

SUPPLEMENTARY DIGITAL MATERIAL 1

Supplementary Table I.—Participant’s baseline sociodemographic and clinical characteristics by group.

	Traditional CR N.=26	Home-CR N.=23	Total N.=49
Sociodemographic			
Age (years)	54.81±11.40	58.13±8.94	56.37±10.3
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Sex (% male)	23 (88.5)	19 (82.6)	42 (85.71)
Marital status (% married or equiv.)	14 (53.8)	19 (82.6)	33 (67.35)
Work status (% unemployed)	13 (50.0)	10 (43.5)	23 (46.94)
Monthly income (% low) ^a	21 (80.76)	19 (82.60)	30 (61.22)
Education (% low) ^b	19 (73)	15 (65.2)	34 (69.39)
Clinical			
CR indication			
PCI	2 (7.7)	1 (4.3)	3 (6.12)
Bypass surgery	1 (3.8)	2 (8.7)	3 (6.12)
Myocardial Infarction	23 (88.5)	20 (87)	43 (87.76)
Risk Stratification to exercise			
Low risk	17 (65.4)	16 (69.6)	33 (67.35)
Moderate risk	9 (34.6)	7 (30.4)	16 (32.65)
Risk Factors			
BMI (kg/cm ²)	29.41±4.01	27.81±3.80	28.66±3.91
Abdomen Circumference			
≥	19 (73.1)	20 (87)	39 (79.6)

<	7 (26.9)	3 (13)	10 (20.4)
Diabetes			
Yes	7 (26.9)	6 (26.1)	13 (26.5)
No	19 (73.1)	17 (73.9)	36 (73.5)

CR: cardiac rehabilitation; PCI: percutaneous coronary intervention; BMI: Body Mass Index, kg/cm².

Data are presented as mean±SD or frequency (%). No significant difference was observed between the groups (all variables P>0.05; independent t-test).

^aless than 4 minimum salary per month in Brazil = 3992 Brazilian Reais = 975 USD (reference date 15 July 2019, 1BZR=0.2443USD); ^bdid not complete high school; ^c 94 cm for men and 80 cm for women.