Supplementary File S1: Relationship between OTR App Engagement and Changes in Study Outcomes.

Digital Supplement – Relationship between number of OTR app sessions and change in study outcomes at 180 days

Table 1A – PwT2D

Glycemic metrics	App sessions per week over 6 months in PwT2D < 65 years old					App sessions per week over 6 months in PwT2D ≥ 65 years old				
	< 1 (n=10678)	1-2 (n=8179)	> 2-4 (n=12100)	> 4-10 (n=27156)	> 10 (n=20054)	< 1 (n=10227)	1-2 (n=4374)	> 2-4 (n=6033)	> 4-10 (n=17174)	> 10 (n=17842)
Mean glucose (mg/dL)*	-19.0	-24.7	-25.6	-26.2	-31.6	-12.0	-11.5	-13.2	-14.2	-18.5
% Readings < 70 mg/dL*	+0.1	+0.2	+0.3	+0.2	+0.2	+0.1	+0.1	-0.1	-0.0	-0.0
% RIR 70-180 mg/dL*	+11.6	+14.5	+15.2	+15.8	+18.5	+7.2	+6.9	+8.5	+9.2	+11.4
% Readings > 180 mg/dL*	-11.7	-14.8	-15.4	-16.0	-18.7	-7.4	-7.0	-8.4	-9.2	-11.4
BGM check frequency per day*	-0.6	-0.7	-0.8	-0.8	-0.8	-0.4	-0.4	-0.5	-0.5	-0.5

Table 1B – PwT1D

Glycemic metrics	App sessions per week over 6 months in PwT1D < 65 years old					App sessions per week over 6 months in PwT1D ≥ 65 years old				
	< 1 (n=4740)	1-2 (n=2335)	> 2-4 (n=2814)	> 4-10 (n=4399)	> 10 (n=4469)	< 1 (n=2340)	1-2 (n=937)	> 2-4 (n=978)	> 4-10 (n=1752)	> 10 (n=1964)
Mean glucose (mg/dL)*	-4.3	-10.5	-15.6	-20.7	-26.5	-2.3	-4.4	-6.0	-14.6	-15.3
% Readings < 70 mg/dL*	+0.4	+0.4	+0.9	+0.7	+1.0	+0.2	+0.2	-0.2	+0.3	+0.0
% RIR 70-180 mg/dL*	+2.7	+6.0	+7.9	+11.2	+13.2	+1.3	+3.5	+3.7	+7.8	+9.2
% Readings > 180 mg/dL*	-3.1	-6.4	-8.8	-12.0	-14.2	-1.5	-3.7	-3.5	-8.1	-9.2
BGM check frequency per day*	-0.3	-0.7	-0.9	-1.1	-1.1	-0.0	-0.2	-0.4	-0.4	-0.4

*Data is expressed as the change from baseline (first 14 days) compared to the 14 days prior to the 180-day timepoint.

Digital Supplement – Relationship between time spent on the OTR app and change in study outcomes at 180 days

Table 2A – PwT2D

Glycemic metrics	Time on app (minutes per week) over 6 months in PwT2D < 65 years old							Time on app (minutes per week) over 6 months in PwT2D ≥ 65 years old						
	<2 (n=6077)	2-5 (n=7780)	>5-10 (n=10776)	>10-20 (n=16047)	>20-40 (n=18691)	>40-60 (n=8415)	>60 (n=10381)	<2 (n=6208)	2-5 (n=4898)	>5-10 (n=5980)	>10-20 (n=9159)	>20-40 (n=12438)	>40-60 (n=6695)	>60 (n=10272)
Mean glucose (mg/dL)*	-17.8	-23.1	-25.0	-26.1	-27.1	-29.4	-31.7	-12.6	-10.4	-12.5	-13.5	-15.0	-17.0	-19.3
% Readings < 70 mg/dL*	+0.1	+0.2	+0.2	+0.2	+0.2	+0.2	+0.2	+0.1	-0.0	+0.1	-0.0	-0.0	-0.0	-0.0
% RIR 70-180 mg/dL*	+11.0	+13.8	+14.9	+15.5	+16.3	+17.4	+18.3	+7.6	+6.5	+7.8	+8.7	+9.6	+10.6	+11.8
% Readings > 180 mg/dL*	-11.2	-14.0	-15.2	-15.8	-16.5	-17.6	-18.5	-7.8	-6.5	-7.9	-8.7	-9.6	-10.6	-11.7
BGM check frequency	-0.6	-0.6	-0.7	-0.8	-0.8	-0.9	-1.0	-0.4	-0.3	-0.4	-0.4	-0.5	-0.5	-0.5

Table 2B – PwT1D

Glycemic metric	Time on app (minutes per week) over 6 months in PwT1D < 65 years old							Time on app (minutes per week) over 6 months in PwT1D ≥ 65 years old						
	<2 (n=2586)	2-5 (n=2411)	>5-10 (n=2613)	>10-20 (n=3074)	>20-40 (n=3125)	>40-60 (n=1599)	>60 (n=3349)	<2 (n=1239)	2-5 (n=1120)	>5-10 (n=1092)	>10-20 (n=1242)	>20-40 (n=1303)	>40-60 (n=737)	>60 (n=1238)
Mean glucose (mg/dL)*	-3.4	-7.3	-12.4	-16.0	-22.2	-23.6	-24.8	-2.0	-2.2	-6.6	-9.5	-13.1	-14.6	-15.6
% Readings < 70 mg/dL*	+0.3	+0.2	+0.6	+0.6	+0.8	+0.7	+1.4	+0.2	+0.3	-0.1	+0.3	-0.0	+0.4	+0.0
% RIR 70-180 mg/dL*	+2.5	+4.3	+6.5	+9.0	+11.9	+12.3	+11.8	+1.3	+1.4	+4.2	+5.2	+7.5	+8.4	+9.1
% Readings > 180 mg/dL*	-2.8	-4.5	-7.1	-9.5	-12.6	-13.1	-13.2	-1.5	-1.7	-4.1	-5.5	-7.5	-8.8	-9.2
BGM check frequency	-0.2	-0.4	-0.6	-0.8	-1.0	-1.1	-1.4	-0.1	-0.0	-0.1	-0.3	-0.4	-0.6	-0.4

*Data is expressed as the change from baseline (first 14 days) compared to the 14 days prior to the 180-day timepoint.