

Tables

Table 1. Definitions of high and low level intensity co-interventions

	Level	Name	Description
Low intensity intervention	Level 1	Self-monitoring with minimal additional contact	Self-monitoring with one off educational materials and initial instructions from a nurse.
	Level 2	Self-monitoring with automated feedback or support	Web based or telephonic tools provide feedback or support. But no regular 1:1 contact.
High intensity intervention	Level 3	Self-monitoring with an active intervention	Web based or telephonic tools provide feedback or support and education offered in regular classes. No regular 1:1 contact.
	Level 4	Self-monitoring with significant tailored support	Individually tailored support from study personnel, pharmacist or a clinician. Could include checking BP / medication or education/ lifestyle counselling.

This was based on previous work by Uhlig *et al.*,¹⁷ and Tucker *et al.*¹⁵