

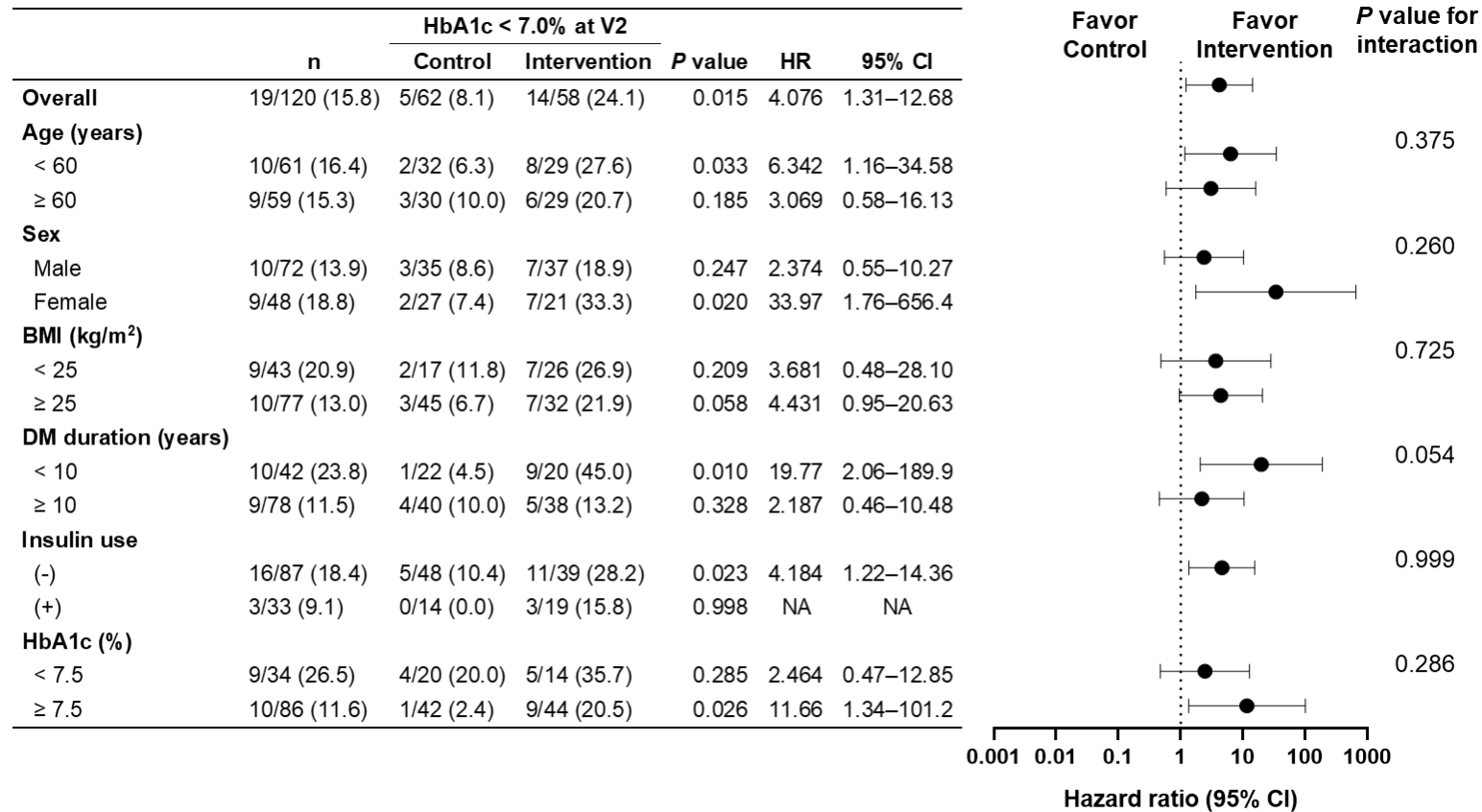
Supplementary Material 3

Supplement to:

“Effects of Patient-Driven Lifestyle Modification Using Intermittently Scanned Continuous Glucose Monitoring in Patients with Type 2 Diabetes: Results from the Randomized Open-label PDF Study”

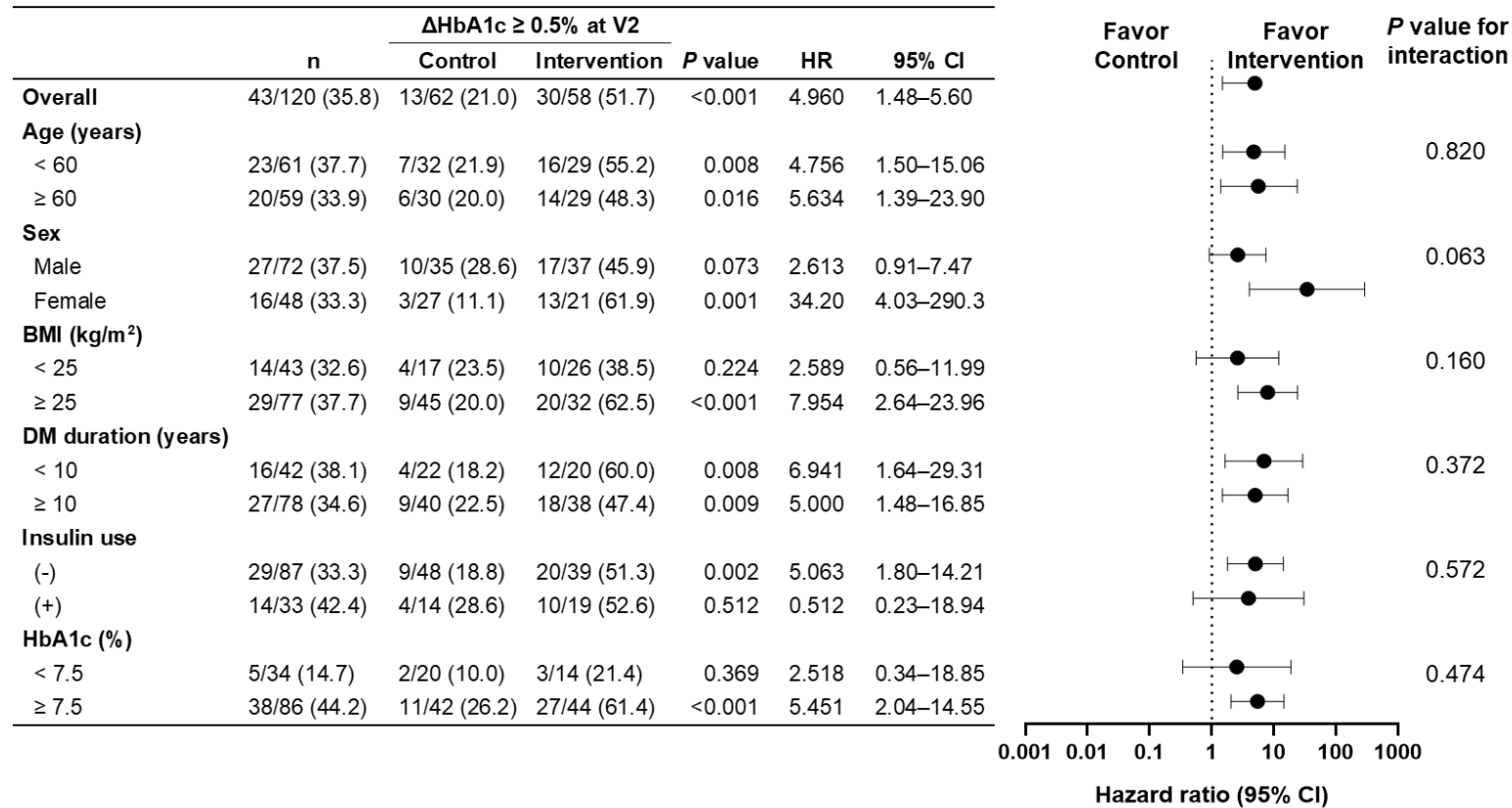
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Supplementary Figure 1. Subgroup analysis of participants reaching HbA1c < 7.0% at V2



Cox regression and subgroup analyses of the glycemic target achievement of HbA1c < 7.0% at V2. On the right side is the forest plot for patient subgroups with respect to the target glycemic achievements. *P* values describe the interaction between the target glycemic achievement and subgroup variables with no adjustment for multiple testing. HR, hazard ratio; BMI, body mass index; DM, diabetes mellitus

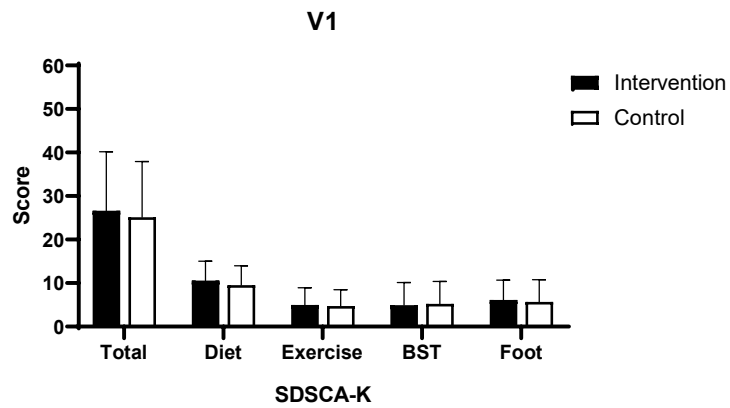
Supplementary Figure 2. Subgroup analysis of participants with $\Delta\text{HbA1c} \geq 0.5\%$ at V2



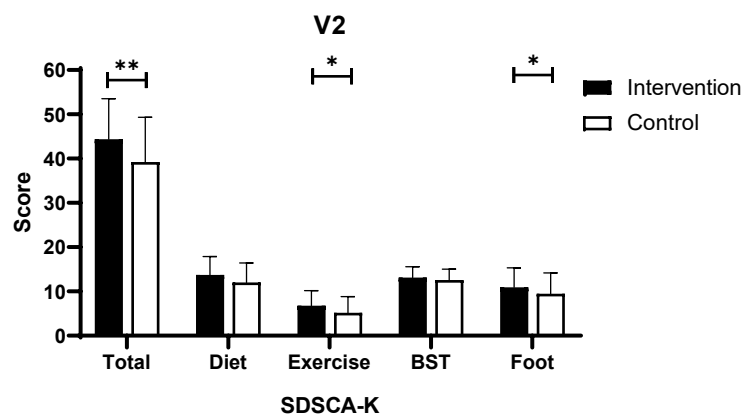
Cox regression and subgroup analyses of the glycemic target achievement of $\Delta\text{HbA1c} > 0.5\%$ at V2. On the right side is the forest plot for patient subgroups with respect to the target glycemic achievements. *P* values describe the interaction between the target glycemic achievement and subgroup variables with no adjustment for multiple testing. HR, hazard ratio; BMI, body mass index; DM, diabetes mellitus

Supplementary Figure 3. SDSCA-K scores in study participants

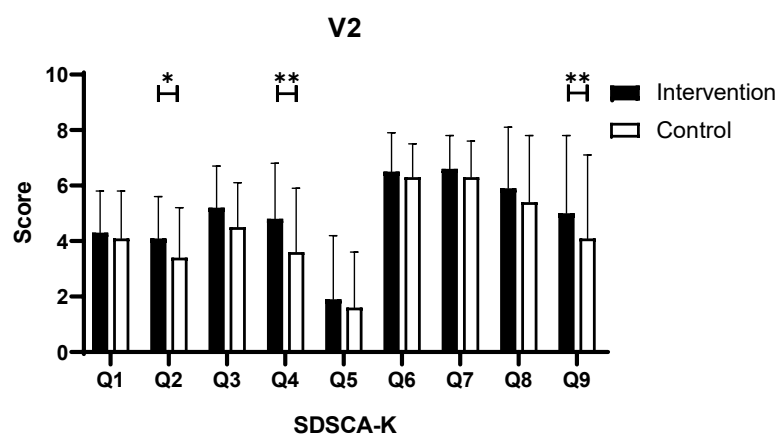
A



B

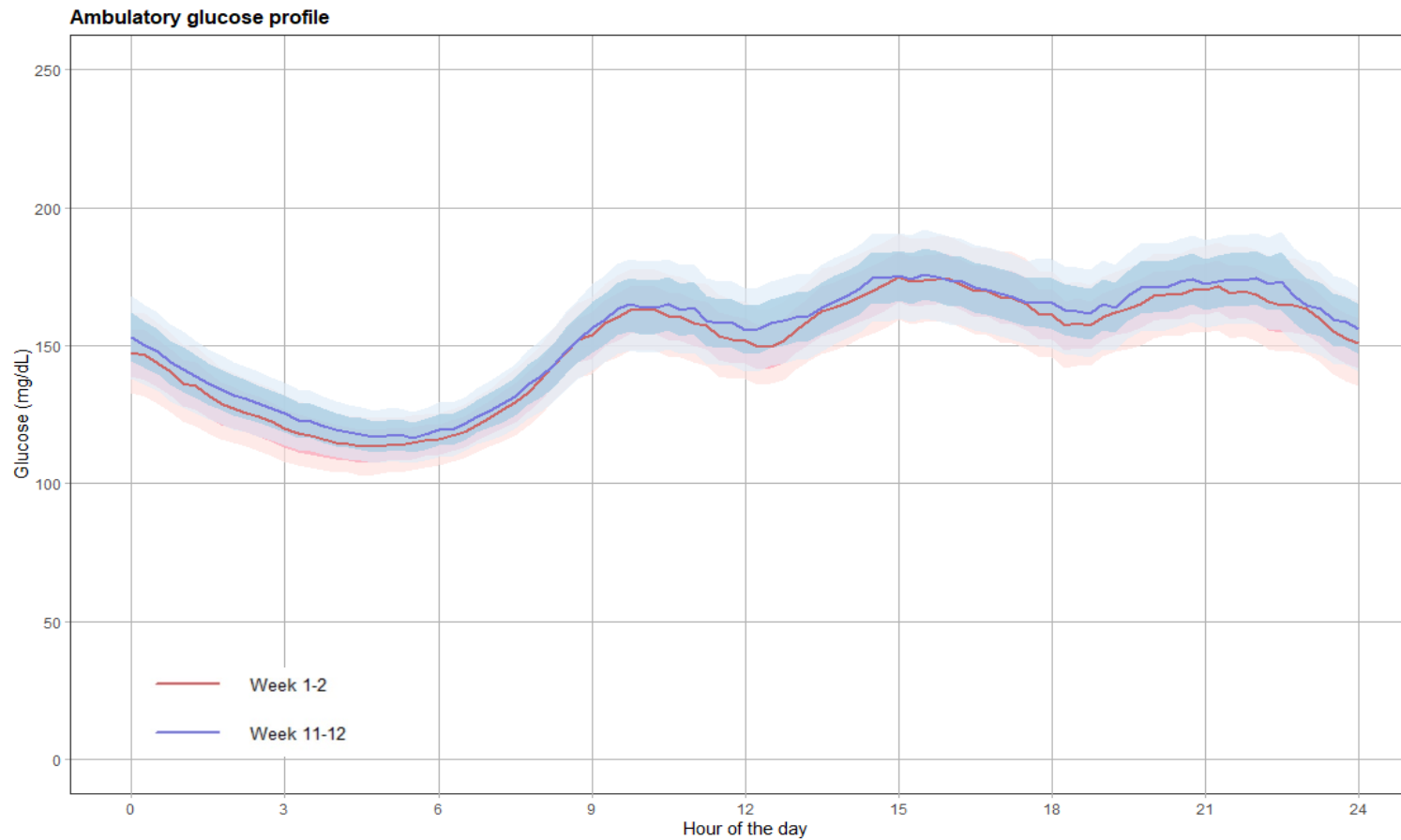


C



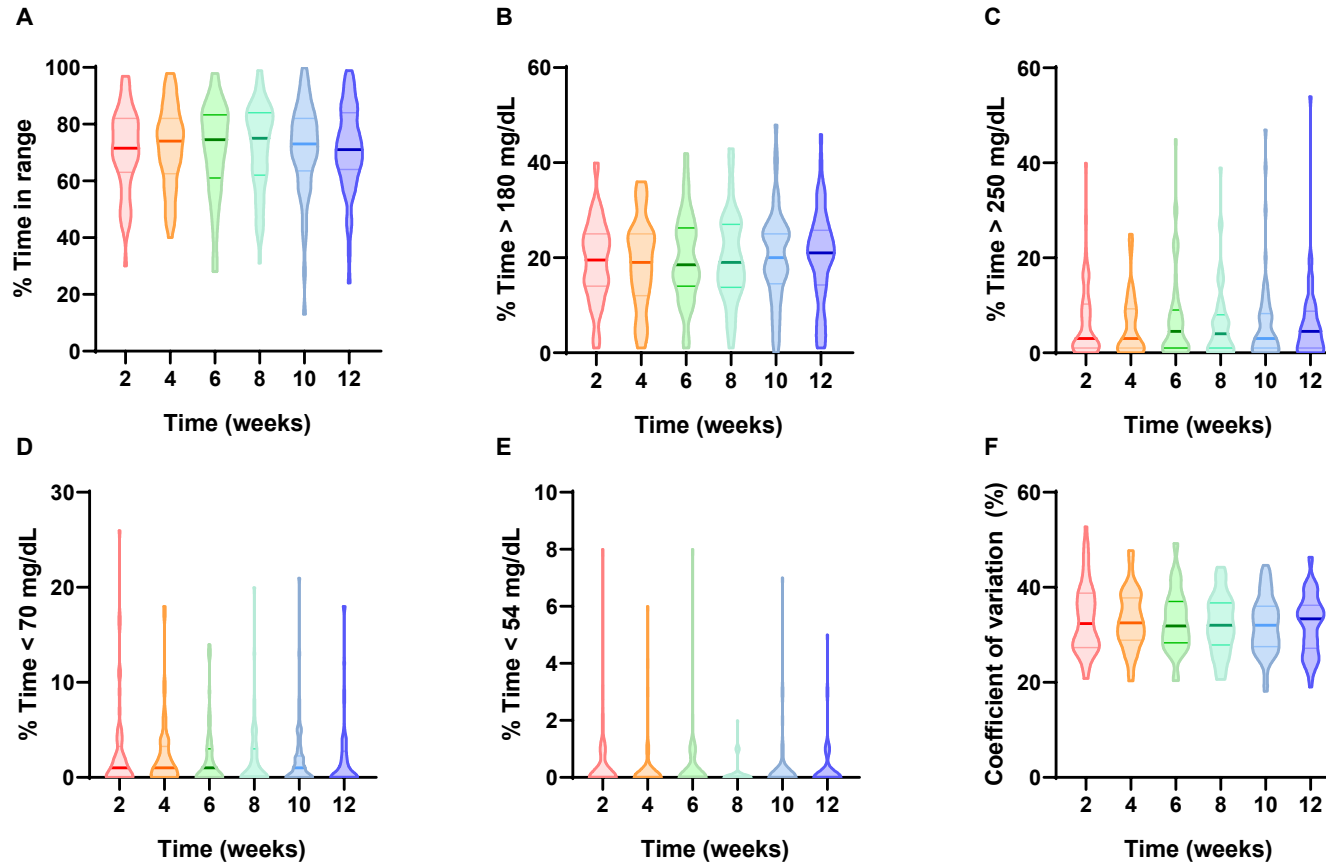
Change of Korean Version of Revised Summary of Diabetes Self-Care Activities Questionnaire (SDSCA-K) scores in study participants from V1 to V2 by study group. *A*: comparison of SDSCA-K total scores, and in sections of diet, exercise, blood sugar testing (BST), and foot care at V1 in intervention group and control group. *B*: comparison of SDSCA-K total scores, and in sections of diet, exercise, blood sugar testing (BST), and foot care at V2 in intervention group and control group. *C*: Comparison of specific items in the SDSCA-K questionnaire by study group at V2. Items for Diet: Q1–Q3, Exercise: Q4–Q5, BST: Q6–Q7, Foot care: Q8–Q9. The data were analyzed by ranked ANCOVA and expressed as mean \pm standard deviation. * $P < 0.05$, ** $P < 0.01$.

Supplementary Figure 4. Ambulatory glucose profile in the intervention group



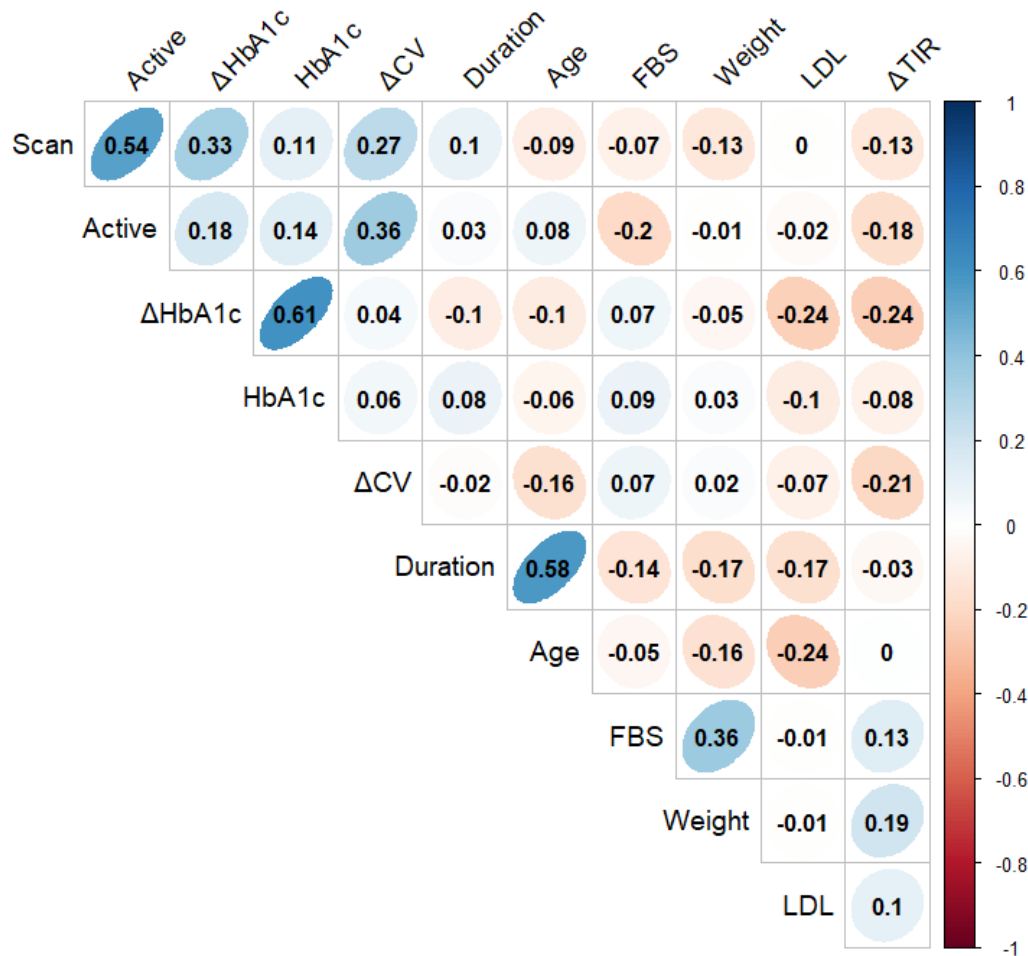
A plot of mean glucose of the intervention group, measured with CGM during the first and the last 14 days of the study period (n=58). Red line denotes the mean glucose of the first 14 days. Dark pink regions represent 50% of the glucose values (75% CI) and light pink regions represent the 95% CI. Blue line denotes the mean glucose of the last 14 days. Dark blue regions represent 50% of the glucose values (75% CI) and light blue regions represent the 95% CI.

Supplementary Figure 5. Biweekly CGM outcomes in the intervention group



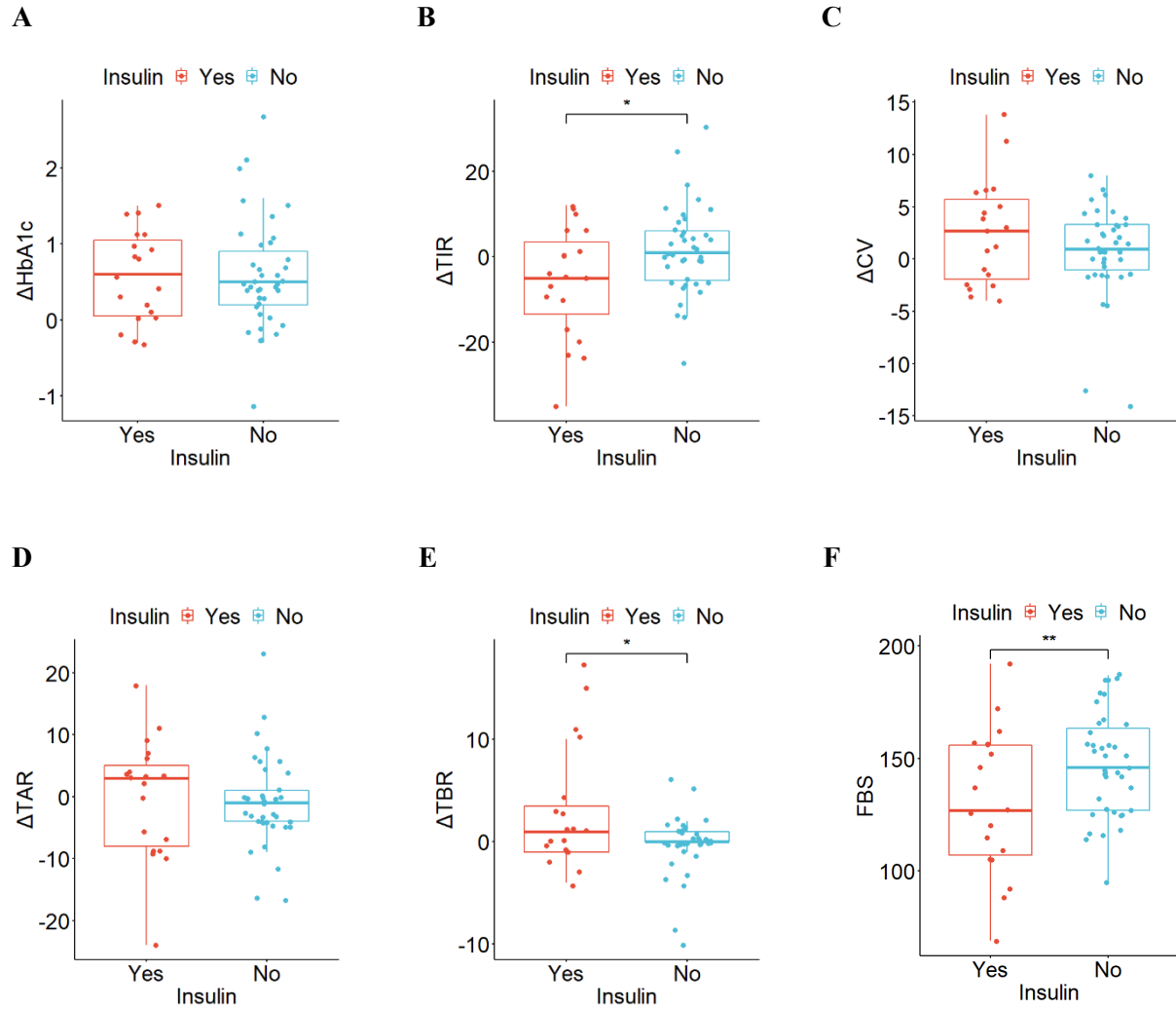
Violin plot of CGM metrics in the intervention group. *A*: % Time in range, *B*: % Time > 180 mg/dL, *C*: % Time > 250 mg/dL, *D*: % Time < 70 mg/dL, *E*: % Time < 54 mg/dL, *F*: Coefficient of variation (%). Red, orange, green, light blue, blue, and purple regions represent the CGM during weeks 1–2, 3–4, 5–6, 7–8, 9–10, 11–12, respectively.

Supplementary Figure 6. Correlation between CGM utility and glycemic outcomes



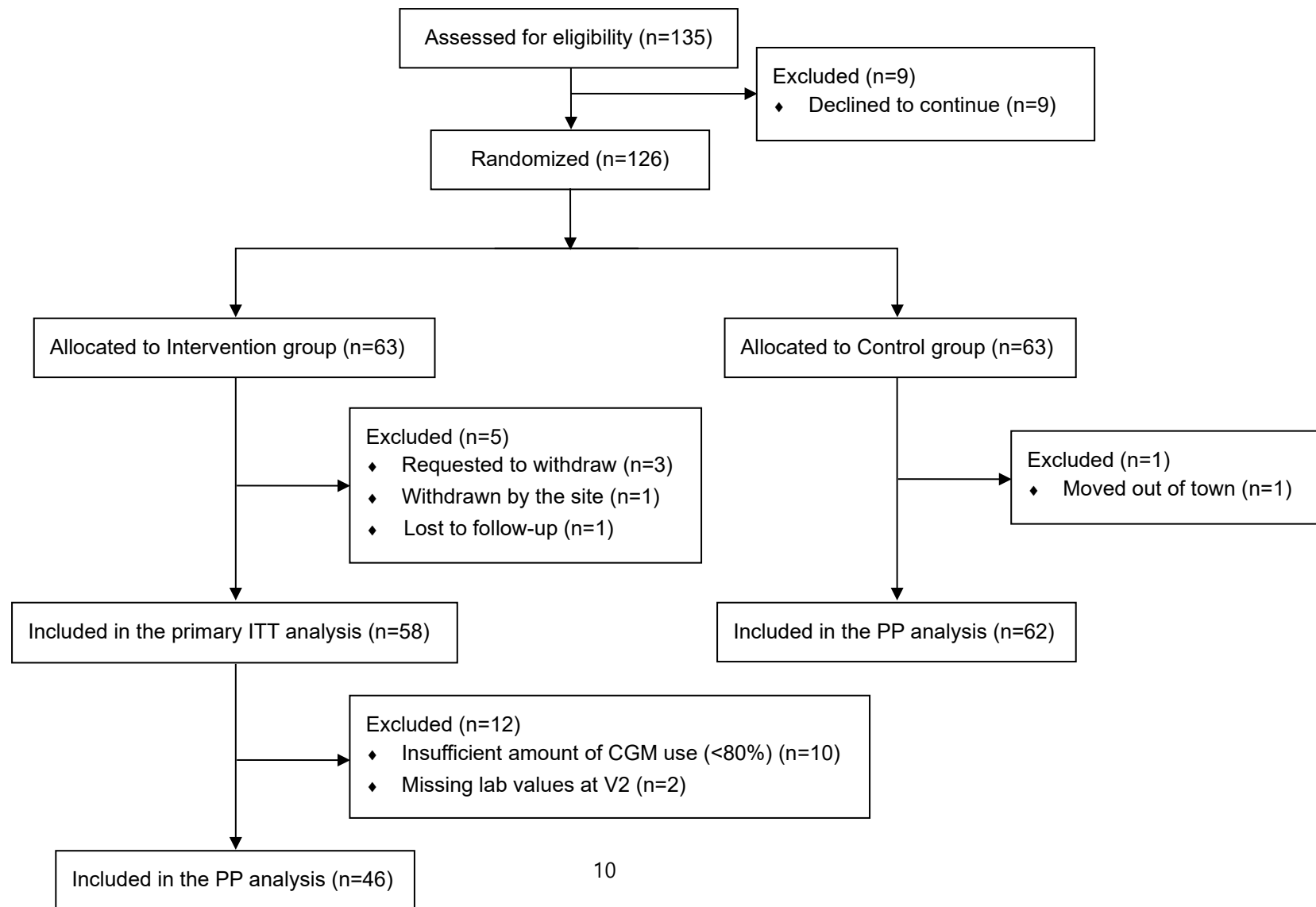
A correlation plot of various CGM measures, glycemic outcomes with baseline characteristics of participants in the intervention group. Reduction of HbA1c values from baseline was strongly associated with higher baseline HbA1c (γ , 0.610; 95% CI, 0.417–0.750; $P < 0.001$) and frequency of CGM scan (γ , 0.333; 95% CI, 0.082–0.545; $P = 0.011$), but not to percent CGM active time (γ , 0.177; 95% CI, -0.085–0.416; $P = 0.184$). Reduction of HbA1c was numerically associated with increase in % time in range (γ , -0.242; 95% CI, -0.471 – 0.018; $P = 0.068$) Reduction of coefficient of variation from baseline was associated with both frequency of CGM scan (γ , 0.268; 95% CI, 0.010–0.492; $P = 0.042$) and percent CGM active time (γ , 0.359; 95% CI, -0.111–0.565; $P = 0.006$). Positive correlations are displayed in blue and negative correlations in red color. Color intensity and the eccentricity of ellipses are proportional to the correlation coefficients. Δ values are indicative of V1 – V2 values. CV, coefficient of variation; LDL, low density lipoprotein cholesterol; FBS, fasting blood glucose; TIR, time in range; Duration indicates time of duration since the diagnosis of diabetes mellitus.

Supplementary Figure 7. Glycemic outcome by basal insulin usage in the intervention group

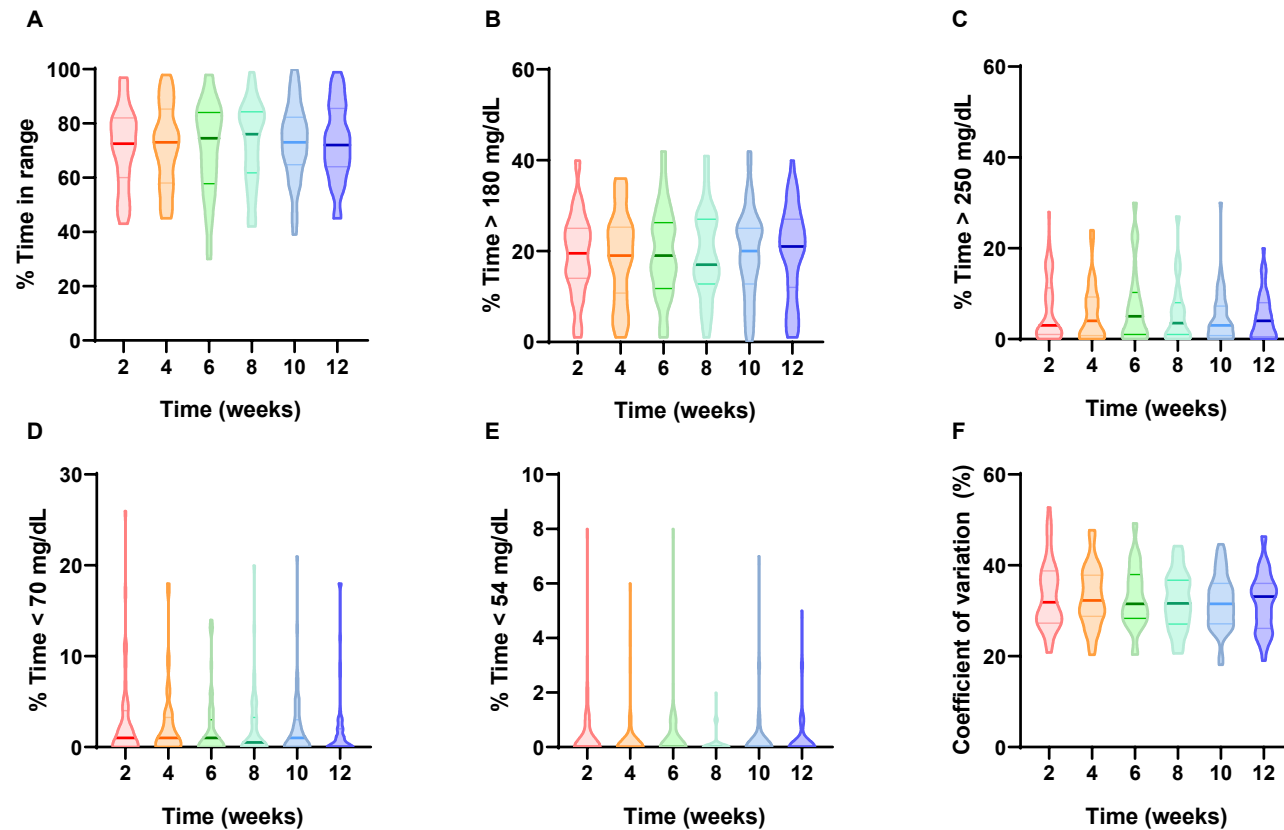


Boxplots comparing the effect of various CGM outcome measures by the use of basal insulin in the intervention group. Δ values are indicative of $V1 - V2$ values. *A*: Change of HbA1c from the baseline according to the use of basal insulin ($P = 0.916$). *B*: Change of time in range from baseline according to the use of basal insulin ($P = 0.022$). *C*: Change of coefficient of variation from baseline according to the use of basal insulin ($P = 0.196$). *D*: Change of time below range (< 70 mg/dL) from baseline according to the use of basal insulin ($P = 0.046$). *E*: Change of time above range (> 180 mg/dL) from baseline according to the use of basal insulin ($P = 0.771$). *F*: Mean glucose at V2 according to the use of basal insulin ($P = 0.004$). Red color indicates insulin users and blue color indicates non-insulin users. * $P < 0.05$, ** $P < 0.01$.

Supplementary Figure 8. Consort diagram in per protocol analysis



Supplementary Figure 9. Biweekly CGM outcomes in the intervention group with percent active time on CGM $\geq 80\%$



Violin plot of CGM metrics in the intervention group. *A*: % Time in range, *B*: % Time > 180 mg/dL, *C*: % Time > 250 mg/dL, *D*: % Time < 70 mg/dL, *E*: % Time < 54 mg/dL, *F*: Coefficient of variation (%). (%). Red, orange, green, light blue, blue, and purple regions represent the CGM during weeks 1–2, 3–4, 5–6, 7–8, 9–10, 11–12, respectively