

Table S: Patients outcomes at 6-months post-interventions

Outcomes	Complete Data	Missing data	Percentage	Sex*	Age**
				Pearson Chi's Square P-value***	
Any change of HT Drugs	289	0	0.0%	NA	NA
Change of body weight (kg, mean \pm S.D.)	276	13	4.5%	0.265	0.008
Fasting Blood Sugar (mmol/l, mean \pm S.D.)	285	4	1.4%	0.138	0.729
Low Density Lipoprotein (mmol/l, mean \pm S.D.)	283	6	2.1%	0.162	0.670
Have their own BP devices (%)	289	0	0.0%	0.086	0.003
Measure BP at home in past 6 months (%)	289	0	0.0%	0.086	0.003
HBPM Assessment Score (%)	272	17	5.9%	0.372	0.161

BP = Blood Pressure; HT = hypertension; HBPM = Home Blood Pressure Monitoring; S.D. = standard deviation

* Sex = male: female; **Age = <65 : \geq 65

***P < 0.05 = significantly more missing data in the group of \geq 65