

**Supplemental Table 1 Classes of antihypertensive agents**

<b>Step</b>	<b>Type of antihypertension drug</b>	<b>Antihypertension drug</b>	<b>Available strengths</b>	<b>Usual dose range per day</b>	<b>Frequency</b>
1	Ace inhibitor (ACEI)	Enalapril+Folic acid	10mg+0.8mg	5.4mg-10.8mg	1-2
2*	Diuretic	Hydrochlorothiazide	12.5mg,25mg	12.5-25mg	1
3*	Calcium channel blocker (CCB)	Amlodipine	5mg,10mg	2.5-10mg	1-2
4	Beta blocker ( $\beta$ -B)	Metoprolol	25mg,47.5mg	12.5-47.5mg	1-2

\*2 or 3 were randomly chosen.

**Supplemental Table 2**

<b>Group</b>	<b>Office Visit SBP</b>	<b>CASP</b>	<b><math>\Delta</math>SBP<sup>#</sup></b>
A	137.2 $\pm$ 14.9	129.1 $\pm$ 13.7	-7.1 $\pm$ 8.0
B	131.1 $\pm$ 14.0	121.4 $\pm$ 15.3	-9.6 $\pm$ 8.2
C	124.2 $\pm$ 13.7	115.1 $\pm$ 13.8	-9.0 $\pm$ 9.0

**# $\Delta$ SBP = CASP-Office Visit SBP**

A =Standard Group    B=Moderately Intensive Group    C= Intensive Group

**Supplemental Table 3**

<b>Group</b>	<b>Current study</b>		<b>Group</b>	<b>SPRINT</b>	<b>Group</b>	<b>ACCORD</b>
	SBP(Mean) mmHg	SBP(6 months) mmHg		SBP(Mean) mmHg		SBP(Mean) mmHg
A >140, <=150	141.3	137.2	A<=140	134.6	A<=140	133.5
B >130, <=140	138.4	131.1	B<=120	121.5	B<=120	119.3
C <=130	134.4	124.2				