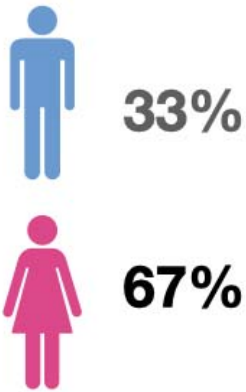
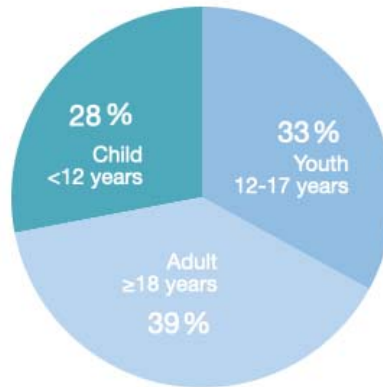


**Multimedia Appendix 4**  
**Infographics to visualize the demographics of included end users.**

**Gender**



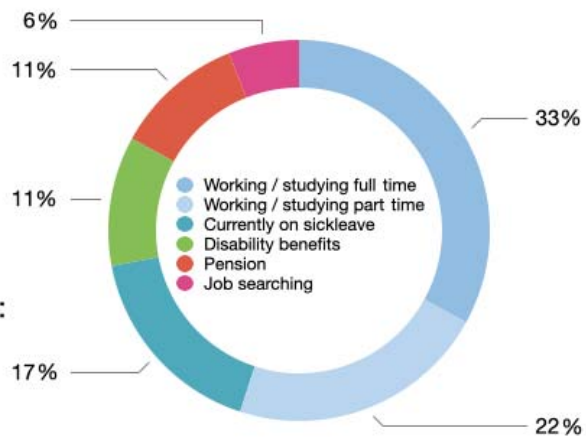
**Onset of obesity**



**Age**

Median age: 53 years  
 Range: 24-70 years

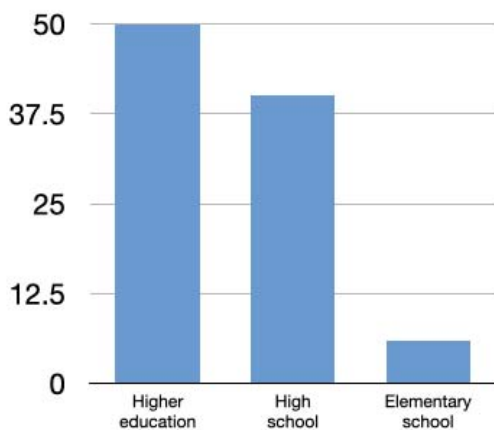
**Employment status**



**BMI**

BMI  $\geq 30$  kg/m<sup>2</sup> before weight loss:  
 100% of the participants

**Education level**



**Use of health apps**

