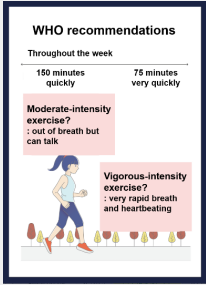
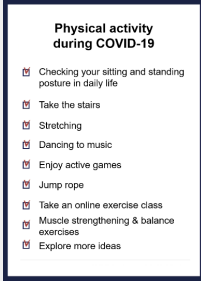
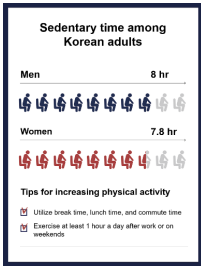


**Supplemental Table S1.** Contents of the Automated Messages

Day	Contents
1	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.
1	Regular exercise is key to diabetes management. But did you know that just increasing the amount of exercise is not necessarily a good thing? The type, intensity, and frequency of exercise needed for each individual are different. If you have a disease such as arthritis or osteoporosis, you should exercise appropriately. If you need to know the amount of exercise, let's discuss the amount of exercise with your doctor.
1	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
2	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
2	Today, as it is the first week, I would like to tell you about diabetes, concomitant diseases, and the numbers you need to pay attention to in your daily life. Please refer to the video link from the Korean Diabetes Association. <a href="https://www.youtube.com/watch?v=301hyBnZF7k">https://www.youtube.com/watch?v=301hyBnZF7k</a>
3	To effectively prevent heart disease, experts recommend exercising at least 150 minutes at moderate intensity and 70 minutes at vigorous-intensity per week. So, at what level are medium-intensity and vigorous-intensity exercises performed? Let's refer to the following image together.
	 <p><b>WHO recommendations</b> Throughout the week</p> <p>150 minutes quickly 75 minutes very quickly</p> <p>Moderate-intensity exercise? : out of breath but can talk</p> <p>Vigorous-intensity exercise? : very rapid breath and heartbeating</p>
3	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
4	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
4	If you have had a problem in exercising consistently, try creating a daily exercise habit with me this time. How about choosing an exercise to try by referring to the exercise message we sent you yesterday?
5	You know that continuous and excessive drinking is harmful to your mind and body, right? Even a little drinking can cause various diseases such as high blood pressure and cancer, and also increase depression. If you have plans to drink today, why not try reducing your drinking by at least one glass? If you reduce it even little by little, it will definitely help manage diabetes. Instead, enjoy the moment you eat it to your heart's content! Thank you for your hard work this week.
5	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
6	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
6	Have you consulted with your doctor about how much exercise you should do? Complications and glycated hemoglobin levels are also important in setting the direction for diabetes management. If you haven't consulted yet, let's ask together.
7	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?
7	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
7	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.
8	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.

*(Continued to the next page)*

## Supplemental Table S1. Continued

Day	Contents
8	<p>There are restrictions on physical activity due to COVID-19. Today, we have prepared a guide distributed by the World Health Organization (WHO) for the COVID-19 era. Shall we watch it together?</p>  <p><b>Physical activity during COVID-19</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Checking your sitting and standing posture in daily life</li> <li><input checked="" type="checkbox"/> Take the stairs</li> <li><input checked="" type="checkbox"/> Stretching</li> <li><input checked="" type="checkbox"/> Dancing to music</li> <li><input checked="" type="checkbox"/> Enjoy active games</li> <li><input checked="" type="checkbox"/> Jump rope</li> <li><input checked="" type="checkbox"/> Take an online exercise class</li> <li><input checked="" type="checkbox"/> Muscle strengthening &amp; balance exercises</li> <li><input checked="" type="checkbox"/> Explore more ideas</li> </ul>
9	<p>Have you eaten breakfast? Didn't you skip it because you were busy? Eating at least a little breakfast ultimately leads to effective diabetes control. If you feel uncomfortable eating rice, how about starting with vegetables, fruits, or nuts?</p>
9	<p>Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?</p>
10	<p>Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.</p>
10	<p>Do you know the term 'turtle neck'? This refers to a neck that is bent after looking at a monitor such as a smartphone or TV a lot. Today, I would like to introduce you to a good stretch for turtle neck. Would you like to take 10 minutes and follow along? <a href="https://www.youtube.com/watch?v=kgCj8UUEWjU">https://www.youtube.com/watch?v=kgCj8UUEWjU</a></p>
11	<p>It's already Thursday. How long have you been sitting today? It is said that if you sit for more than 9 hours a day, your risk of heart disease increases by about 40%. This is why exercise is important. If you have to sit for a long time, don't forget to get up and move every now and then!</p>  <p><b>Sedentary time among Korean adults</b></p> <p>Men 8 hr</p> <p>Women 7.8 hr</p> <p><b>Tips for increasing physical activity</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Utilize break time, lunch time, and commute time</li> <li><input checked="" type="checkbox"/> Exercise at least 1 hour a day after work or on weekends</li> </ul>
11	<p>Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?</p>
12	<p>Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.</p>
12	<p>It is said that the frequency of drinking among Koreans has decreased significantly due to the impact of COVID-19. Instead, as the 'drinking alone' and 'home drinking' culture became popular, the rate of heavy drinking* increased. A major reason would be that you drink alone at home and there is no one around to stop you, right? If you have ever unintentionally ended up drinking too much while trying to enjoy a drink, please be especially careful.</p> <p>*Heavy drinking: 8.8 glasses for men, 5.9 glasses for women (based on soju)</p>
13	<p>Do you usually sleep well? Do you ever sleep with the light on? Sleeping in a bright environment also increases your risk of obesity. Exposure to electromagnetic waves is not good, so how about putting your smartphone away from you and turning off the lights early before going to bed today?</p>
13	<p>Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?</p>
14	<p>Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.</p>

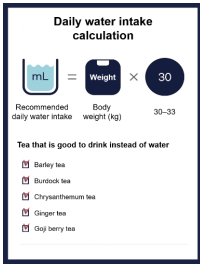
(Continued to the next page)

Supplemental Table S1. Continued

Day	Contents			
14	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?			
14	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.			
15	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.			
15	Do you spend most of your daily life using smart devices? If you use a computer or cell phone for a long time, it is easy to become stuck in a bad posture without realizing it. In fact, the number of people with spinal diseases is said to be increasing from those in their 20s to those in their 50s. When looking at your cell phone or computer screen, try to keep your head down as much as possible at eye level. When using a computer for a long period of time, it is a good idea to support your wrists on a pad or keyboard. Please take care to always maintain correct posture.			
15	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?			
16	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.			
16	Did you eat well? If you have high blood pressure, it is best to eat bland foods that are high in salt because they increase blood pressure. Even if you have not been diagnosed with high blood pressure, do not forget to check your blood pressure during regular checkups.			
17	On Monday, we told you about the importance of proper posture. Today, I will introduce a short stretching video for those who sit for long periods of time. Try following it little by little whenever it comes to mind in your daily life. <a href="https://www.youtube.com/watch?v=YDSErQ_Oj1o">https://www.youtube.com/watch?v=YDSErQ_Oj1o</a>			
17	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?			
18	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.			
	 <p><b>Glycemic index &amp; Glycemic load</b></p> <p><b>Glycemic index</b>: a value assigned to foods based on how quickly and how high those foods cause increases in blood glucose levels</p> <p><b>Glycemic load</b>: a number that estimates how much the food will raise a person's blood glucose level after eating it</p> <p><b>Glycemic load values of highly consumed carbohydrate foods in Koreans</b></p> <table border="1"> <tr> <td>Glutinous rice 72</td> <td>White rice 51</td> <td>Marmos 72</td> </tr> </table> <p><b>Foods with a glycemic load ≤ 10</b></p> <p>Shredded cabbage, chestnuts, baked red bean, roasted peanuts, steamed radishes, buckwheat jelly, buckwheat porridge, soom-jjig, grilled potatoes</p>	Glutinous rice 72	White rice 51	Marmos 72
Glutinous rice 72	White rice 51	Marmos 72		
19	What does 'moderate alcohol consumption' mean? Based on soju, it is within 2 to 4 glasses per day. For reference, the amount of alcohol the human body can break down is 1 drink per hour. Even if you drink 4 drinks, if you drink them within 1 hour, you are binge drinking. If you plan on drinking, you will feel much better just by drinking a little slower than usual. Please remember.			
19	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?			
20	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.			
20	Regular sleep of 7–8 hours is important. Conversely, why is irregular sleep, such as sleeping early in the morning, harmful? This is because the body's rhythm is disrupted because the biological clock cannot keep up with the changing time difference. It's similar to repeating overseas trips with long time differences.			
21	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?			
21	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?			
21	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.			
22	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.			

(Continued to the next page)

## Supplemental Table S1. Continued

Day	Contents
22	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
22	Are you looking for a diabetes clinic near your home? The Health Insurance Review and Assessment Service and the Korean Diabetes Association provide a list of diabetes clinics. Please refer to the link below. <a href="http://www.hira.or.kr/re/diag/getDiagEvList.do">http://www.hira.or.kr/re/diag/getDiagEvList.do</a> <a href="https://www.diabetes.or.kr/general/counsel/map.php?mode=list">https://www.diabetes.or.kr/general/counsel/map.php?mode=list</a>
23	Another thing that is as important as a balanced diet and an appropriate amount of exercise is water intake. So how much water does an individual need per day? It is equal to your weight multiplied by 30. It's more than you think, right? If you have trouble drinking bottled water, why not start with a cup of barley tea? You may want to keep an eye out for the following alternatives:  <p>The infographic titled "Daily water intake calculation" shows the formula: Recommended daily water intake (mL) = Weight (kg) × 30. Below the formula, it lists "Tea that is good to drink instead of water" with five options: Barley tea, Burock tea, Chrysanthemum tea, Ginger tea, and Gij berry tea.</p>
23	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
24	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
24	A sedentary lifestyle puts just as much strain on your joints as being overweight. Especially if you frequently cross your legs or sit at an angle, you should regularly stretch or do exercises to strengthen your abdominal muscles. Aerobic exercises such as walking, cycling, and swimming are also helpful.
25	Instead of taking the time to exercise, many people practice methods such as walking or taking the stairs. Increasing the amount of physical activity in your daily life is a really good habit, but if you do it incorrectly, it can put a strain on your joints. Today, I will tell you about the correct way to use stairs and how to exercise in daily life. Please refer to the video in the link below. <a href="https://www.youtube.com/watch?v=ymRwfwOe2ow">https://www.youtube.com/watch?v=ymRwfwOe2ow</a>
25	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
26	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
26	Are there any changes in the number of times you drink alcohol or the amount compared to time? Be careful not to take it on an empty stomach, and drink plenty of water in between meals. If there is no change in the overall amount and frequency, it is a good idea to designate 3 days after drinking as abstinence days. If you practice them one by one, you will be able to create enjoyable drinking habits that do not put a strain on your body.
27	After COVID-19, 6 out of 10 people are experiencing sleep-related problems. Do you tend to take a nap or stay up late at night due to the increased indoor activity time? Don't forget to get regular and sufficient sleep even if it's the weekend.
27	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
28	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
28	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?
28	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.
29	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.

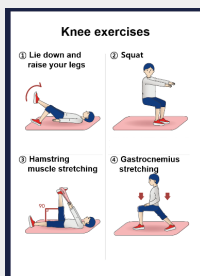
(Continued to the next page)

Supplemental Table S1. Continued

Day	Contents
29	Now you know that sitting for long periods of time is bad for your health, right? However, not only sitting, but also other postures such as leaning or lying down are equally bad over time. A study conducted in Canada found that it also increased the risk of death. Don't forget to move every now and then.
29	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
30	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
30	Are you eating at least some breakfast? Unsaturated fatty acid foods such as fish and nuts are better than saturated fatty acid foods such as meat, butter, and cheese. In general, vegetables are better than meat, and tomorrow I will tell you about the number of vegetarian restaurants that are increasing these days.
31	I was supposed to tell you about vegetarian restaurants, right? You can see a map of vegetarian restaurants on the Seoul city website. Please click the link below. The public health center also has a 'Vegetarian Restaurant Guidebook' available for reference. <a href="https://news.seoul.go.kr/welfare/public_health/status-of-vegetarian-restaurants">https://news.seoul.go.kr/welfare/public_health/status-of-vegetarian-restaurants</a>
31	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
32	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
32	It has been quite some time since COVID-19 entered our daily lives. Have you been neglecting exercise more than usual? Today, I would like to introduce you to exercises recommended during the coronavirus situation. 'Walking' can be done anytime, anywhere outdoors where the risk of viruses is relatively low. Would you like to learn about walking exercise through the link below? <a href="https://www.youtube.com/watch?v=cERLDsQ-Yho">https://www.youtube.com/watch?v=cERLDsQ-Yho</a>
33	You probably already know that an irregular lifestyle can cause many diseases. So what should you do if you cannot avoid the change of day and night due to overtime or shift work? I will teach you how to manage your biological rhythm for night owls. If you have time, please consider including it in your daily routine. 1) Exercise before starting overtime. 2) Block out noise and light while sleeping during the day so that the body recognizes day as night. 3) Eat foods rich in melatonin (oats, ginger, tomatoes, bananas, etc.) and foods that promote melatonin secretion (beans, nuts, milk, tofu, etc.).
33	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
34	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
34	It's already Saturday. Aren't you stressed because it's a weekday? Exercises such as hiking or walking or deep breathing are effective in relieving stress. Take a moment to take a deep breath for 4 seconds, then breathe out again for 6 seconds. Your tense body will feel a little relieved.
35	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?
35	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
35	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.
36	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.
36	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
36	We continue to send you medication/medication reminders and blood sugar check notifications. Did you find this helpful? I hope you take advantage of the weekly weight input message. If you organize your measured blood sugar, blood pressure, and weight information, you will be able to more effectively understand your health status and lifestyle during treatment.
37	What snacks do you eat these days? Do you often eat snack chips or coffee? Considering nutrients, nuts are better than chips and green tea is better than coffee for controlling diabetes. If you don't particularly like it, using a substitute product can be very helpful.

(Continued to the next page)

## Supplemental Table S1. Continued

Day	Contents
37	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
38	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
38	If there is pain in a certain area, the muscles connected to it are often weak, so muscle training is needed. The same goes for your knees. Excessive exercise can actually have the opposite effect, so 30 minutes a day, three times a week is appropriate. Let's try it by referring to the following image.
	 <p>The image is a diagram titled 'Knee exercises' showing four numbered illustrations of exercises:</p> <ol style="list-style-type: none"> <li>① Lie down and raise your legs: A person is lying on their back with knees bent and feet flat on the floor, lifting their legs.</li> <li>② Squat: A person is standing with feet shoulder-width apart, bending their knees to lower their body.</li> <li>③ Hamstring muscle stretching: A person is sitting on the floor with one leg extended and the other bent, pulling the heel towards the buttock.</li> <li>④ Gastrocnemius stretching: A person is standing on one leg with the other foot behind them, leaning forward to stretch the back of the lower leg.</li> </ol>
39	Have you ever heard of the 'DASH' diet? This is a low-salt diet suggested by the U.S. National Institutes of Health. Let's find out together through the news below. <a href="https://www.hidoc.co.kr/healthstory/news/C0000575245">https://www.hidoc.co.kr/healthstory/news/C0000575245</a>
39	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
40	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
40	It's Friday. Do you have any plans to drink today? For diabetics, alcohol can cause hypoglycemia if they are taking medication, but if their blood sugar is stable, one or two drinks a day is okay. The more you pay attention to controlling your blood sugar, the more comfortably you will be able to enjoy it.
41	Are you using a smartphone right now? It is said that the number one causes that disrupts sleep is stress, followed by excessive use of mobile devices (21%). If you've seen the message, why not take a break from using electronic devices?
41	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
42	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
42	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?
42	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.
43	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.
43	When you first start exercising, many people start by walking. Walking, which can be easily done anywhere, has various effects, including improving chronic diseases such as high blood pressure, obesity, and diabetes. It is said to be effective in preventing dementia by lowering the risk of depression and improving cognitive function. Make it a habit to walk for 30 minutes every day.
43	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
44	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
44	Are you drinking enough water? If you feel heavier than usual, drink lukewarm water. Due to the COVID-19 situation, it is recommended to eat as little food as possible. Consuming local ingredients with minimal transportation process also helps protect the environment.

(Continued to the next page)

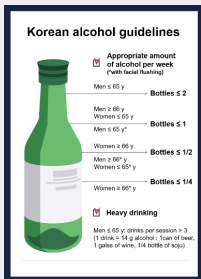
## Supplemental Table S1. Continued

Day	Contents
45	Do you remember the walking guidelines we sent you earlier? There was an explanation about the effects of exercise and how to maintain good posture. Today I would like to tell you about the correct walking posture.
45	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now? You probably already know that walking for long periods of time doesn't bring much benefit, right? Please balance the exercise time, intensity, and posture through reference images.
46	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
46	Do you like fruits or vegetables? Eating fruits and vegetables 2–3 times a day is effective in preventing chronic diseases. How about eating green leafy vegetables like spinach or lettuce, berries, or tangerines for dinner tonight?
47	Do you usually drink non-alcoholic beer? Although it is labeled as 'non-alcoholic', there are quite a few cases where it is 'non-alcoholic beer' and contains a small amount of alcohol. Moreover, instead of reducing alcohol, it contains sugar. When enjoying non-alcoholic beer, be sure to refer to the ingredient list and be careful not to drink too much.
47	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
48	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
48	You probably have a lot of questions about managing diabetes. I know there are rules that must be followed, but some things change depending on the individual's condition. Since it is the weekend today, I would like to introduce you to a video that you can watch comfortably. Please refer to the Q&A video prepared by the Korean Diabetes Association. <a href="https://www.youtube.com/watch?v=g-LzfScrXVo">https://www.youtube.com/watch?v=g-LzfScrXVo</a>
49	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?
49	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
49	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.
50	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.
50	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
50	Today I would like to recommend a slightly different exercise video. It is a bodyweight exercise consisting of very short dance movements to music. Select and connect only the movements you need. If you invest just 10 minutes a day and do it consistently, you can prevent 'turtle neck' or arthritis. <a href="https://www.youtube.com/channel/UCiPUW38WR7CDGKImqVx9slQ/videos">https://www.youtube.com/channel/UCiPUW38WR7CDGKImqVx9slQ/videos</a>
51	What is a desirable diabetic table setting? Here is an example of a three-meal-a-day diet suggested by the Korean Diabetes Association. Please refer to it when you have time. <a href="https://www.diabetes.or.kr/general/food/sub03.php?idx=2">https://www.diabetes.or.kr/general/food/sub03.php?idx=2</a>
51	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?

(Continued to the next page)



## Supplemental Table S1. Continued

Day	Contents								
52	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.								
52	You probably know that exercise is good for preventing cardiovascular disease. Likewise, smoking is also a cause of cardiovascular disease, so it is best to refrain from smoking. Additionally, it is also related to abdominal obesity, so if you are managing your weight to improve diabetes, you should avoid smoking. If you smoke frequently, why not set a specific quit date and use methods to control your urge to smoke, such as getting rid of tobacco-related items or getting help from people around you? Please remember that smoking cessation is also a part of diabetes treatment.								
53	Are you having trouble deciding whether it's okay to eat the types of fruit that are often served as desserts at home or in restaurants? What fruits should diabetics choose? Please refer to the video in the link below. <a href="https://www.youtube.com/watch?v=sagS89RF6aI">https://www.youtube.com/watch?v=sagS89RF6aI</a>								
53	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?								
54	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.								
54	Have you ever experienced your face turning red while drinking alcohol? People who blush easily when drinking are advised to consume only half the amount of alcohol per week. The 'Korean Drinking Guidelines' recommends that men under the age of 65 drink 2 bottles of soju per week, and women drink 1 bottle of soju per week. If you are over 66 years old or have a constitution that causes your face to turn red, men should limit themselves to one bottle of soju and women should limit it to half a bottle.								
	 <p><b>Korean alcohol guidelines</b></p> <p><input checked="" type="checkbox"/> Appropriate amount of alcohol per week (with facial flushing)</p> <table border="1"> <tbody> <tr> <td>Men ≤ 65 y</td> <td>Bottles ≤ 2</td> </tr> <tr> <td>Men ≥ 66 y Women ≤ 65 y</td> <td>Bottles ≤ 1</td> </tr> <tr> <td>Men ≤ 65 y Women ≥ 66 y</td> <td>Bottles ≤ 1/2</td> </tr> <tr> <td>Men ≥ 66 y Women ≤ 65 y</td> <td>Bottles ≤ 1/4</td> </tr> </tbody> </table> <p><input checked="" type="checkbox"/> Heavy drinking</p> <p>Men ≤ 65 y: drinks per session = 3 (1 drink = 14 g alcohol; 1 can of beer, 1 glass of wine, 1/4 bottle of soju)</p>	Men ≤ 65 y	Bottles ≤ 2	Men ≥ 66 y Women ≤ 65 y	Bottles ≤ 1	Men ≤ 65 y Women ≥ 66 y	Bottles ≤ 1/2	Men ≥ 66 y Women ≤ 65 y	Bottles ≤ 1/4
Men ≤ 65 y	Bottles ≤ 2								
Men ≥ 66 y Women ≤ 65 y	Bottles ≤ 1								
Men ≤ 65 y Women ≥ 66 y	Bottles ≤ 1/2								
Men ≥ 66 y Women ≤ 65 y	Bottles ≤ 1/4								
55	This week is coming to an end. Have you ever felt stressed during the week? It is said that more than half of the stress Koreans experience comes from everyday life. In particular, stress at work is said to be the highest at 68%. I hope you have a great time resting and recharging this week-end.								
55	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?								
56	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.								
56	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?								
56	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.								
57	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.								
57	Have you been sitting all day today? You probably know that the more people sit for a long time, the more important it is to have the habit of exercising every day. It is recommended to walk at least three times a week and exercise muscles at least two times a week. Some people may find muscle exercises more difficult than other exercises. I will tell you about muscle exercise methods provided by the Korean Diabetes Association. <a href="https://www.youtube.com/watch?v=vUnEtNHkDIg">https://www.youtube.com/watch?v=vUnEtNHkDIg</a> <a href="https://www.youtube.com/watch?v=GiUTbd0qdJ0">https://www.youtube.com/watch?v=GiUTbd0qdJ0</a>								
57	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?								
58	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.								

(Continued to the next page)


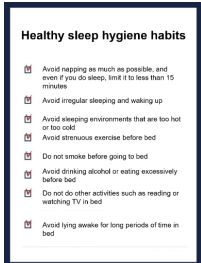


Supplemental Table S1. Continued

Day	Contents
58	Did you enjoy your breakfast today? On busy days, I often skip breakfast. Modern people's biological rhythms are easily broken due to imbalances in diet, sleep, and exercise. If this condition continues, it can cause the development of various diseases. It is said that breakfast plays a role in resetting this biological clock. Remember that what you eat is important, but when you eat it is also important!
59	I sent you a workout link on Monday. How about exercising one more time today? They say that if you stop exercising for 2 days in a row, it becomes much more difficult to develop an exercise habit. If you don't have time, you can divide your daily resolution into breakfast, lunch, and dinner. Even if you split your time between exercises, you can have an effect on controlling your blood sugar levels.
59	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
60	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
60	How do you usually manage your diet? If you are someone who is trying to diet excessively to lose weight quickly, we recommend that you look for healthier methods. Just following the timing, such as eating only between 8 a.m. and 7 p.m. every day and not eating anything during the rest of the time, can be very helpful in controlling blood sugar levels. Start by reducing late-night snacks and unnecessary snacks. <a href="https://www.youtube.com/watch?v=y7LXbCIYIHw">https://www.youtube.com/watch?v=y7LXbCIYIHw</a>
61	There may be people who have plans with friends ahead of the weekend. If you must attend a drinking party, we recommend limiting yourself to a maximum of two drinks and drinking slowly. However, please avoid skipping meals and only drinking alcohol. However, you should refrain from eating high-calorie foods such as pork belly as a snack instead of a meal, right? We recommend vegetables, dried seaweed, and nuts.
61	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
62	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
62	Have you recently had a regular eye or dental checkup? Other regular checkups are as important as regular diabetes checkups. If you haven't been there in a while, why not make a reservation today?
63	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?
63	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
63	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.
64	A new week has begun. Aren't you feeling a little heavy both physically and mentally because it's Monday? I will be there to support you this week as well.
64	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
64	Are you exercising little by little? If you have bad knee joints, excessive exercise movements such as squats or lunges or frequent walking on stairs or slopes can be harmful. If you have bad knees, we recommend exercise such as indoor cycling or sports dancing.
65	There are several foods known to be good for diabetes. In the case of bitter melon, it is consumed by dieters because of its body fat reduction effect. Let's find out if it really has an improvement effect and, if so, how much to eat and how to eat it. Please refer to the video in the link below. <a href="https://www.youtube.com/watch?v=rFJ6XyLGzlw">https://www.youtube.com/watch?v=rFJ6XyLGzlw</a>
65	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?
66	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.
66	Many people would prefer to exercise in the evening or early morning after a meal. For diabetics, it is recommended to avoid early morning exercise as much as possible. This is because if you exercise early in the morning on an empty stomach, there is a very high chance of developing hypoglycemia. If possible, it is best to exercise after a meal, and if you only have time in the early morning, be sure to bring a snack or do it with a companion. <a href="https://www.youtube.com/watch?v=3_oYKJ-4kCU">https://www.youtube.com/watch?v=3_oYKJ-4kCU</a>

(Continued to the next page)

## Supplemental Table S1. Continued

Day	Contents								
67	It is said that as the delivery culture has developed, the number of people eating home-cooked meals has decreased. It's difficult to avoid eating out at all, so the key is to choose as healthy a menu as possible. The biggest problem with eating out is that you end up overeating more than the food itself. It is a good idea to control your carbohydrate intake by eating less carbohydrates and eating more vegetable side dishes or salads. For dining out, we recommend Korean and Japanese food rather than Chinese or Western food. Among them, it is advisable to avoid noodles and stews that are high in salt.								
67	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?								
68	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.								
68	Today, I would like to tell you about the calories in alcohol through a drinking-related message. Alcohol is high in calories but low in nutrients, making it a typical food that is bad for obesity and diabetes. We will teach you how to calculate alcohol calories, along with the four most popular types of alcoholic beverages.								
	 <p><b>Calories and carbohydrates in alcohol drinks</b></p> <p><b>Calories (kcal)</b></p> <table border="1"> <tr> <td>Wine 638</td> <td>Saju 510</td> <td>Malgrogi 345</td> <td>Draft beer 185</td> </tr> </table> <p><b>Carbohydrates (g)</b></p> <table border="1"> <tr> <td>Wine 19.5</td> <td>Draft beer 15.5</td> <td>Malgrogi 13.5</td> <td>Saju 0</td> </tr> </table> <p><b>Alcohol calorie calculation</b></p> <p>Alcohol lg = 7kcal    Alcohol amount (g) = drink volume (ml) × alcohol content (%) × 0.8</p>	Wine 638	Saju 510	Malgrogi 345	Draft beer 185	Wine 19.5	Draft beer 15.5	Malgrogi 13.5	Saju 0
Wine 638	Saju 510	Malgrogi 345	Draft beer 185						
Wine 19.5	Draft beer 15.5	Malgrogi 13.5	Saju 0						
69	Have you ever slept well during the week, but when the weekend comes, your day and night changes? Irregular sleeping habits can lead not only to stress but also to diabetes, obesity, and high blood pressure. It is also said to be associated with increased mortality due to chronic diseases. Binge-watching dramas and YouTube videos on the weekend is a means of healing for many people, but please refrain from staying up until dawn like this.								
	 <p><b>Healthy sleep hygiene habits</b></p> <ul style="list-style-type: none"> <li>Avoid napping as much as possible, and even if you do sleep, limit it to less than 15 minutes.</li> <li>Avoid irregular sleeping and waking up.</li> <li>Avoid sleeping environments that are too hot or too cold.</li> <li>Avoid strenuous exercise before bed.</li> <li>Do not smoke before going to bed.</li> <li>Avoid drinking alcohol or eating excessively before bed.</li> <li>Do not do other activities such as reading or watching TV in bed.</li> <li>Avoid lying awake for long periods of time in bed.</li> </ul>								
69	Did you forget to check your blood sugar today? Although it may seem trivial, there is no surer way to manage diabetes than regular blood sugar checks. If you forgot, shall we check it right now?								
70	Are you taking insulin or medication? Taking insulin or medication regularly is very effective as it is the basis of diabetes management. Please don't forget to take care of it this morning too.								
70	How was your week with me? If you have time, let's check if your weight has changed compared to last week. Are you close to your goal?								
70	The week has come to an end. You worked really hard for a week. Let's try to create diabetes-tailored habits with me this coming week as well.								