

Multimedia Appendix 3. Contents of text messages.

Message content	Examples	Text messaging schedules
Reduce sodium intake (salt)	Sodium intake is <6g/day (just under a teaspoon) No extra salt, not even with fruits or green leafy vegetables, pickles, milk or any other foods It keeps your high blood pressure under control	5 times for 1 st month and once a week for the rest 4 months
Avoid taking oily and fatty foods	Like beef, mutton, poultry, Pastries, cakes and other junk foods You can gain weight	
Eat more fruits and vegetables	Banana, starfruits, papaya and so on 80 grams per servings (fruits small size-full and large size-half) (per meal) per day It makes you healthy	
Do exercise regularly	Regular exercise (walking, running, cycling, household work) for 30 minutes most days of the week It keeps your heart well	
Take your medicine regularly	Don't change and stop your hypertensive treatment without your doctor's guidance	

Examples of two-way text messaging component

CHWs: Reduce salt intake.

Participant A: How much salt I need to cut?

CHWs: You can measure like under a teaspoon.

Participant A: Ok, I will.

CHWs: Avoid taking oily and fatty foods.

Participant B: What kind of foods should I stop?

CHWs: Beef, mutton, pastries!

Participant B: Ok.

CHWs: Eat more fruits and vegetables.

Participant C: What types of fruits and vegetables?

CHWs: Banana, guava, green leafy vegetables!

Participant C: Ok.

CHWs: Do exercise regularly.

Participant D: What types and how long?

CHWs: Walking, household work at least 30 minutes daily.

Participant D: I am doing, but not every day.

CHWs: Please do it every day.

Participant D: I will follow.

CHWs: Don't change or stop your medicine without your doctor's guidance.

Participant E: I drop it sometimes.

CHWs: Please don't do that.

Participant E: Ok.