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Invited (n = 7,582)

- No response (n = 3,263)
- Declined to participate (n = 2,787)
- Other (n = 327)

Assessed for eligibility (n = 1,205)

Excluded (n = 564)
- Not meeting inclusion criteria (n = 449)
  - QRISK2 < 20% (n = 187)
  - No modifiable risks (n = 158)
  - No internet or email (n = 60)
- Declined to participate (n = 14)
- Other (n = 101)

Randomised (n = 641)

Allocation

Offered intervention (n = 325)
- Received intervention (n = 325):
  - In full: 103 (32%)
  - In part: 194 (60%)
  - Little or none: 26 (8%)
  - Missing data: 2 (<1%)

Offered usual care (n = 316)
- Received usual care (n = 316)

6-Month Follow-up

Primary outcome measure (based on clinical assessment): 301 (93%)
- Completed questionnaire: 308 (95%)
- Not followed up: 24 (7%)
  - Withdrawn from study (n = 14)
  - Did not attend assessment (n = 10)

12-Month Follow-up

Primary outcome measure (based on clinical assessment): 295 (91%)
- Completed questionnaire: 300 (92%)
- Not followed up: 30 (9%)
  - Withdrawn from study (n = 23)
  - Did not attend assessment (n = 7)

Primary outcome measure (based on clinical assessment): 296 (94%)
- Completed questionnaire: 304 (96%)
- Not followed up: 20 (6%)
  - Withdrawn from study (n = 6)
  - Did not attend assessment (n = 13)
  - Deceased (n = 1)

Primary outcome measure (based on clinical assessment): 291 (92%)
- Completed questionnaire: 300 (95%)
- Not followed up: 25 (8%)
  - Withdrawn from study (n = 11)
  - Did not attend assessment (n = 13)
  - Deceased (n = 1)