

	Heart Failure Self-Management Components Included																
	Alert	wt	BP	Symp	Med	Act	Edu	Mood	Supp	MM	Sync	Chart	BG	6MWT	DB	EKG	BNP
Alnosayan (2017) <sup>31</sup>	X	X	X	X					X			X	X				
Athilingam (2017) <sup>32</sup>	X	X	X	X	X	X	X	X	X	X	X	X		X	X		
Austin (2012) <sup>41</sup>	X						X			X							
Bartlett (2014) <sup>33</sup>		X	X	X													
Dang (2017) <sup>40</sup>	X	X	X	X				X	X								
Evans (2016) <sup>43</sup>		X	X			X	X				X						
Hagglund (2015) <sup>44</sup>		X	X			X	X										
Hale (2016) <sup>34</sup>	X				X												
Pai (2015) <sup>45</sup>	X	X		X	X	X	X				X						
Nundy (2013) <sup>35</sup>							X			X							
Piette (2015) <sup>46</sup>	X	X		X	X			X	X	X	X						
Portz (2017) <sup>36</sup>		X		X													
Scherr (2009) <sup>47</sup>		X	X		X				X								
Seto (2012) <sup>48</sup>		X	X	X								X				X	
Suh (2011) <sup>37</sup>	X	X	X	X		X			X		X	X					
Triantafylidis (2015) <sup>38</sup>		X	X	X			X		X			X					
Zan (2015) <sup>39</sup>		X	X	X								X					
Zhang (2017) <sup>40</sup>		X	X	X		X				X		X					X

**Keys:** Wt: weight; BP: Blood Pressure; Symp: Symptom Assessment; Med: Medication Management; Act: Physical Activity Tracking; Edu: Heart failure Education; Supp: Support communication with family and Providers; MM: Multimedia Message; Sync: Use other Bluetooth device to Sync with Mobile app; Chart: Performance Statistics as Graph; BG: Blood Glucose Monitoring; 6MWT: Six Minute Walk test; DB: Deep Breathing Exercise; EKG: Electrocardiogram; BNP: Brain Natriuretic Peptide