**Supplementary Tables**

Supplementary Table 1. Change in prescription of medication class between baseline and at 6 months (n=72).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | N | % | HbA1c <53 at follow-up  N=43 (60%)  N (%) | Baseline HbA1c  Mean (SD) | 6 months HbA1c  Mean (SD) | Statistical significance  P value |
| Increase | 1 | 1% | 1 (2%) | NA | NA | NA |
| No change | 29 | 40% | 20 (47%) | 58.8 (13.4) | 54.9 (15.1) | <0.001 |
| No medications prescribed before and after | 7 | 10% | 6 (14%) | 50.1 (4.6) | 45.0 (7.6) | 0.011 |
| Decrease | 35 | 49% | 22 (51%) | 57.5 (10.5) | 51.2 (9.3) | <0.001 |
| *Of whom complete elimination of*  *medications* | *9* | *13%* | *7 (16%)* | *55.6 (7.1)* | *47.1 (7.6)* | *0.001* |