

**Supplementary material**

**Healthcare resource utilisation by patients with coronary heart disease receiving a lifestyle-focused text message support program: an analysis from the TEXT ME study**

Jay Thakkar<sup>A,B,C</sup>, Julie Redfern<sup>A,C</sup>, Ehsan Khan<sup>A</sup>, Emily Atkins<sup>A,C</sup>, Jeffrey Ha<sup>B</sup>, Kha Vo<sup>C</sup>, Aravinda Thiagalingam<sup>A,B,C</sup> and Clara K. Chow<sup>A,B,C,D</sup>

<sup>A</sup>The University of Sydney, Sydney, NSW 2006, Australia.

<sup>B</sup>Westmead Hospital, Westmead, NSW 2145, Australia.

<sup>C</sup>The George Institute for Global Health, Camperdown, NSW 2050, Australia.

<sup>D</sup>Corresponding author. Email: clara.chow@sydney.edu.au

**Table S1. Medicare Benefits Schedule (MBS) item categories and Medicare item numbers used to extract targeted information**

GP, general practitioner; HDL, high-density lipoprotein; ECG electrocardiogram

Parameter	Item code – descriptive note
Consultation	
GP visits	A1 – general practitioner – consultation at consulting rooms – (inclusive of sub-category Level B and Level C – based on duration of consult)
Specialist visits	A4 – initial and subsequent attendance at a consultant physician (other than psychiatry)
Multidisciplinary care	A15 – multidisciplinary care plans and case conferences including attendance by medical practitioner for coordinating and review GP management plans
Risk factor monitoring	
HDL cholesterol	P2 – chemical testing – item number 66536 – quantitation of HDL cholesterol
Urine albumin	P2 – chemical testing – item number 66560 – microalbumin quantitation in urine
Glycosylated haemoglobin	P2 – chemical testing – item number 66551 – glycosylated haemoglobin
Specialised cardiac testing	
Stress testing	D1 – exercise stress testing – miscellaneous diagnostic procedure and investigation. Item number 11712 – multichannel ECG monitoring and recording I1 – exercise stress echocardiography. Ultrasound. Item number 55116
Transthoracic echocardiography	I1 – ultrasound. Item number 55113 and 55114. M-Mode and 2-dimensional real time echocardiography

**Table S2. Predictors of achieving control over three or more risk factors**

Five key risk factors: low-density lipoprotein cholesterol  $<2 \text{ mmol L}^{-1}$ , blood pressure  $<140/90$ , exercise  $\geq 5$  days per week for  $\geq 30 \text{ min day}^{-1}$ , non-smoker status and body mass index  $<25 \text{ kg m}^{-2}$ . *P*-values are from logistic regression (Univariate). Age and GP consultations are continuous variables.

CI, confidence intervals

Variable	OR (95% CI)	<i>P</i> -value
Treatment		
Control	1	
Intervention	3.3 (2.4–4.56)	$<0.01$
Diabetes		
No	1	
Yes	0.71 (0.51–0.99)	0.05
Hypertension		
No	1	
Yes	0.98 (0.72–1.35)	0.92
Current smoker		
No	1	
Yes	0.15 (0.1–0.22)	$<0.01$
Current alcohol drinker		
No	1	
Yes	0.86 (0.62–1.21)	0.39
Gender		
Male	1	
Female	0.74 (0.5–1.11)	0.15
Age	1.00 (0.99 – 1.03)	0.79
GP consultations	0.99 (0.97 – 1.03)	0.96