19 (0.02)	6 (0.01)	7 (0.02)	6 (0.01)	0.9533
Back injury	10 (0.01)	2 (0.00)	4 (0.01)	4 (0.01)	0.6385
Fracture	3 (0.00)	0 (0.00)	1 (0.00)	2 (0.00)	0.2417
Significant medical or mental problems with restricted walking at least 7 consecutive days?	49	12 (17.4%)	18 (25.7%)	19 (27.9%)	0.3065

eTable 3.d. reflects the first adverse event (AE) reported by participants during their 5 month, 7 month, 9 month visit, or interim AE events reported between 3 month and 9 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] - month 3 visit date). P value is based on Poisson model.

eTable 3.e. Safety Data Summary: Adverse Event Emergency Department or Urgent Care Facility Visits During 3 Month Intervention

	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Total number of emergency department or urgent care facility visits	12	3	9	
Total number of participants with emergency department or urgent care facility visits	11	2	9	
Total number of emergency department or urgent care facility visits due to an event that occurred during exercise	1	0	1	
Relationship between emergency department or urgent care facility visits and intervention				
Unknown	0	0 (0.0%)	0 (0.0%)	
Not related	11	3 (100%)	8 (88.9%)	0.5465
Possible	1	0 (0.0%)	1 (11.1%)	
Probable	0	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	

eTable 3.e. reflects emergency department visits that occurred during the 3 month intervention period, including interim reports. Frequency and percent are shown, where percentages are computed based on the total number of events reported. Only this category had sufficient sample size for statistical analysis. P value is based on Poisson model.

eTable 3.f. Safety Data Summary: Adverse Events Emergency Department or Urgent Care Facility Visits During 6 Month Maintenance					
	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Total number of emergency department or urgent care facility visits	24	5	10	9	
Total number of participants with emergency department or urgent care facility visits	23	4	10	9	
Total number of emergency department or urgent care facility visits due to an event that occurred during exercise	2	0	2	0	
Relationship between emergency department or urgent care facility visits and intervention					
Unknown	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Not related	22	5 (100%)	8 (80.0%)	9 (100%)	0.55
Possible	1	0 (0.0%)	1 (10.0%)	0 (0.0%)	
Probable	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
eTable 3.f. reflects emergency department visits that occurred between 3 month and 9 month visit, including interim reports during this period. Frequency and percent are shown, where percentages are computed based on the total number of events reported. Only this category had sufficient sample size for statistical analysis. P value is based on Poisson model.					

eTable 3.g. Safety Data Summary: Adverse Event Hospitalizations During 3 Month Intervention

	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Total number of hospitalization	1	0	1	
Total number of participants hospitalization	1	0	1	
Total number of hospitalization due to an event that occurred during exercise	0	0	0	
Relationship between hospitalization and intervention	0	0	0	
Unknown	0	0 (0.0%)	0 (0.0%)	
Not related	1	0 (0.0%)	1 (100%)	
Possible	0	0 (0.0%)	0 (0.0%)	
Probable	0	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	

eTable 3.g. reflects hospitalizations that occurred post-randomization during the 3 month intervention period, including interim reports during this period. Frequency and percent are shown, where percentages are computed based on the total number of events reported.

eTable 3.h. Safety Data Summary: Adverse Event Hospitalizations During 6 Month Maintenance					
	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Total number of hospitalization	5	4	1	0	
Total number of participants hospitalization	4	3	1	0	
Total number of hospitalization due to an event that occurred during exercise	0	0	0	0	
Relationship between hospitalization and intervention	0	0	0	0	
Unknown	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Not related	5	4 (100%)	1 (100%)	0 (0.0%)	
Possible	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Probable	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
eTable 3.h. reflects hospitalizations that occurred post-randomization between 3 month and 9 month visit. Frequency and percent are shown, where percentages are computed based on the total number of events reported.					

eTable 3.i. Safety Data Summary: Adverse Events Checklist (All Events) During 3 Month Intervention				
	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Person Reporting at least one Event	124 (0.20)	35 (0.17)	89 (0.22)	0.23
Self Reported Event	166 (0.27)	49 (0.24)	117 (0.28)	0.30
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	1 (0.00)	0 (0.00)	1 (0.00)	0.37
Irregular heartbeats	0 (0.00)	0 (0.00)	0 (0.00)	
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.01)	3 (0.01)	3 (0.01)	0.39
Fainting/passing out	1 (0.00)	1 (0.00)	0 (0.00)	0.14
Dizziness	13 (0.02)	3 (0.01)	10 (0.02)	0.45
Shortness breath	8 (0.01)	2 (0.01)	6 (0.01)	0.62
Foot pain	43 (0.07)	12 (0.06)	31 (0.07)	0.47
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	23 (0.04)	6 (0.03)	17 (0.04)	0.53
Joint stiffness/soreness	47 (0.08)	13 (0.06)	34 (0.08)	0.37
Extreme fatigue	1 (0.00)	0 (0.00)	1 (0.00)	0.37
Back injury	7 (0.01)	3 (0.01)	4 (0.01)	0.58
Fracture	3 (0.00)	1 (0.00)	2 (0.00)	0.99
Significant medical or mental problems with restricted walking at least 7 consecutive days?	35	6 (8.6%)	29 (20.0%)	0.05
eTable 3.i. reflects all adverse events (AE) reported by participants during their 1.5 month, 3 month visit, or interim AE events reported prior to 3 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] minus randomization date). P value is based on Poisson model.				

eTable 3.j. Safety Data Summary: Adverse Events Checklist (All Events) During 6 Month Maintenance					
	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Person Reporting at least one Event	159 (0.13)	49 (0.11)	56 (0.14)	54 (0.13)	0.47
Self Reported Event	211 (0.17)	60 (0.13)	78 (0.19)	73 (0.18)	0.09
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	6 (0.00)	2 (0.00)	2 (0.00)	2 (0.00)	1.00
Irregular heartbeats	7 (0.01)	2 (0.00)	2 (0.00)	3 (0.01)	0.85
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.00)	0 (0.00)	2 (0.00)	4 (0.01)	0.06
Fainting/passing out	2 (0.00)	0 (0.00)	2 (0.00)	0 (0.00)	0.12
Dizziness	22 (0.02)	6 (0.01)	11 (0.03)	5 (0.01)	0.30
Shortness breath	9 (0.01)	3 (0.01)	1 (0.00)	5 (0.01)	0.21
Foot pain	41 (0.03)	13 (0.03)	15 (0.04)	13 (0.03)	0.89
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	37 (0.03)	11 (0.03)	12 (0.03)	14 (0.04)	0.76
Joint stiffness/soreness	46 (0.04)	14 (0.03)	17 (0.04)	15 (0.04)	0.84
Extreme fatigue	20 (0.02)	6 (0.01)	8 (0.02)	6 (0.01)	0.84
Back injury	11 (0.01)	3 (0.01)	4 (0.01)	4 (0.01)	0.90
Fracture	4 (0.00)	0 (0.00)	2 (0.00)	2 (0.00)	0.20
Significant medical or mental problems with restricted walking at least 7 consecutive days?	68	21 (26.9%)	23 (30.7%)	24 (32.9%)	0.71

eTable 3.j. reflects all adverse events (AE) reported by participants during their 5 month, 7 month, 9 month visit, or interim AE events reported between 3 month and 9 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] - month 3 visit date). P value is based on Poisson model.

eTable 3.k. Safety Data Summary: Adverse Event Checklist (First Event) During 3 Month Intervention				
	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Person Reporting at least one Event	101 (0.18)	29 (0.16)	72 (0.20)	0.26
Self Reported Event	151 (0.28)	46 (0.25)	105 (0.29)	0.36
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	1 (0.00)	0 (0.00)	1 (0.00)	0.37
Irregular heartbeats	0 (0.00)	0 (0.00)	0 (0.00)	
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.01)	3 (0.01)	3 (0.01)	0.39
Fainting/passing out	1 (0.00)	1 (0.00)	0 (0.00)	0.14
Dizziness	12 (0.02)	3 (0.01)	9 (0.02)	0.56
Shortness breath	8 (0.01)	2 (0.01)	6 (0.01)	0.62
Foot pain	36 (0.06)	10 (0.05)	26 (0.07)	0.49
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	21 (0.03)	6 (0.03)	15 (0.04)	0.71
Joint stiffness/soreness	42 (0.07)	12 (0.06)	30 (0.08)	0.44
Extreme fatigue	14 (0.02)	5 (0.02)	9 (0.02)	0.83
Back injury	7 (0.01)	3 (0.01)	4 (0.01)	0.58
Fracture	3 (0.00)	1 (0.00)	2 (0.00)	0.99
Significant medical or mental problems with restricted walking at least 7 consecutive days?	29	5 (7.2%)	24 (17.1%)	0.06
eTable 3.k. reflects the first adverse event (AE) reported by participants during their 1.5 month, 3 month visit, or interim AE events reported prior to 3 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] minus randomization date). P value is based on Poisson model.				

eTable 3.1. Safety Data Summary: Adverse Event Checklist (First Event) During 6 Month Maintenance					
	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Person Reporting at least one Event	109 (0.11)	31 (0.09)	39 (0.12)	39 (0.12)	0.30
Self Reported Event	190 (0.19)	52 (0.15)	72 (0.23)	66 (0.20)	0.05
Heart attack	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Chest pain/angina	6 (0.00)	2 (0.00)	2 (0.00)	2 (0.00)	1.00
Irregular heartbeats	7 (0.01)	2 (0.00)	2 (0.00)	3 (0.01)	0.85
Stroke/TIA	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Outpatient surgery	6 (0.00)	0 (0.00)	2 (0.00)	4 (0.01)	0.06
Fainting/passing out	2 (0.00)	0 (0.00)	2 (0.00)	0 (0.00)	0.12
Dizziness	21 (0.02)	6 (0.01)	10 (0.02)	5 (0.01)	0.42
Shortness breath	8 (0.01)	3 (0.01)	1 (0.00)	4 (0.01)	0.34
Foot pain	38 (0.03)	11 (0.03)	15 (0.04)	12 (0.03)	0.73
Foot ulcer	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)	
Muscle strain	33 (0.03)	9 (0.02)	12 (0.03)	12 (0.03)	0.71
Joint stiffness/soreness	37 (0.03)	11 (0.03)	14 (0.04)	12 (0.03)	0.82
Extreme fatigue	19 (0.02)	6 (0.01)	7 (0.02)	6 (0.01)	0.95
Back injury	10 (0.01)	2 (0.00)	4 (0.01)	4 (0.01)	0.64
Fracture	3 (0.00)	0 (0.00)	1 (0.00)	2 (0.00)	0.24
Significant medical or mental problems with restricted walking at least 7 consecutive days?	49	12 (17.4%)	18 (25.7%)	19 (27.9%)	0.31

eTable 3.1. reflects the first adverse event (AE) reported by participants during their 5 month, 7 month, 9 month visit, or interim AE events reported between 3 month and 9 month visit. Reported is the number of events and rate per person-month (sum of AE events / sum of follow-up time in month, where follow-up time is AE form date [or actual AE date] - month 3 visit date). P value is based on Poisson model.

eTable 3.m. Safety Data Summary: Adverse Event Emergency Department or Urgent Care Facility Visits During 3 Month Intervention				
	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Total number of emergency department or urgent care facility visits	12	3	9	
Total number of participants with emergency department or urgent care facility visits	11	2	9	
Total number of emergency department or urgent care facility visits due to an event that occurred during exercise	1	0	1	
Relationship between emergency department or urgent care facility visits and intervention				
Unknown	0	0 (0.0%)	0 (0.0%)	
Not related	11	3 (100%)	8 (88.9%)	0.55
Possible	1	0 (0.0%)	1 (11.1%)	
Probable	0	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	
eTable 3.m. reflects emergency department visits that occurred during the 3 month intervention period, including interim reports. Frequency and percent are shown, where percentages are computed based on the total number of events reported. Only this category had sufficient sample size for statistical analysis. P value is based on Poisson model.				

eTable 3.n. Safety Data Summary: Adverse Events Emergency Department or Urgent Care Facility Visits During 6 Month Maintenance					
	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Total number of emergency department or urgent care facility visits	24	5	10	9	
Total number of participants with emergency department or urgent care facility visits	23	4	10	9	
Total number of emergency department or urgent care facility visits due to an event that occurred during exercise	2	0	2	0	
Relationship between emergency department or urgent care facility visits and intervention					
Unknown	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Not related	22	5 (100%)	8 (80.0%)	9 (100%)	0.55
Possible	1	0 (0.0%)	1 (10.0%)	0 (0.0%)	
Probable	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
eTable 3.n. reflects emergency department visits that occurred between 3 month and 9 month visit, including interim reports during this period. Frequency and percent are shown, where percentages are computed based on the total number of events reported. Only this category had sufficient sample size for statistical analysis. P value is based on Poisson model.					

eTable 3.o. Safety Data Summary: Adverse Event Hospitalizations During 3 Month Intervention

	Total (N=209)	Control (N= 69)	Regular and Plus (N=140)	P value
Total number of hospitalization	1	0	1	
Total number of participants hospitalization	1	0	1	
Total number of hospitalization due to an event that occurred during exercise	0	0	0	
Relationship between hospitalization and intervention	0	0	0	
Unknown	0	0 (0.0%)	0 (0.0%)	
Not related	1	0 (0.0%)	1 (100%)	
Possible	0	0 (0.0%)	0 (0.0%)	
Probable	0	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	

eTable 3.o. reflects hospitalizations that occurred post-randomization during the 3 month intervention period, including interim reports during this period. Frequency and percent are shown, where percentages are computed based on the total number of events reported.

eTable 3.p. Safety Data Summary: Adverse Event Hospitalizations During 6 Month Maintenance

	Total (N=207)	Control (N= 69)	Regular (N= 70)	Plus (N= 68)	P value
Total number of hospitalization	5	4	1	0	
Total number of participants hospitalization	4	3	1	0	
Total number of hospitalization due to an event that occurred during exercise	0	0	0	0	
Relationship between hospitalization and intervention	0	0	0	0	
Unknown	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Not related	5	4 (100%)	1 (100%)	0 (0.0%)	
Possible	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Probable	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Definite	0	0 (0.0%)	0 (0.0%)	0 (0.0%)	
eTable 3.p. reflects hospitalizations that occurred post-randomization between 3 month and 9 month visit. Frequency and percent are shown, where percentages are computed based on the total number of events reported.					