

Supplementary Data 3. Way of Delivery

Author (year)	Mode of delivery	Delivery platform	Blended-care	Blended-care setting	Type of blended-support
Aguilera (2020)	App	- iOS/iPadOS - Android	Yes	General practice (primary care)	Face-to-face guidance
Almeida (2015) Estabrooks (2011)	- Interactive voice response - Automated telephone calls - Mailings	Not applicable	No	Not applicable	Not applicable
Alos (2022)	- App - Website	- iOS/iPadOS - Android	No	Not applicable	Not applicable
Al-Ozari (2018)	Text messaging	Not applicable	Yes	Usual diabetes clinical service	Face-to-face guidance
Ambeba (2015) Bizhanova (2023) Burke (2017, 2020, 2022a, 2022b) Cheng (2023) Kariuki (2023) Wang (2012)	App	- iOS/iPadOS - Android	No	Not applicable	Not applicable
Baert (2018) Bohanec (2021) Clays (2021) Voorend (2019)	App	Not reported	Yes	Hospital care (secondary care)	Not reported
Beckie (2024) Sengupta (2020a, 2020b)	App	Android	Yes	Health coach	Remote guidance
Bennett (2013, 2018) Foley (2012, 2016) Steinberg (2013)	- Interactive voice response - Text-messaging	Not applicable	Yes	- General practice (primary care) - Dietician	- Remote guidance - Face-to-face guidance
Boh (2016)	- App - Website	iOS/iPadOS	No	Not applicable	Not applicable
Bond (2014) Thomas (2015)	App	Android	No	Not applicable	Not applicable
Boudreau (2016) Moreau (2015)	Website	Not applicable	No	Not applicable	Not applicable
Buchan (2020)	App	iOS/iPadOS	No	Not applicable	Not applicable

	• Activity tracker				
Chokshi (2017)	• App • Text-messaging • E-mail • Interactive voice recording	• Not reported	No	• Not applicable	• Not applicable
Collins (2010, 2012, 2013)	• Website • E-mail • Text-messaging	• Not applicable	No	• Not applicable	• Not applicable
Daryabeygi-Khotbehsara (2022, 2023)	• App	• Android	No	• Not applicable	• Not applicable
Dorsch (2018, 2020)	• App	• iOS/iPadOS	No	• Not applicable	• Not applicable
Evans (2015)	• Mobile web interface • Text-messaging	• Not applicable	Yes	• Study team member	• Remote guidance
Finkelstein (2015)	• App	• Android	No	• Not applicable	• Not applicable
Forman (2019, 2019) Goldstein (2017, 2020, 2021a, 2021b)	• App	• iOS/iPadOS	No	• Not applicable	• Not applicable
Gatwood (2020)	• Text-messaging	• Not applicable	No	• Not applicable	• Not applicable
Golbus (2024) Hellem (2023)	• App	• iOS/iPadOS • Android	No	• Not applicable	• Not applicable
Gupta (2015)	• App	• Android	No	• Not applicable	• Not applicable
Hamborg (2024) Martens Anderson (2022)	• Text-messaging	• Not applicable	Yes	• Physiotherapist	• Remote guidance
Hemnes (2021) Martin (2015)	• Text-messaging	• Not reported	No	• Not applicable	• Not applicable
Hietbrink (2023a, 2023b)	• App	• iOS/iPadOS • Android	Yes	• General practice (primary care) • Hospital care (secondary care)	• Face-to-face guidance
Hurley (2015)	• Text-messaging	• Not applicable	No	• Not applicable	• Not applicable

Khunti (2021) Morton (2015) Yates (2015)	• Text-messaging	• Not applicable	Yes	• PROPELS educator (registered health care professionals or a suitable non-registered professional)	• Remote guidance
Kim (2024) Park (2024)	• App	• Android	Yes	• Human facilitator	• Remote guidance
Klein (2014)	• App • Website	• iOS/iPadOS • Android	No	• Not applicable	• Not applicable
Korinek (2018)	• App	• Android	No	• Not applicable	• Not applicable
Leitner (2022)	• Text-messaging	• Not applicable	No	• Not applicable	• Not applicable
Lim (2016)	• Text-messaging	• Not reported	Yes	• Dietician • Exercise specialist	• Face-to-face guidance
Lin (2015)	• Text-messaging	• Not applicable	Yes	• Dietician	• Face-to-face guidance
Mansour-Assi (2022)	• Text-messaging	• Not applicable	Yes	• Health coach	• Remote guidance
Martinho (2023), Pinto (2022)	• App	• iOS/iPadOS • Android	No	• Not applicable	• Not applicable
Miller (2021)	• App • Text-messaging	• Not applicable	Yes	• Dietician	• Remote guidance
Nezami (2022)	• App	• iOS/iPadOS	No	• Not applicable	• Not applicable
Novak (2024) Vetrovsky (2023)	• Text-messaging	• Not applicable	Yes	• General practice (primary care) • Counsellor	• Remote guidance
Pardos (2023)	• App	• Not reported	No	• Not applicable	• Not applicable
Park (2024)	• Activity tracker • Text-messaging	• Not applicable	No	• Not applicable	• Not applicable
Pellegrini (2015)	• App	• Android	No	• Not applicable	• Not applicable
Pimenta (2022)	• App	• Not reported	No	• Not applicable	• Not applicable
Plaete (2015) Poppe (2017, 2018, 2019a, 2019b)	• App • Website	• Not reported	No	• Not applicable	• Not applicable
Radhakrishnan (2020, 2021)	• App	• iOS/iPadOS • Android	No	• Not applicable	• Not applicable

Reinwand (2013) Storm (2016)	Website	Not applicable	No	Not applicable	Not applicable
Richardson (2007, 2010)	Website	Windows	No	Not applicable	Not applicable
Schoenthaler (2020)	- Text-messaging (prompts) - Not reported (graphs etc.)	Not reported	Yes	General practice (primary care)	Face-to-face guidance
Schultz (2022)	Text-messaging	Not applicable	Yes	General practice (primary care)	Face-to-face guidance
Shibuta (2023)	App	Android	No	Not applicable	Not applicable
Spruijt-Metz (2022)	App	- iOS/iPadOS - Android	No	Not applicable	Not applicable
Stein (2019) Tabak (2018)	Text-messaging	Not applicable	Yes	Health coach	Face-to-face guidance
Steinberg (2020)	- App - Text-messaging	- iOS/iPadOS - Android	No	Not applicable	Not applicable
Sun (2020)	App	Android	Yes	- Clinicians - Caregivers	Remote guidance
Sze (2023) Waki (2024)	App	iOS/iPadOS	Yes	Pharmacist	Face-to-face guidance
Tabak (2013, 2014a, 2014b, 2014c) Wieringa (2011)	- App - Website	Android	No	Not applicable	Not applicable
Tamura (2020)	App	Not reported	Yes	Not reported	Face-to-face guidance
vanderWeegen (2013, 2015) Verwey (2014a, 2014b)	- App - Web-application	Not reported	Yes	General practice (primary care)	- Remote guidance - Face-to-face guidance
vanGenugten (2010, 2012, 2014)	Website	Not applicable	No	Not applicable	Not applicable
Watson (2012)	Software installed on users' home computers	Not applicable	No	Not applicable	Not applicable
Yom-Tov (2017)	- App - Text-messaging	Android	No	Not applicable	Not applicable
Zahedani (2023)	App	Not reported	No	Not applicable	Not applicable