

## Supplementary 4

	n (%)		Effectiveness (Check-In vs Usual care)	
	Check-In group	Usual care group	OR (95% CI)	p value
Any chronic condition <sup>#</sup>				
Per protocol, n=919	202 (56)	306 (55)	1.01 (0.78-1.32)	0.92
ITT, n=1104	296 (54)	306 (55)	0.93 (0.75-1.21)	0.68
Hypertension				
Per protocol, n=919	111 (30)	172 (31)	0.98 (0.73-1.30)	0.87
ITT, n=1104	154 (28)	172 (31)	0.87 (0.67-1.12)	0.28
Hypercholesterolemia				
Per protocol, n=919	77 (21)	113 (20)	1.05 (0.76-1.45)	0.77
ITT, n=1104	106 (19)	113 (20)	0.94 (0.70-1.26)	0.66
Chronic Obstructive Pulmonary Disease				
Per protocol, n=919	59 (16)	81 (15)	1.13 (0.79-1.63)	0.51
ITT, n=1104	91 (17)	81 (15)	1.16 (0.84-1.61)	0.36
Diabetes mellitus				
Per protocol, n=919	57 (16)	83 (15)	1.06 (0.73-1.52)	0.77
ITT, n=1104	87 (16)	83 (15)	1.07 (0.77-1.49)	0.68
Hypothyroidism				
Per protocol, n=919	19 (5)	26 (5)	1.12 (0.61-2.06)	0.71
ITT, n=1104	29 (5)	26 (5)	1.13 (0.65-1.95)	0.65
Hyperthyroidism <sup>‡</sup>				
Per protocol, n=919	-	-	-	-
ITT, n=1104	-	-	-	-
Depression				
Per protocol, n=919	48 (13)	71 (13)	1.04 (0.70-1.53)	0.86
ITT, n=1104	80 (15)	71 (13)	1.16 (0.82-1.64)	0.39

<sup>#</sup>Hypertension, hypercholesterolemia, COPD, diabetes, hypothyroidism, hyperthyroidism or depression

<sup>‡</sup>Too few in each group to report for ethical reasons