

## Supplementary 1

*Sender:* DAK-E

*Headline:* Results from patient-reported factors

*Overall result:* the patient has an overall increased risk of developing a chronic disease / the patient is at no risk of a chronic disease

*School and educational level:* the patient has basic/upper secondary school level and no education/special worker/vocational education/short education/medium education/long/other/missing.

*Social:* The patient lives alone/with partner; with children living at home/without children living at home

*Weight (kilograms):*

*BMI:* < 18.5 underweight / 18.5-24.9 normal weight / 25-30 overweight / >30 obese

*Smoker status:* Daily smoker/occasional smoker/ex-smoker/never

*Cigarettes per day:*

*COPD risk score:* Score 0-4 dyspnoea is not caused by COPD / score 5-10 dyspnoea is probably caused by COPD

*Alcohol consumption per week (number of units):*

*Frequency of binge-drinking:* daily/weekly/monthly/rarely/never

*Follows the Danish Health Authority recommendations for alcohol consumption:* yes/no

*Diet score:* 0-4 unhealthy dietary habits / 5-8 dietary habits can be improved / 9-12 healthy dietary habits

*Specification of diet:* high intake of sugar/low intake of fruit and berries/low intake of vegetables and root crops/low intake of fish and seafood.

*Physical activity (minutes per week):*

*Follows the Danish Health Authority recommendations of 150 minutes of physical activity per week:* yes/no

*Specification:* low physical training/low everyday exercise

*Diseases in the near family:* hypertension/hypercholesterolemia/blood clots in the heart/blood clots in the brain/blood clots in the lungs or legs/diabetes/COPD/don't know/none

*Self-rated health:* excellent/very good/good/bad/very bad

*Confidence in own ability to act (self-efficacy):* the patient has under/over average confidence in own ability to act

*Stress level:* not high stress level/high stress level (high stress level = stress level  $\geq 15$  for men and stress level  $\geq 17$  for women)