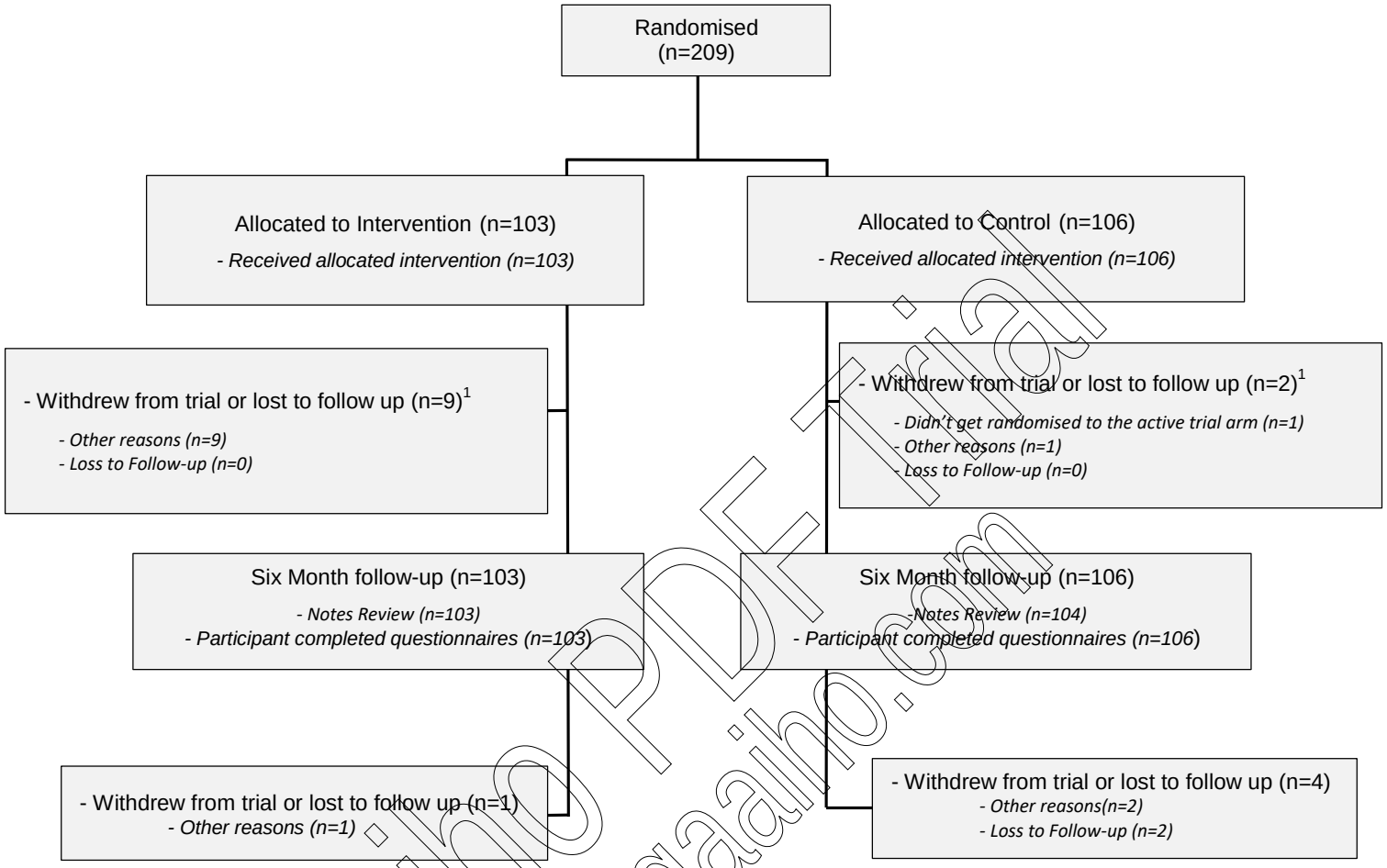
Participant Flow



Baseline Characteristics

Variable	Statistic	Intervention	Usual care
	N	103	106
Age (years)	Mean (SD)	63.9 (10.6)	63.9 (9.7)
Male	N (%)	61 (59.2)	62 (58.5)
Duration of diabetes (years)	Median (Q1, Q3)	9.0 (3.2 to 15.0)	8.2 (4.5 to 13.6)
Proportion using insulin	N (%)	4 (3.9)	8 (7.8)
Baseline HbA1c (mmol/mol)	Mean (SD)	56.5 (14.7)	55.1 (12.3)
Systolic blood pressure (mmHg)	Mean (SD)	130.9 (13.4)	133.2 (14.6)
Diastolic blood pressure (mmHg)	Mean (SD)	76.3 (9.1)	76.2 (8.9)
Total cholesterol/HDL cholesterol		3.2 (1.3)	3.2 (1.0)
Body mass index (kg/m2)		31.3 (6.5)	32.0 (5.8)
Modelled cardiovascular risk at baseline	Median (Q1, Q3)	9.5 (4.6-19.5)	10.0 (4.9, 20.4)
Health Status (EQ-5D)	Mean (SD)	0.8 (0.2)	0.8 (0.2)
Medication Adherence Report Schedule	Mean (SD)	22.9 (2.7)	23.7 (1.8)
Using ≥5 medications (self-reported	N (%)	26 (25.2)	27 (26.0)
Current smoker	N (%)	11 (10.7)	5 (4.7)
White-British ethnic group	N (%)	88 (85.4)	91 (85.8)
Previously owned or used a mobile phone>5 years	N (%)	95 (92.2)	97 (91.5)
Education Group			
Some secondary education	N (%)	20 (19.4)	4 (3.8)
- GCSE/O-Levels		22 (21.4)	29 (27.4)
- college, A-Levels, NVQ3 or below		15 (14.6)	24 (22.6)
- diploma, certificate, BTEC, NVQ 4 and above		15 (14.6)	21 (19.8)
- Undergraduate degree (BA, BSc)		14 (13.6)	18 (17.0)
- Post-graduate degree (MA, MSc)		13 (12.6)	7 (6.6)
- Doctorate (PhD)		0 (0.0)	1 (0.9)
- Missing		4 (3.9)	2 (1.9)

Primary outcome measures

Number of participants expressing an interest:	364
Not screened due to recruitment target being met	45
Could not contact	13
Number of participants screened:	306
Number randomised:	209
Number of participants randomised as a percentage of the target recruitment number:	209/200 = 104.5%
Percentage of participants screened but not proceeding to randomisation,	1-(209/306) = 31.7%
Percentage of participants who withdraw after randomisation	14/209 = 6.7%

Adverse events

There have been no adverse events associated with this trial.