

Supplemental Table 2. Baseline Characteristics

Characteristics	Usual care group (n = 56)	Basic app group (n = 54)	Advanced app group (n = 53)	Total (n = 163)
Demographics				
Age, years, mean (SD)	56.8 (8.64)	56.6 (8.74)	60.2 (9.04)	57.9 (8.91)
Male, N/total (%)	50/56 (89.3)	50/54 (92.6)	43/53 (81.1)	143/163 (87.7)
Ethnicity, N/total (%)				
Caucasian	27/56 (48.2)	28/54 (51.9)	29/53 (54.7)	84/163 (51.5)
Asian / Southeast Asian	21/56 (37.6)	15/54 (27.8)	19/53 (35.8)	55/163 (33.8)
Other	8/56 (14.2)	11/54 (20.3)	5/53 (9.5)	24/163 (14.7)
Risk factors				
Hypertension, N/total (%)	29/56 (51.8)	37/54 (68.5)	30/53 (56.6)	96/163 (58.9)
Diabetes, N/total (%)	18/56 (32.1)	16/54 (29.6)	21/53 (39.6)	55/163 (33.7)
Dyslipidemia, N/total (%)	38/56 (67.9)	35/54 (64.8)	41/53 (77.4)	114/163 (69.9)
Clinical data, mean (SD)				
BMI, kg/m ²	27.7 (4.52)	28.6 (4.75)	28.7 (5.83)	28.3 (5.04)
Total cholesterol, mmol/L	4.1 (1.17)	4.1 (1.10)	4.1 (1.14)	4.1 (1.13)
LDL cholesterol, mmol/L	2.2 (0.94)	2.3 (1.01)	2.1 (0.98)	2.2 (0.97)

Systolic blood pressure, mmHg	124.4 (20.17)	124.1 (19.58)	127.7 (14.64)	125.3 (18.30)
Diastolic blood pressure, mmHg	78.9 (11.42)	79.6 (11.40)	81.0 (9.57)	79.8 (10.81)

Medications

Aspirin or other anti-platelet agents, N/total (%)	52/56 (92.9)	49/54 (90.7)	53/53 (100)	154/163 (94.5)
ACE inhibitor/ARB, N/total (%)	38/56 (67.9)	35/54 (64.8)	34/53 (64.2)	107/163 (65.6)
Beta-blockers, N/total (%)	43/56 (76.8)	41/54 (75.9)	29/53 (54.7)	113/163 (69.3)
Statins, N/total (%)	53/56 (94.6)	48/54 (88.9)	52/53 (98.1)	153/163 (93.9)
All 4 medications above, N/total (%)	22/56 (39.3)	24/54 (44.4)	21/53 (39.6)	67/163 (41.1)
Number of CV medication, median (IQR)	4.0 (4.0;5.0)	4.0 (4.0;5.0)	4.0 (3.0;5.0)	4.0 (4.0;5.0)
Number of CV + other medications, median (IQR)	5.0 (4.0;6.0)	5.0 (4.0;6.0)	5.0 (4.0;6.0)	5.0 (4.0;6.0)

Medication adherence

MMAS-8, mean (SD)	7.0 (1.29)	6.8 (1.58)	6.7 (1.21)	6.8 (1.36)
Levels of adherence, N/total (%)				
Low adherence (MMAS score < 6)	11/56 (19.6)	16/54 (29.6)	12/53 (22.6)	39/163 (23.9)
Medium adherence (MMAS score 6 to < 8)	20/56 (35.7)	13/54 (24.1)	24/53 (45.3)	57/163 (35.0)
High adherence (MMAS score = 8)	25/56 (44.6)	25/54 (46.3)	17/53 (32.1)	67/163 (41.1)

ACE, angiotensin converting enzyme; ARB, angiotensin receptor blocker; BMI, body mass index; BP, blood pressure; CV, cardiovascular; IQR, interquartile range; LDL, low-density lipoprotein; MMAS-8, Morisky Medication Adherence Scale; N, number; SD, standard deviation