

Table S7. Additional Contacts¹ between Health Coaches and Patients in the Intensive Lifestyle Intervention.

Contact Method	Total Number	Per Patient Mean (Range)
In Person	626	1.38 (0-23)
By E-mail	33	0.07 (0-4)
By Phone	306	0.68 (0-12)
By Text	6852	15.16 (0-91)
Other Method	2	0.004 (0-1)
Total (All Methods)	7819	17.29 (0-93)

Intensive Lifestyle Intervention patients only (n=452).

¹Additional contacts reflect contacts in which some type of intervention content (i.e., ‘weigh yourself daily’, coaches assisting patients choose a meal, etc.) was delivered to the patient above the 43 scheduled sessions (i.e., a phone session which was scheduled as part of the 43-session intervention curriculum was not considered an additional contact). Retention efforts were not considered as additional intervention contacts as no intervention content was delivered.