

Supplementary Online Content

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This supplementary material has been provided by the authors to give readers additional information about their work.

eMethods. Treatment Groups and Statistical Analysis

Intervention arms.

Enhanced arm: Weekly lists of adults with uncontrolled BP were generated and used by the research nurse coordinator to outreach and assisted with appointment scheduling for blood pressure (BP) check visits. A pharmacist reviewed patient progress and BP medication regimen at each visit, with adjustments made as needed. Those who remained uncontrolled were scheduled to return every 2-3 weeks until BP was under control. Every attempt was also made to reschedule promptly whenever a participant could not make an appointment. Education materials made available to the participants included the guidebook on “Caring for Your Family’s Health: A Guide for African Americans” and DVD, Kaiser Permanente Northern California (KPNC) handout on hypertension (HTN) and the importance of controlling BP.

Lifestyle arm: All enrolled participants could receive up to 16 phone-based coaching sessions. With every session, the coaches worked on developing rapport with the participant and establishing an environment of collaboration, mutual respect, and trust. The initial 8 coaching sessions focused on topics such as the DASH eating plan, tracking food and food labels, portion sizes, healthy dining, physical activity, managing stress, turning setbacks into success, and staying motivated. Every session also included follow-up on prior goals, discussion of barriers to success, setting goals for the following week, and culturally appropriate recipes. The remaining 8 sessions allowed participants to work on any of the prior topics. In addition, education materials made available to the participants included the guidebook on “Caring for Your Family’s Health: A Guide for African Americans” and DVD, KPNC handouts on DASH eating plan, and the study workbook.

Study staff training: Prior to starting the trial, all study staff were trained on stroke knowledge including warning signs and symptoms and risk factors, secondary stroke prevention measures specific for HTN, and MI training by a master trainer from KPNC Regional Health Education department. Research nurse coordinator and lifestyle coaches received individual phone supervision and/or additional booster sessions every 3 months by the master trainer. The master trainer listened to a random number of recorded lifestyle coaching sessions every 3 months and provided feedback to the coaches. However, the exact information regarding the feedback was not captured systematically. These feedback sessions also provided a forum for problem solving barriers to effective counseling, role-playing, content reinforcement and deepening understanding of MI.

Statistical analysis.

Multiple imputation models included age, sex, marital status, household income, history of chronic conditions (coronary artery disease, diabetes, stroke, heart failure), body mass index (BMI), smoking status, diastolic and systolic BP at 6, 12, 18, 24, 30, 36, 42, 48 months. BP control was then categorized as yes/no based on the values diastolic BP and systolic BP at 12, 24, and 48 months in each imputed dataset. The cutoff for statistical significance was 0.05.

eResults. Sensitivity Analysis

In a sensitivity analysis that based the outcome of BP control on estimated average yearly BP using the AUC method (Table 3A), the proportion of participants with controlled BP was 51.6% for UC, 52.0% for EP, and 60.5% for LC (EP vs. UC: $P=0.95$, LC vs. UC: $P=0.012$, EP vs LC: $P=0.045$). In another sensitivity analysis where BP control was considered as a longitudinal outcome, there was no significant difference in data on outcome prevalence at enrollment across the study arms were inconclusive (Wald-based $P=0.05$), but significantly different time trends for the 3 arms over time (Wald-based test of interaction $P=0.03$). Using the estimates from the main effect for the time trend and interaction term between time and trial arm, estimated odds ratios for the time trend for each of the 3 arms were UC=1.02 (95% CI, 1.00-1.05); EP=0.97 (95% CI, 0.93-1.02); LC=1.08 (95% CI, 1.02-1.14), indicating that increasing time was significantly associated with increased proportion with BP control for LC and slightly so for UC and a slight decrease in BP control for EP (eTable 9B).

eTable 1. Distribution of Mean Blood Pressure at Baseline and 12, 24, and 48 Months Post Enrollment by Study Group

| | N | Mean | Lower 95% CL for Mean | Upper 95% CL for Mean |
|----------------------------------|------|--------|--------------------------|--------------------------|
| Baseline | | | | |
| Systolic | | | | |
| Usual care | 1129 | 150.49 | 149.80 | 151.18 |
| Enhanced | 316 | 151.47 | 150.24 | 152.70 |
| Lifestyle | 236 | 149.50 | 148.23 | 150.77 |
| Diastolic | | | | |
| Usual care | 1129 | 84.53 | 83.84 | 85.22 |
| Enhanced | 316 | 84.65 | 83.33 | 85.96 |
| Lifestyle | 236 | 84.40 | 82.95 | 85.84 |
| 12 months post-enrollment | | | | |
| Systolic | | | | |
| Usual care | 1057 | 135.7 | 134.8 | 136.6 |
| Enhanced | 328 | 135.0 | 133.4 | 136.6 |
| Lifestyle | 273 | 134.2 | 132.4 | 136.0 |
| Diastolic | | | | |
| Usual care | 1057 | 76.36 | 75.67 | 77.05 |
| Enhanced | 328 | 75.23 | 73.98 | 76.49 |
| Lifestyle | 273 | 73.68 | 72.21 | 75.14 |
| 24 months post-enrollment | | | | |
| Systolic | | | | |
| Usual care | 1090 | 136.0 | 135.1 | 136.9 |
| Enhanced | 336 | 135.4 | 133.8 | 137.0 |
| Lifestyle | 280 | 133.3 | 131.5 | 135.0 |
| Diastolic | | | | |
| Usual care | 1090 | 75.62 | 74.93 | 76.30 |
| Enhanced | 336 | 75.01 | 73.79 | 76.24 |
| Lifestyle | 280 | 73.98 | 72.70 | 75.27 |
| 48 months post-enrollment | | | | |
| Systolic | | | | |
| Usual care | 1101 | 135.1 | 134.2 | 136.1 |
| Enhanced | 340 | 135.1 | 133.4 | 136.8 |
| Lifestyle | 283 | 132.7 | 130.8 | 134.6 |
| Diastolic | | | | |
| Usual care | 1101 | 74.49 | 74.49 | 75.22 |
| Enhanced | 340 | 73.41 | 73.41 | 74.68 |

| | | | | |
|-----------|-----|-------|-------|-------|
| Lifestyle | 283 | 73.30 | 73.30 | 74.71 |
|-----------|-----|-------|-------|-------|

| eTable 2. Timing of Blood Pressure Measurements Carried Forward at EACH FOLLOW-up Period | | | |
|---|-----------------------------------|--|---|
| | Usual Care (n = 1,129) | Enhanced Monitoring (n = 346) | Lifestyle Coaching (n = 286) |
| 12-month post-enrollment follow-up | | | |
| Number of participants with BP carried forward | 230 (20.4%) | 79 (22.8%) | 56 (19.6%) |
| Timing of BP measurement used, months since enrollment, mean (\pm SD) | 5.18 (2.69) | 6.09 (2.68) | 5.61 (2.55) |
| 24-month post-enrollment follow-up | | | |
| Number of participants with BP carried forward | 323 (28.6%) | 99 (28.6%) | 83 (29.0%) |
| Timing of BP measurement used, months since enrollment, mean (\pm SD) | 13.87 (5.95) | 15.49 (5.13) | 14.86 (6.10) |
| 48-month post-enrollment follow-up | | | |
| Number of participants with BP carried forward | 396 (35.1%) | 117 (33.8%) | 82 (28.7%) |
| Timing of BP measurement used, months since enrollment, mean (\pm SD) | 30.27 (13.41) | 32.0 (12.52) | 31.29 (13.57) |

eTable 3. Blood Pressure Outcomes at 12, 24, and 48 Months Post Enrollment, Including 81 Additional Subjects Who Declined to Participate in EP (n = 26) or LC (n = 55) Group but Allowed EMR Data Use

| | Odds Ratio | 95% C.I. | | P value |
|---|------------|----------|------|---------|
| Blood pressure outcomes at 12 months post-enrollment | | | | |
| Usual Care | reference | - | - | - |
| Enhanced | 1.08 | 0.85 | 1.38 | 0.52 |
| Lifestyle | 1.41 | 1.09 | 1.83 | 0.01 |
| Blood pressure outcomes at 24 months post-enrollment | | | | |
| Usual Care | reference | - | - | - |
| Enhanced | 1.25 | 0.98 | 1.6 | 0.07 |
| Lifestyle | 1.58 | 1.21 | 2.06 | <0.001 |
| Blood pressure outcomes at 48 months post-enrollment | | | | |
| Usual Care | reference | - | - | - |
| Enhanced | 1.07 | 0.83 | 1.39 | 0.60 |
| Lifestyle | 1.45 | 1.08 | 1.94 | 0.01 |

eTable 4. Blood Pressure Outcomes at 12, 24, and 48 Months Post Enrollment Adjusted for Physician Patient Panel Size

| | Usual Care (n = 1,129) | Enhanced Monitoring (n = 346) | Lifestyle Coaching (n = 286) | P value | | |
|---|---------------------------|-------------------------------------|------------------------------------|-------------------------------|--------------------------------|------------------------------|
| | | | | Enhanced vs. Usual Care | Lifestyle vs. Usual Care | Enhanced vs. Lifestyle |
| Blood pressure outcomes at 12-month post-enrollment follow-up | | | | | | |
| Number of participants with BP control | 698 | 223 | 194 | | - | - |
| Percent of participants with BP control (of participants enrolled) | 54.1% [38.7, 68.7] | 56.2% [41.0, 71.1] | 60.4% [44.0, 74.7] | 0.44 | 0.07 | 0.37 |
| Adjusted odds ratio (95% confidence interval) | Reference | 1.11 [0.85, 1.44] | 1.3 [0.98, 1.72] | - | - | - |
| Blood pressure outcomes at 24-month post-enrollment follow-up * | | | | | | |
| Number of participants with BP control | 691 | 234 | 207 | - | - | - |
| Percent of participants with BP Control (of participants enrolled) | 60.3 [55.9, 64.6] | 66.4 [60.0, 72.3] | 72.2 [65.7, 77.9] | 0.09 | 0.001 | 0.17 |
| Adjusted odds ratio (95% confidence interval) | Reference | 1.3 [0.96, 1.76] | 1.71 [1.23, 2.37] | - | - | - |
| Blood pressure outcomes at 48-month post-enrollment follow-up | | | | | | |
| Number of participants with BP control | 728 | 230 | 209 | - | - | - |
| Percent of participants with BP Control (of participants enrolled) | 64.4 [0.49, 0.77] | 66.1% [51.0, 78.5] | 72.9% [58.2, 83.9] | 0.562 | 0.007 | 0.07 |
| Adjusted odds ratio (95% confidence interval) | Reference | 1.08 [0.84, 1.39] | 1.49 [1.12, 1.99] | - | - | - |
| Notes: For blood pressure outcomes at: the end of the 12-month intervention, we selected one BP reading between 0-15 months, but closest to 12 months post-enrollment; 24-month post-enrollment follow-up, we selected one BP reading that was between 0-27 months, but closest to 24 months post-enrollment; and 48-month post-enrollment follow-up, we selected one BP reading that was between 0-51 months, but closest to 48 months post-enrollment. Provider patient panel size was categorized as 1-10, 11-50, 50-100, 101+; 95% confidence intervals and odds ratios account for clustering by provider using generalized linear mixed models. BP, blood pressure. | | | | | | |
| * Excluded n=3 participants where provider panel size was <11 | | | | | | |

| eTable 5. Blood Pressure Outcomes at 12, 24, and 48 Months Post Enrollment Among Participants Who Had Available Blood Pressure Data Recorded During the Study Period | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-------------------------|--------------------------|------------------------|
| | Usual Care | Enhanced Monitoring | Lifestyle Coaching | P value | | |
| | | | | Enhanced vs. Usual Care | Lifestyle vs. Usual Care | Enhanced vs. Lifestyle |
| Blood pressure outcomes at 12 months post-enrollment | | | | | | |
| Number who had BP reading within 15 months | 1057 | 328 | 273 | - | - | - |
| Number of participants with BP control | 698 | 223 | 194 | - | - | - |
| Percent of participants with BP control (of participants with BP reading) | 66.0% [63.0, 69.2] | 68.0% [62.3, 72.9] | 71.1% [65.1, 76.5] | 0.59 | 0.14 | 0.41 |
| Blood pressure outcomes at 24 months post-enrollment | | | | | | |
| Number who had BP reading within 27 months | 1090 | 336 | 280 | - | - | - |
| Number of participants with BP control | 691 | 234 | 207 | - | - | - |
| Percent of participants with BP control (of participants with BP reading) | 63.4% [60.5, 66.0] | 69.6% [63.1, 75.5] | 73.9% [66.9, 80.2] | 0.08 | 0.007 | 0.34 |
| Blood pressure outcomes at 48 months post-enrollment | | | | | | |
| Number who had BP reading within 51 months | 1101 | 340 | 283 | - | - | - |
| Number of participants with BP control | 728 | 230 | 209 | - | - | - |
| Percent of participants with BP control (of participants with BP reading) | 66.1% [63.4, 68.5] | 67.6% [63.6, 71.7] | 73.9% [69.2, 78.2] | 0.47 | 0.005 | 0.05 |
| Notes: For blood pressure outcomes at: the end of the 12-month intervention, we selected one BP reading between 0-15 months, but closest to 12 months post-enrollment; 24-month post-enrollment follow-up, we selected one BP reading that was between 0-27 months, but closest to 24 months post-enrollment; and 48-month post-enrollment follow-up, we selected one BP reading that was between 0-51 months, but closest to 48 months post-enrollment. 95% confidence intervals account for clustering by provider using generalized linear mixed effect models. BP, blood pressure. | | | | | | |

| eTable 6. Models of Blood Pressure Control at 12, 24, and 48 Months Post Enrollment Stratified by Sex and Age | | |
|--|-------------------------------|--------------------------------|
| | Odds Ratio [95% C.I.] | |
| | Enhanced vs Usual Care | Lifestyle vs Usual Care |
| 12 months post-enrollment | | |
| Female | 1.05 [0.78, 1.41] | 1.34 [0.95, 1.89] |
| Male | 1.21 [0.70, 2.07] | 1.25 [0.72, 2.16] |
| Less than 65 years | 1.09 [0.77, 1.55] | 1.22 [0.84, 1.79] |
| 65 years and above | 1.14 [0.75, 1.71] | 1.4 [0.89, 2.20] |
| 24 months post-enrollment | | |
| Female | 1.20 [0.89, 1.61] | 1.62 [1.14, 2.29] |
| Male | 1.77 [1.03, 3.03] | 1.73 [1.01, 2.97] |
| Less than 65 years | 1.33 [0.96, 1.85] | 1.75 [1.20, 2.55] |
| 65 years and above | 1.31 [0.88, 1.97] | 1.54 [0.99, 2.40] |
| 48 months post-enrollment | | |
| Female | 1.06 [0.78, 1.45] | 1.76 [1.22, 2.56] |
| Male | 1.17 [0.72, 1.91] | 1.08 [.67, 1.75] |
| Less than 65 years | 1.03 [0.74, 1.42] | 1.38 [0.95, 2.01] |
| 65 years and above | 1.20 [0.8, 1.81] | 1.67 [1.06, 2.64] |

eTable 7. Blood Pressure Outcomes at 12, 24, and 48 Months Post Enrollment With Alternate Cut Point for Blood Pressure Control (<130/80)

| | Usual Care (n = 1,129) | Enhanced Monitoring (n = 346) | Lifestyle Coaching (n = 286) | P value | | |
|---|---------------------------|-------------------------------------|------------------------------------|-------------------------------|--------------------------------|------------------------------|
| | | | | Enhanced vs. Usual Care | Lifestyle vs. Usual Care | Enhanced vs. Lifestyle |
| Blood pressure outcomes at 12 months post-enrollment | | | | | | |
| Number of participants with BP control | 271 | 91 | 73 | - | - | - |
| Percent of participants with BP control (of participants enrolled) | 24.10% [21.6%, 26.7%] | 26.40% [21.9%, 31.4%] | 25.50% [20.8%, 31.0%] | 0.39 | 0.61 | 0.81 |
| Adjusted odds ratio (95% confidence interval) | Reference | 1.13 [0.85, 1.50] | 1.08 [0.8, 1.47] | - | - | - |
| Blood pressure outcomes at 24 months post-enrollment | | | | | | |
| Number of participants with BP control | 277 | 86 | 85 | - | - | - |
| Percent of participants with BP Control (of participants enrolled) | 24.50% [22.1%, 27.1%] | 24.90% [20.6%, 29.7%] | 29.70% [24.7%, 35.3] | 0.90 | 0.07 | 0.17 |
| Adjusted odds ratio (95% confidence interval) | Reference | 1.02 [0.77, 1.35] | 1.3 [0.98, 1.73] | - | - | - |
| Blood pressure outcomes at 48 months post-enrollment | | | | | | |
| Number of participants with BP control | 289 | 97 | 88 | - | - | - |
| Percent of participants with BP Control (of participants enrolled) | 25.60% [22.9%, 28.5%] | 28.30% [23.5%, 33.5%] | 30.90% [25.6%, 36.7%] | 0.36 | 0.09 | 0.49 |
| Adjusted odds ratio (95% confidence interval) | Reference | 1.15 [0.86, 1.53] | 1.3 [0.96, 1.76] | | | |
| Notes: For blood pressure outcomes at: the end of the 12-month intervention, we selected one BP reading between 0-15 months, but closest to 12 months post-enrollment; 24-month post-enrollment follow-up, we selected one BP reading that was between 0-27 months, but closest to 24 months post-enrollment; and 48-month post-enrollment follow-up, we selected one BP reading that was between 0-51 months, but closest to 48 months post-enrollment; 95% confidence intervals and odds ratios account for clustering by provider using generalized linear mixed models. BP, blood pressure. | | | | | | |

eTable 8. Blood Pressure Outcomes at 12, 24, and 48 Months Post Enrollment With Models Using Multiple Imputations

| | Odds Ratio | 95% C.I. | | P value |
|---|------------|----------|------|---------|
| Blood pressure outcomes at 12-month post-enrollment | | | | |
| Usual Care | reference | - | - | - |
| Enhanced | 1.11 | 0.83 | 1.62 | 0.48 |
| Lifestyle | 1.22 | 1.14 | 1.26 | 0.23 |
| Blood pressure outcomes at 24-month post-enrollment | | | | |
| Usual Care | reference | - | - | - |
| Enhanced | 1.23 | 0.90 | 1.66 | 0.19 |
| Lifestyle | 1.46 | 1.06 | 2.02 | 0.02 |
| Blood pressure outcomes at 48-month post-enrollment | | | | |
| Usual Care | reference | - | - | - |
| Enhanced | 0.97 | 0.71 | 1.32 | 0.84 |
| Lifestyle | 1.40 | 1.02 | 1.92 | 0.04 |
| Notes: Imputation models included age, sex, history of chronic disease (diabetes, stroke, coronary artery disease, heart failure), household income, marital status, systolic and diastolic blood pressure (continuous variable) at 6, 12, 18, 24, 30, 36, 42, 48 months post-enrollment. Data was imputed separately for each study arm. Imputed datasets were used to categorize and model BP control as a dichotomous outcome at 12, 24, and 48 months post-enrollment (Glimmix models). | | | | |

eTable 9. Sensitivity Analysis For Blood Pressure Outcomes At 48 Months Post Enrollment

| 9A. Blood pressure outcomes at 48-month post-enrollment follow-up using area under the curve analysis | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-------------------------|--------------------------|------------------------|
| | Usual Care | Enhanced Monitoring | Lifestyle Coaching | P value | | |
| | | | | Enhanced vs. Usual Care | Lifestyle vs. Usual Care | Enhanced vs. Lifestyle |
| Number of participants enrolled | 1129 | 346 | 286 | - | - | - |
| Number who had BP reading within 51 months | 1083 | 340 | 278 | - | - | - |
| Number of participants with BP control | 583 | 180 | 173 | - | - | - |
| Percent with BP control (of participants enrolled) | 51.6% [48.5, 55.0] | 52.0% [46.1, 57.9] | 60.5% [54.6, 66.5] | 0.95 | 0.01 | 0.05 |
| Percent with BP control (of participants with BP reading) | 53.8% [50.8, 57.1] | 52.9% [47.1, 58.7] | 62.2% [56.2, 68.1] | 0.76 | 0.02 | 0.03 |
| 9B. Estimated odds ratios for blood pressure control from a longitudinal analysis of blood pressure outcomes after enrollment. | | | | | | |
| | Adjusted Odds Ratio | | 95% CI | | | |
| Outcome level at time of intervention | | | | | | |
| Usual Care (Reference group) | 1.00 | | - | | | |
| Enhanced | 1.15 | | 0.95, 1.40 | | | |
| Lifestyle | 1.27 | | 1.03, 1.56 | | | |
| Time trend over the study period | | | | | | |
| Usual Care | 1.02 | | 1.00, 1.05 | | | |
| Enhanced | 0.97 | | 0.93, 1.02 | | | |
| Lifestyle | 1.08 | | 1.02, 1.14 | | | |
| <p>Abbreviations: BP, blood pressure. Notes: BP control was defined as <140/90 mmHg, meeting both systolic and diastolic criteria. Calculated area under the curve for BP readings between enrollment and 51 months post-enrollment. n=60 did not have 2 or BP measurements during period. We fit a generalized linear mixed model with a logit link function to longitudinally collected blood pressure control outcomes using random effects to account for clustering by individual and provider. Main effects for trial arm, years since randomization (time trend) and interaction terms between trial arm and time were included in the models. A test of linear hypotheses for the interaction between trial arm and time (years since enrollment) indicates differences in the slopes across the 3 groups (interaction p-value = 0.026). For ease of interpretation, estimates from the overall time trend and interaction effects were combined so that time trends (slopes) for each trial arm are presented. Model-based estimates of the outcome probabilities (predicted population margins) and corresponding 95% confidence intervals for the 3 arms are: 53.1% [51.2,55.0] for the Usual Care; 54.1% [50.7,57.4] for the Enhanced arm; and 61.3% [57.8,64.8] for the Lifestyle arm. P-values correspond to a Wald-based F-test with denominator degrees of freedom estimated using the Containment method</p> | | | | | | |

eTable 10. Outcomes Across the Groups for Outpatient Utilization of Primary Care Services, Clinician Prescribing Pattern for Antihypertensives, Participant Compliance With Refills, Body Mass Index, or Self-reported Physical Activity

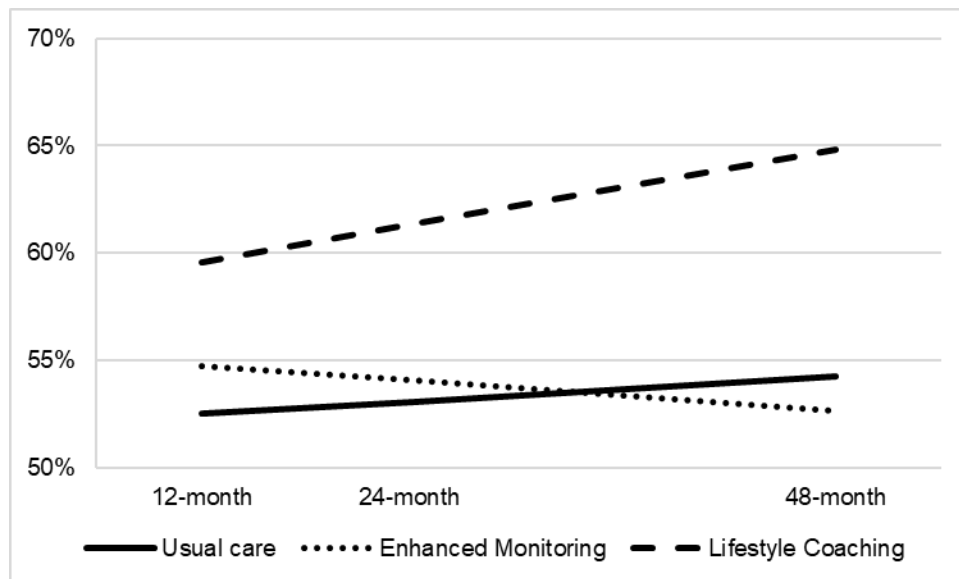
| | Usual Care (N=1,129) | Enhanced Monitoring (N=346) | Lifestyle Coaching (N=286) | P value | | |
|---|-------------------------|-----------------------------------|----------------------------------|-------------------------------|--------------------------------|------------------------------|
| | | | | Enhanced vs. Usual Care | Lifestyle vs. Usual Care | Enhanced vs. Lifestyle |
| Average number of outpatient primary care visits per year between 12- and 48-months post-enrollment | | | | | | |
| Mean [95% CI] | 2.11 [1.78, 2.50] | 2.05 [1.70, 2.48] | 1.98 [1.62, 2.42] | 0.84 | 0.65 | 0.80 |
| Change in body mass index from 12-month to 24-month post-enrollment follow-up | | | | | | |
| Mean [95% CI] | -0.22 [-0.37, -0.07] | -0.19 [-0.43, 0.05] | -0.29 [-0.56, -0.4] | 0.84 | 0.60 | 0.54 |
| Change in body mass index from 12-month to 48-month post-enrollment follow-up | | | | | | |
| Mean [95% CI] | -0.38 [-0.6, -0.15] | -0.21 [-0.57, 0.16] | -0.64 [-1.04, -0.24] | 0.44 | 0.27 | 0.12 |
| Change in physical activity (minutes per week) from baseline to 12-month post-enrollment follow-up | | | | | | |
| Mean [95% CI] | 9.58 [-4.7, 23.9] | 12.0 [-15.6, 39.5] | 9.3 [-18.5, 37.1] | 0.88 | 0.99 | 0.89 |
| Change in physical activity (minutes per week) from baseline to 48-month post-enrollment follow-up | | | | | | |
| Mean [95% CI] | -1.18 [-17.8, 15.5] | -8.76 [-39.7, 22.2] | -27.44 [-60.9, 6.0] | 0.67 | 0.17 | 0.42 |
| Percent BP control at end of 12-month intervention, by the number of anti-hypertensives prescribed at baseline | | | | | | |
| < 2 drugs | 57.2 | 60.6 | 66.7 | 0.56 | 0.19 | - |
| ≥ 2 drugs | 68.3 | 68.1 | 69.0 | | | |
| Percent BP control at 24-month post-enrollment follow-up, by the number of anti-hypertensives prescribed at baseline | | | | | | |
| < 2 drugs | 54.4 | 66.3 | 65.7 | 0.42 | 0.20 | - |
| ≥ 2 drugs | 65.6 | 69.2 | 80.0 | | | |
| Percent compliance to anti-hypertensive refills between 12-month and 48-month post-enrollment | | | | | | |
| | | | | P value | | |
| Mean [95% CI] | 70.1 [67.4-72.7] | 69.1 [64.2-74.0] | 71.7 [66.4-76.9] | 0.77 | | |

| eTable 11. Types of Antihypertensive Prescribed Across the 3 Groups | | | | |
|--|-------------------|----------------------------|---------------------------|----------------|
| | Usual Care | Enhanced Monitoring | Lifestyle Coaching | P value |
| At baseline | | | | |
| Average number of anti-hypertensive (\pm SD) | 26.4 (22.09) | 27.1 (22.70) | 26.7 (21.66) | 0.84 |
| Types of anti-hypertensive | | | | |
| Ace-inhibitor | 3.6 (5.52) | 3.7 (5.84) | 3.8 (5.35) | 0.70 |
| Angiotensin receptor blocker | 2.5 (5.20) | 2.7 (5.31) | 2.6 (5.04) | 0.45 |
| Beta-blocker | 4.0 (6.23) | 4.5 (6.42) | 4.2 (5.80) | 0.13 |
| Calcium channel blocker | 4.5 (5.71) | 4.5 (6.08) | 4.0 (5.37) | 0.58 |
| Diuretic | 5.0 (6.31) | 4.9 (6.14) | 5.2 (6.42) | 0.91 |
| At 12 months post-enrollment | | | | |
| Average number of anti-hypertensive (\pm SD) | 7.3 (6.39) | 7.3 (6.31) | 7.2 (6.07) | 0.95 |
| Types of anti-hypertensive | | | | |
| Ace-inhibitor | 1.0 (1.56) | 1.0 (1.62) | 1.0 (1.49) | 0.78 |
| Angiotensin receptor blocker | 0.6 (1.39) | 0.7 (1.38) | 0.7 (1.35) | 0.38 |
| Beta-blocker | 1.1 (1.88) | 1.2 (1.88) | 1.1 (1.68) | 0.26 |
| Calcium channel blocker | 1.3 (1.75) | 1.4 (1.92) | 1.2 (1.61) | 0.77 |
| Diuretic | 1.3 (1.89) | 1.3 (1.73) | 1.4 (1.85) | 0.86 |
| At 24 months post-enrollment | | | | |
| Average number of anti-hypertensive (\pm SD) | 14.1 (11.96) | 14.4 (12.19) | 14.1 (11.70) | 0.94 |
| Types of anti-hypertensive | | | | |
| Ace-inhibitor | 1.9 (2.91) | 1.9 (3.02) | 2.0 (2.83) | 0.91 |
| Angiotensin receptor blocker | 1.3 (2.70) | 1.4 (2.75) | 1.3 (2.59) | 0.39 |
| Beta-blocker | 2.1 (3.41) | 2.4 (3.59) | 2.1 (3.16) | 0.29 |
| Calcium channel blocker | 2.5 (3.24) | 2.6 (3.59) | 2.3 (3.10) | 0.71 |
| Diuretic | 2.7 (3.49) | 2.5 (3.33) | 2.7 (3.50) | 0.93 |
| At 48 months post-enrollment | | | | |
| On at least one anti-hypertensive | | | | |
| Average number of anti-hypertensive (\pm SD) | 26.4 (22.09) | 27.1 (22.70) | 26.7 (21.66) | 0.84 |
| Types of anti-hypertensive | | | | |
| Ace-inhibitor | 3.6 (5.52) | 3.7 (5.84) | 3.8 (5.35) | 0.70 |
| Angiotensin receptor blocker | 2.5 (5.20) | 2.7 (5.31) | 2.6 (5.04) | 0.45 |
| Beta-blocker | 4.0 (6.23) | 4.5 (6.42) | 4.2 (5.80) | 0.13 |
| Calcium channel blocker | 4.5 (5.71) | 4.5 (6.08) | 4.0 (5.37) | 0.58 |
| Diuretic | 5.0 (6.31) | 4.9 (6.14) | 5.2 (6.42) | 0.91 |
| <i>Assessed the total number of dispensed outpatient prescriptions within 120 days prior to enrollment and from enrollment to 12, 24 and 48 months</i> | | | | |

eTable 12. Clinical Outcomes During Postintervention Follow-up

| | Usual Care N=1129 | Enhanced Monitoring N=346 | Lifestyle Coaching N=286 | P value | | |
|--|----------------------|---------------------------------|--------------------------------|-------------------------------|-----------------------------------|------------------------------|
| | | | | Enhanced vs. Usual Care | Lifestyle vs. Usual Care | Enhanced vs. Lifestyle |
| Clinical outcomes during 24-month post-enrollment follow-up, percent [95% C.I.] | | | | | | |
| mortality all-causes ^a | 4.9% | 5.4% | 5.2% | 0.73 | 0.85 | 0.93 |
| | [4.1, 5.9] | [3.2, 9.0] | [2.9, 9.1] | | | |
| ischemic stroke ^a | 1.4% | 2.0% | 1.8% | 0.46 | 0.63 | 0.80 |
| | [0.90, 2.2] | 0.87, 4.6] | [0.83, 3.7] | | | |
| hemorrhagic stroke ^b | 0.3% | 0.1% | 0.9% | 0.61 | 0.21 | 0.25 |
| | [0.1, 0.9] | [0.0, 2.3] | [0.3, 3.0] | | | |
| Clinical outcomes during 48-month post-enrollment follow-up, percent [95% C.I.] | | | | | | |
| mortality all-causes ^a | 9.6% | 9.3% | 10.5% | 0.89 | 0.65 | 0.63 |
| | [78.7, 11.6] | [6.4, 13.3] | [7.6, 14.2] | | | |
| ischemic stroke ^a | 2.7% | 2.9% | 4.5% | 0.82 | 0.09 | 0.26 |
| | [1.8, 3.8] | [1.5, 5.4] | [2.8, 7.4] | | | |
| hemorrhagic stroke ^b | 0.8% | 0.1% | 0.9% | 0.26 | 0.84 | 0.25 |
| | [0.4, 1.5] | [0.0, 2.3] | [0.3, 3.0] | | | |
| Note: ^a based on generalized linear mixed effect models accounting for clustering by provider; ^b based on logistic model using Firth penalized likelihood for rare events. BP, blood pressure. | | | | | | |

eFigure 1. Probabilities of Controlled BP Over Time for Usual Care, EP Group, and LC Group Based on the Generalized Linear Mixed-Effect Model



eFigure 2. Adherence to Lifestyle Coaching Sessions (n = 286)

