

Table S3 Participants prescribed GLP-1Ras, antihypertensive, and lipid-lowering medication at baseline, end-of-treatment, and follow-up

	BCC (<i>n</i> = 18)			ACC (<i>n</i> = 18)			STANDARD (<i>n</i> = 17)		
	Baseline	End-of-treatment	Follow-up	Baseline	End-of-treatment	Follow-up	Baseline	End-of-treatment	Follow-up
GLP-1Ras, n	1	1	1	1	0	0	1	0	0
Antihypertensive medication, n	5	6 ¹	5 ¹	3	3	3 ³	4	3 ⁴	4 ⁴
Lipid-lowering medication, n	5	4 ²	4 ²	8	8	8 ³	4	2 ⁵	2 ⁵

Abbreviations: ACC, advanced carbohydrate counting; BCC, basic carbohydrate counting; GLP-1RAs, glucagon-like peptide 1 receptor agonists.

¹N = 1 initiated use during the intervention period and N=1 discontinued use during follow-up.

²N = 1 discontinued use in the intervention period, and N=1 discontinued and N=1 initiated use during follow-up.

³N = 1 discontinued use and N=1 initiated use during follow-up.

⁴N = 2 discontinued and N=1 initiated use during the intervention period, while N=1 discontinued and N=2 initiated use during follow-up.

⁵N = 2 discontinues use in the intervention period.