

Supplementary Table 1. CGM-guided education and counseling program for diabetes-related lifestyle habits

Session	Intervention group 1	Methods	Time (day, min)	Intervention group 2	Methods	Time (day, min)
V2.	1. Stage 1 diabetes management education and counseling	Booklet, face-to-face education (1 session)	Same-day, 40 min	1. Stage 1 diabetes management education and counseling	Face-to-face education (1 session), booklet, food containers	Same-day, 90 min
5–6 wk	· Stage 1 basic CGM education			· Stage 1 basic CGM education		
	· Stage 1 basic education for improving diabetes-related lifestyle habits			· Stage 1 customized education and counseling for improving diabetes-related nutrition and lifestyle habits		
				- Assessment: Blood tests, InBody, CGM AGP, step count and sleep, questionnaire (stage 1 data) - Diagnosis: Relationships between problems, etiology, and signs and symptoms based on assessment results - Intervention: Areas for improvement per assessment and diagnosis content, recommended meal sizes, food exchange list, daily meal plans, diabetic meal guidelines, diabetic food recipes, healthy methods for choosing food products, diabetes self-management, lifestyle habits (exercise, sleep, toileting), patient questions		
	2. Stage 1 CGM, Biogram Band monitoring	Non-face-to-face education (1 session)	2–3 days, 10 min	2. Stage 1 monitoring: customized education and counseling for improving diabetes-related nutrition and lifestyle habits	Non-face-to-face education (3 sessions), telephone calls, SNS	2–3 days, 5–6 days, 9–10 days, 15 min/session
	· CGM connection and scan, Biogram band (step count and sleep)			- Assessment: CGM AGP, exercise, step count and sleep, food intake, etc. (stage 2 data) - Intervention: Assessment, CGM scan, food restrictions and recommendations by blood glucose state, diabetic food recipes, healthy methods for choosing food products, lifestyle habits (exercise, sleep, toileting), patient questions - SNS: character file, message, emoticon provision		
V3.	1. Stage 2 diabetes management education and counseling	Booklet, face-to-face education (1 session)	Same-day, 40 min	1. Stage 2 diabetes management education and counseling	Face-to-face education (1 session), booklet	Same-day, 60 min
9–10 wk	· Stage 2 detailed CGM education			· Stage 2 detailed CGM education		
				· Stage 2 customized education and counseling for improving diabetes-related nutrition and lifestyle habits - Assessment: CGM AGP, step count and sleep, stage 1 meal diary, assessment of questionnaire data (stage 2 data)		

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Supplementary Table 1. Continued

Session	Intervention group 1	Methods	Time (day, min)	Intervention group 2	Methods	Time (day, min)
V4.	2. Stage 2 CGM, Biogram Band monitoring	Non-face-to-face education (1 session)	2–3 days, 10 min	- Diagnosis: Relationships between problems, etiology, and signs and symptoms based on assessment results - Intervention: Areas for improvement per assessment and diagnosis content, CGM-based comparison of stage 1 and stage 2 blood glucose, food restrictions and recommendations by blood glucose state, diabetic food recipes, healthy methods for choosing food products, lifestyle habits (exercise, sleep, toileting), patient questions	Non-face-to-face education (3 sessions), telephone calls, SNS	2–3 days, 5–6 days, 9–10 days, 15 min/session
				- CGM connection and scan, Biogram band (step count and sleep)		
				- Assessment: CGM AGP, step count and sleep, food intake, etc. (stage 3 data)		
				- Intervention: Assessment, CGM scan, food restrictions and recommendations by blood glucose state, diabetic food recipes, healthy methods for choosing food products, lifestyle habits (exercise, sleep, toileting), patient questions		
13–14 wk	1. Stage 3 diabetes management education and counseling	Booklet, face-to-face education (1 session)	Same-day, 40 min	- SNS: character file, message, emoticon provision	Face-to-face education (1 session), booklet	Same-day, 60 mins
				1. Stage 3 diabetes management education and counseling		
				- Stage 3 customized education and counseling for improving diabetes-related nutrition and lifestyle habits		
				- Assessment: CGM AGP, step count and sleep, stage 2 meal diary, assessment of questionnaire data (stage 3 data)		
				- Diagnosis: Relationships between problems, etiology, and signs and symptoms based on assessment results		
				- Intervention: Areas for improvement per assessment and diagnosis content, CGM-based comparison of stages 1, 2, and 3 blood glucose, food restrictions and recommendations by blood glucose state, diabetic food recipes, healthy methods for choosing food products, lifestyle habits (exercise, sleep, toileting), patient questions		
				- Stage 3 monitoring: customized education and counseling for improving diabetes-related nutrition and lifestyle habits		
	2. Stage 3 CGM, Biogram Band monitoring	Non-face-to-face education (1 session)	2–3 days, 10 min		Non-face-to-face education (3 sessions), telephone calls, SNS	2–3 days, 5–6 days, 9–10 days, 15 min/session

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Supplementary Table 1. Continued

Session	Intervention group 1	Methods	Time (day, min)	Intervention group 2	Methods	Time (day, min)
	CGM connection and scan, Biogram band (step count and sleep)			- Assessment: CGM AGP, step count and sleep, food intake, etc. (stage 4 data)		
				- Intervention: Assessment, CGM scan, food restrictions and recommendations by blood glucose state, diabetic food recipes, healthy methods for choosing food products, lifestyle habits (exercise, sleep, toileting), patient questions		
				- SNS: character file, message, emoticon provision		
				3. Blood tests, InBody (stages 1–3), CGM and step count, sleep (stages 1–4), stage 3 meal diary, comparative assessment of questionnaires	Booklet, mail	1 session
V5.	No diabetes management education and counseling			No diabetes management education and counseling		
25–26 wk						
V6.	No diabetes management education and counseling			No diabetes management education and counseling		
49–50 wk						

AGP, ambulatory glucose profile; CGM, continuous glucose monitoring; SNS, Social Networking Service.