

Supplemental Table S2. Baseline Characteristics of Participants (Per-Protocol Analysis)

Characteristic	MMS (n=42)	Control (n=49)	P value
Male sex	19 (45.2)	20 (40.8)	0.671
Age, yr	56.1±11.4	59.2±10.9	0.186
Body mass index, kg/m ²	26.9±3.7	26.2±3.9	0.509
Systolic blood pressure, mm Hg	132.5±16.3	132.6±13.4	0.793
Diastolic blood pressure, mm Hg	76.3±11.8	72.1±9.3	0.148
Diabetes duration, yr	14.1±6.7	15.5±9.4	0.402
Fasting glucose, mg/dL	150.8±41.4	148.2±42.9	0.375
HbA1c, %	8.4±0.7	8.5±0.8	0.681
Total cholesterol, mg/dL	154.4±30.8	144.0±33.0	0.170
Triglyceride, mg/dL	127.5±47.7	134.4±56.5	0.603
HDL-C, mg/dL	51.1±12.6	46.7±12.4	0.173
LDL-C, mg/dL	76.2±27.8	72.2±30.6	0.356
AST, IU/L	28.7±15.2	31.0±16.8	0.803
ALT, IU/L	32.7±19.7	29.8±15.1	0.306
eGFR, mL/min/1.73 m ²	96.0±22.1	96.8±24.4	0.803
Smoking status			0.960
Never smoker	37 (88.1)	43 (87.8)	
Ex-smoker	0	0	
Current smoker	5 (11.9)	6 (12.2)	
Alcohol	9 (21.4)	9 (18.4)	0.507
Regular exercise	18 (42.9)	13 (26.5)	0.101
Medication			
Metformin	42 (100.0)	48 (98.0)	0.352
Sulfonylurea	24 (57.1)	27 (55.1)	0.845
DPP-4 inhibitor	20 (47.6)	22 (44.9)	0.795
SGLT-2 inhibitor	15 (35.7)	22 (44.9)	0.374
Thiazolidinedione	0	1 (2.0)	0.352
GLP-1 receptor agonist	1 (2.4)	2 (4.1)	0.651
Insulin	14 (33.3)	20 (40.8)	0.462

Values are expressed as number (%) or mean±standard deviation.

MMS, mobile message system; HbA1c, glycated hemoglobin; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; AST, aspartate transaminase; ALT, alanine transferase; eGFR, estimated glomerular filtration rate; DPP-4, dipeptidyl peptidase-4; SGLT-2, sodium-glucose cotransporter-2; GLP-1, glucagon like peptide-1.