Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	Sample size methods described previously, see: Johnston C, Brown ER, Stewart J, Karita HCS, Kissinger PJ, Dwyer J, Hosek S, Oyedele T, Paasche-Orlow MK, Paolino K, Heller KB, Leingang H, Haugen HS, Dong TQ, Bershteyn A, Sridhar AR, Poole J, Noseworthy PA, Ackerman MJ, Morrison S, Greninger AL, Huang ML, Jerome KR, Wener MH, Wald A, Schiffer JT, Celum C, Chu HY, Barnabas RV, Baeten JM; COVID-19 Early Treatment Study Team. Hydroxychloroquine with or without azithromycin for treatment of early SARS-CoV-2 infection among high-risk outpatient adults: A randomized clinical trial. EClinicalMedicine. 2021 Mar;33:100773. doi: 10.1016/j.eclinm.2021.100773. Epub 2021 Feb 27. PMID: 33681731; PMCID: PMC7912360.
Data exclusions	No data were excluded from analysis. Participants were excluded prior to data collection if they did not meet inclusion criteria or met any of the exclusion criteria.
Replication	Replication was not performed as this was a randomized clinical trial.
Randomization	Participants were randomized by household.
Blinding	This was a double-blind trial.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☒	☐ Antibodies
☒	☐ Eukaryotic cell lines
☒	☐ Palaeontology and archaeology
☒	☐ Animals and other organisms
☐	☒ Human research participants
☐	☒ Clinical data
☒	☐ Dual use research of concern

Methods

n/a	Involved in the study
☒	☐ ChIP-seq
☒	☐ Flow cytometry
☒	☐ MRI-based neuroimaging

Human research participants

Policy information about studies involving human research participants

Population characteristics	A total of 231 participants were included from 205 households, of which, 218 initiated study medication and transmitted ECG data. The median age of participants was 37 (range 18-78) and 19 (8.7%) were 60 or older. Participants identifying as Hispanic or Latinx made up 29.8%. English was the preferred language of 90.8% and 9.1% preferred Spanish.
Recruitment	Nationwide social media advertising was employed for recruitment. Participants were screened via web interface, secure video conference, telephone, or text messaging. Due to the recruitment strategy which involved internet and social media campaign, our participants could be a self-selected population. This may result in bias toward higher adherence rate compared to true population performance.
Ethics oversight	The study was approved by the Western Institutional Review Board with reliance agreements from the collaborating institutions. An external and independent data and safety monitoring board provided oversight.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

All manuscripts should comply with the ICMJE guidelines for publication of clinical research and a completed CONSORT checklist must be included with all submissions.

Clinical trial registration	ClinicalTrials.gov - NCT04354428
Study protocol	Available from ClinicalTrials.gov - NCT04354428, in addition to the supplementary material.
Data collection	The trial was conducted entirely remotely, from enrollment through data collection and follow-up. Five U.S. institutions enrolled participants, including Ruth M. Rothstein CORE Center - Cook County Health (Chicago, Illinois, United States), Tulane University (New Orleans, Louisiana, United States), Boston University (Boston, Massachusetts, United States), SUNY Upstate Medical University (Syracuse, New York, United States), and the University of Washington (Seattle, Washington, United States).
Outcomes	Our manuscript is primarily methodological and describes qualitative and quantitative measures of adherence and success with digital clinical trials technologies, focusing on adherence to remote QT interval monitoring.