

Table S1 Within-group comparisons of parameters between baseline and at six months

	App user group			App nonuser group		
	Baseline (0 month)	6 months	<i>P</i> -value	Baseline (0 month)	6 months	<i>P</i> -value
Estimated salt intake (g/day)	9.06 ± 3.06	8.68 ± 3.60	0.72	7.21 ± 1.94	7.84 ± 2.37	0.36
Urinary protein (g/day)	0.78 ± 1.18	0.49 ± 0.83	0.16	0.51 ± 0.74	0.50 ± 0.86	0.93
Systolic blood pressure (mmHg)	131.8 ± 16.2	131.0 ± 11.1	0.82	131.8 ± 14.4	132.8 ± 21.7	0.9
Diastolic blood pressure (mmHg)	77.8 ± 16.7	76.8 ± 12.6	0.74	76.3 ± 11.2	81.1 ± 13.8	0.36
Mean blood pressure (mmHg)	95.8 ± 14.7	94.8 ± 10.7	0.75	94.8 ± 9.0	98.3 ± 13.6	0.5
Body weight (kg)	68.8 ± 14.3	68.2 ± 15.2	0.31	62.6 ± 15.8	63.7 ± 15.5	0.002
Body mass index (kg/m ²)	25.2 ± 3.7	24.9 ± 4.2	0.31	23.1 ± 3.5	23.5 ± 3.4	0.002
eGFR (mL/min/1.73m ²)	47.3 ± 22.7	45.5 ± 23.1	0.21	41.5 ± 26.0	38.8 ± 25.3	0.01

Notes: Data are expressed as mean ± standard deviation.

Abbreviations: eGFR, estimated glomerular filtration rate.