

FIGURE 1

Visit	Screening	Baseline W0	Visit 1 W10 (+/- 1 W)	Visit 2 W18 (+/- 2W)	Visit 3 W26 (+/- 2W)	Visit 4 W52 (+/- 3W)	Visit 5 W 60 (+/- 3W)	Visit 6 W 68 (+/- 3W)	Visit 7 W78 (+/- 4W)	Visit 8 W104 (+/- 4W)
Medical History	X	X	X	X	X	X	X	X	X	X
Concomitant medication	X	X	X	X	X	X	X	X	X	X
Demographics	X									
Physical Examination	X		X	X	X	X	X	X	X	X
HR and BP	X		X	X	X	X	X	X	X	X
Plasma glucose	X		X	X	X	X	X	X	X	X
Full blood count	X									
Creatinine	X				X	X			X	X
HbA1c	X		X	X	X	X	X	X	X	X
Adverse events	X	X	X	X	X	X	X	X	X	X
Functional Assessment										
SPPB	X	X	X	X	X	X	X	X	X	X
MMSE	X									
IADL (Lawton)		X	X	X	X	X	X	X	X	X
Barthel Index	X	X	X	X	X	X	X	X	X	X
Assessment for Fried's Criteria	X					X				X
Economic resource use for patients		X			X	X			X	X
Episodes of Hypoglycaemia		X	X	X	X	X	X	X	X	X
Permanant Institutionalization					X	X			X	X
Episodes of					X	X			X	X
EQ 5D-5L		X			X	X			X	X
ADDQoL-Senior		X			X	X			X	X
Modified Caregiver Strain Index		X			X	X			X	X
EQ 5D 5L for carers		X			X	X			X	X
Economic resource use for carers		X			X	X				X

FIGURE 2

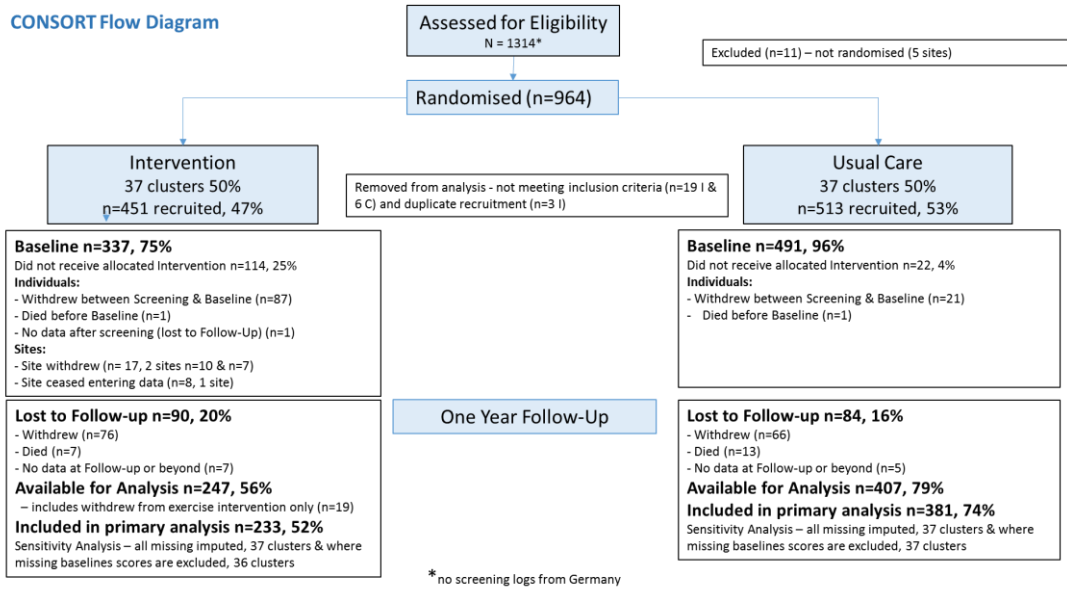


FIGURE 3

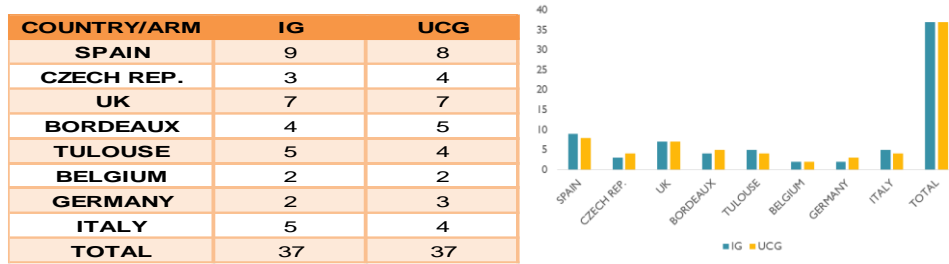


FIGURE 4

	Belgium N=40 No. Sites = 4	Czech Republic N=96 No. Sites = 7	France N=226 No. Sites = 18	Germany N=80 No. Sites = 5	Italy N=126 No. Sites = 9	Spain N=226 No. Sites = 16	UK N=130 No. Sites = 14	Total N=964 No. Sites = 73
Male - n (%)	21 (52.5)	25 (26.0)	133 (58.8)	39 (48.8)	87 (69.0)	103 (38.7)	83 (63.8)	491 (50.9)
Age – Mean (SD)	76.5 (5.37)	76.2 (6.30)	78.2 (5.44)	79.0 (5.95)	77.1 (4.64)	79.1 (5.24)	77.2 (4.98)	78.0 (5.44)
Number of years in education - Mean (SD)	14.3 (3.6)	13.2 (2.8)	10.2 (4.1)	11.0 (3.3)	8.8 (5.0)	7.5 (5.3)	11.4 (3.5)	10.0 (4.8)
Weight – Mean (SD)	82.9 (18.75)	79.4 (16.51)	81.3 (15.20)	79.8 (17.08)	78.0 (13.32)	71.9 (12.86)	85.7 (14.61)	78.6 (15.43)
Height – Mean (SD)	1.6 (0.08)	1.6 (0.09)	1.6 (0.09)	1.7 (0.09)	1.6 (0.09)	1.6 (0.08)	1.7 (0.10)	1.6 (0.10)
BMI – Mean (SD)	30.6 (5.32)	29.3 (5.47)	30.1 (5.22)	29.0 (5.74)	28.7 (4.34)	29.2 (4.50)	30.5 (4.72)	29.6 (4.96)
Frail - n (%)	18 (45.0)	38 (39.6)	69 (30.5)	26 (32.5)	31 (24.6)	122 (45.9)	60 (46.2)	364 (37.8)
Race - n (%)								
White Caucasian	40 (100)	96 (100)	224 (99.1)	78 (97.5)	125 (99.2)	200 (75.2)	119 (91.5)	882 (91.5)
Latino Hispanic			0	0	0	61 (22.9)	0	61 (6.3)
Other			2 (0.9)	2 (2.5)	1 (0.8)	5 (1.9)	11 (8.5)	21 (2.1)
Previous symptomatic hypoglycaemia - n (%)	8 (29.6)	4 (4.3)	33 (15.6)	16 (24.6)	7 (7.3)	16 (7.0)	6 (4.8)	90 (10.7)

Age at diagnosis - Mean (SD)	58.4 (8.7)	64.0 (12.2)	59.7 (16.6)	62.8 (11.7)	59.7 (13.5)	60.8 (18.0)	62.2 (10.4)	61.0 (15.1)
Years since diagnosis – Mean (SD)	17.8 (9.46)	12.2 (10.56)	18.2 (16.37)	16.2 (10.19)	17.8 (13.68)	18.2 (16.97)	14.7 (9.70)	16.9 (14.49)
Heart rate – Mean (SD)	69.5 (12.38)	74.1 (9.80)	72.0 (10.67)	74.0 (11.33)	72.4 (11.27)	75.3 (11.29)	72.4 (11.60)	73.3 (11.17)
Systolic blood pressure – Mean (SD)	142.6 (19.52)	141.5 (13.09)	141.9 (19.96)	146.5 (23.68)	136.6 (18.15)	138.9 (17.75)	136.5 (17.48)	140.0 (18.71)
Diastolic blood pressure – Mean (SD)	75.7 (14.33)	78.7 (10.82)	75.7 (11.63)	78.3 (12.15)	75.9 (10.02)	74.4 (10.17)	71.3 (11.35)	75.3 (11.25)
Comorbidities – n (%)								
Hypertension	36 (90.0)	86 (89.6)	193 (85.4)	71 (88.8)	115 (91.3)	230 (86.5)	107 (82.3)	838 (86.9)
Stroke/TIA	5 (12.5)	12 (12.5)	34 (15.0)	15 (18.8)	19 (15.1)	32 (12.0)	15 (11.5)	132 (13.7)
Cancer	5 (12.5)	13 9(3.5)	38 (16.8)	20 (25.0)	16 (12.7)	26 (9.8)	9 (6.9)	127 (13.2)
Hip fracture	3 (7.5)	5 (5.2)	5 (2.2)	4 (5.0)	2 (1.6)	13 (4.9)	4 (3.1)	36 (3.7)
Osteoporosis	9 (22.5)	19 (19.8)	11 (4.9)	13 (16.3)	18 (14.3)	62 (23.3)	7 (5.4)	139 (14.4)
Parkinson’s Disease	1 (2.5)	2 (2.1)	3 (1.3)	1 (1.3)	2 (1.6)	16 (6.0)	5 (3.8)	30 (3.1)
Asthma/COPD	6 (15.0)	9 (9.4)	29 (12.8)	12 (15.0)	17 (13.5)	42 (15.8)	21 (16.2)	136 (14.1)
CHF	4 (10.0)	8 (8.3)	8 (3.5)	18 (22.5)	10 (7.9)	29 (10.9)	5 (3.8)	82 (8.5)
OA/RA	8 (20.0)	38 (39.6)	43 (19.0)	17 (21.3)	38 (30.2)	84 (31.6)	39 (30.0)	267 (27.7)

FIGURE 5

	Intervention N= 451	Usual Care N = 513	Total N = 964
Male n (%)	222 (49.2)	269 (52.4)	491 (50.9)
Age – Mean (SD) [N]	78.4 (5.58) [451]	77.6 (5.29) [513]	78.0 (5.44) [964]
Number of years in education Mean (SD) [N]	9.5 (4.44) [448]	10.4 (5.00) [508]	10.0 (4.76) [956]
Weight – Mean (SD) [N]	77.6 (14.95) [450]	79.5 (15.79) [513]	78.6 (15.43) [963]
Height – Mean (SD) [N]	1.6 (0.10) [447]	1.6 (0.10) [506]	1.6 (0.10) [953]
BMI – Mean (SD) [N]	29.3 (4.96) [447]	29.8 (4.96) [506]	29.6 (4.96) [953]
Frail n (%)	170 (33.1)	194 (43.0)	364 (37.8)
Race n (%)			
White Caucasian	482 (94.0)	400 (88.7)	882 (91.5)
Latino Hispanic	15 (2.9)	46 (10.2)	61 (6.3)
Other	16 (3.2)	5 (1.1)	21 (2.1)
Previous symptomatic hypoglycaemia? Yes n (%)	40 (11.4)	50 (10.2)	90 (10.7)
Age at diagnosis Mean (SD) [N]	62.9 (12.97) [330]	59.6 (16.26) [474]	61.0 (15.07) [804]
Years since diagnosis – Mean (SD) [N]	15.1 (12.15) [330]	18.1 (15.83) [474]	16.9 (14.49) [804]
Heart rate – Mean (SD) [N]	73.2 (11.04) [448]	73.4 (11.29) [511]	73.3 (11.17) [959]
Systolic blood pressure – Mean (SD) [N]	140.6 (18.37) [447]	139.5 (19.00) [509]	140.0 (18.71) [956]
Diastolic blood pressure – Mean (SD) [N]	74.6 (10.09) [447]	75.9 (12.15) [509]	75.3 (11.25) [956]
Comorbidities – n (%)			
Hypertension			
Stroke/TIA	385 (85.4)	453 (88.3)	838 (86.9)

Cancer	55 (12.2)	77 (15.0)	132 (13.7)
Hip fracture	49 (10.9)	78 (15.2)	127 (13.2)
Osteoporosis	16 (3.5)	20 (3.9)	36 (3.7)
Parkinson's Disease	67 (14.9)	72 (14.0)	139 (14.4)
Asthma/COPD			
CHF	15 (3.3)	15 (2.9)	30 (3.1)
OA/RA	56 (12.4)	80 (15.6)	136 (14.1)
	41 (9.1)	41 (8.0)	82 (8.5)
	140 (31.0)	127 (24.8)	267 (27.7)

FIGURE 6

	Intervention N= 451	Usual Care N = 513	Total N = 964
SPPB	8.2 (2.61) [353]	8.6 (2.65) [491]	8.4 (2.64) [844]
Barthel	96.3 (7.03) [353]	95.7 (7.57) [491]	96.0 (7.35) [844]
IADL	7.1 (1.53) [353]	6.8 (1.76) [491]	6.9 (1.67) [844]
EQ-5D-5L	0.8 (0.20) [350]	0.8 (0.23) [489]	0.8 (0.22) [839]
MMSE	26.9 (2.96) [451]	26.9 (3.18) [513]	26.9 (3.08) [964]
MCSS	22.3 (8.33) [20]	20.0 (4.94) [32]	20.9 (6.47) [52]

FIGURE 7

	Intervention	Usual Care	Total
Antibiotic/antiinfectives – n (%)	35 (7.8)	62 (12.1)	97 (10.1)
Anticoagulant – n (%)	63 (14.0)	98 (19.1)	161 (16.7)
Antiglycaemic agent – n (%)	330 (73.8)	403 (78.6)	733 (76.0)
Anti-hypertensive (including ACE inhibitor) - n (%)	393 (87.1)	449 (87.5)	842 (87.3)
Central Nervous system drug (e.g., hypnotic, antidepressant) - n (%)	150 (33.3)	194 (37.8)	344 (35.7)

Gastro-intestinal drug - n (%)	183 (40.6)	209 (40.7)	392 (40.7)
Insulin - n (%)	144 (31.9)	210 (40.9)	354 (36.7)
Lipid-lowering agent - n (%)	272 (60.3)	303 (59.1)	575 (59.6)
NSAID - n (%)	225 (49.9)	259 (50.5)	484 (50.2)
Over-the-counter - n (%)	144 (31.9)	231 (45.0)	375 (38.9)
Other drug - n (%)	235 (52.1)	277 (54.0)	512 (53.1)
Other cardiovascular drug - n (%)	108 (23.9)	137 (26.7)	245 (25.4)
Other painkiller - n (%)	106 (23.5)	153 (29.8)	259 (26.9)
Respiratory Drug (including inhaler) - n (%)	42 (9.3)	62 (12.1)	104 (10.8)

FIGURE 8

		Without (n=350)		With (n=614)	
		n	%	n	%
Gender of participant	Female	172	49.1	301	49.0
Age of participant (Median (IQR))		350	79 (74, 82)	614	77 (73, 81)
Treatment allocation	Intervention	218	62.3	233	37.9
Fried's Frailty Criteria	Frail	164	46.9	200	32.6
Country	Belgium	28	8.0	12	2.0
	Czech Republic	16	4.6	80	13.0
	France	62	17.7	164	26.7
	Germany	40	11.4	40	6.5
	Italy	42	12.0	84	13.7
	Spain	93	26.6	173	28.2
	UK	69	19.7	61	9.9
Previous symptomatic hypoglycaemia	Yes	28	12.1	62	10.1
What age were you diagnosed with diabetes (Median (IQR))		205	65 (56, 70)	599	63 (55, 70)

Number of years in education Mean (Median (IQR))	343	10 (6.5, 12)	613	10 (7, 13)	
Hypertension	Yes	306	87.4	532	86.6
Stroke/TIA	Yes	57	16.3	75	12.2
Cancer	Yes	44	12.6	83	13.5
Hip fracture	Yes	15	4.3	21	3.4
Osteoporosis	Yes	56	16.0	83	13.5
Parkinson's Disease	Yes	10	2.9	20	3.3
Asthma/COPD	Yes	59	16.9	77	12.5
CHF	Yes	44	12.6	38	6.2
OA/RA	Yes	107	30.6	160	26.1
Baseline SPPB (Median (IQR))	230	8 (6, 10)	614	9 (7, 11)	
Baseline IADL (Median (IQR))	232	8 (6, 8)	614	8 (6, 8)	
Baseline Barthel (Median (IQR))	90	100 (95, 100)	183	100 (95, 100)	
Baseline ADDQoL (Median (IQR))	223	0.00 (-0.24, 0.27)	608	0.00 (-0.35, 0.12)	

FIGURE 9

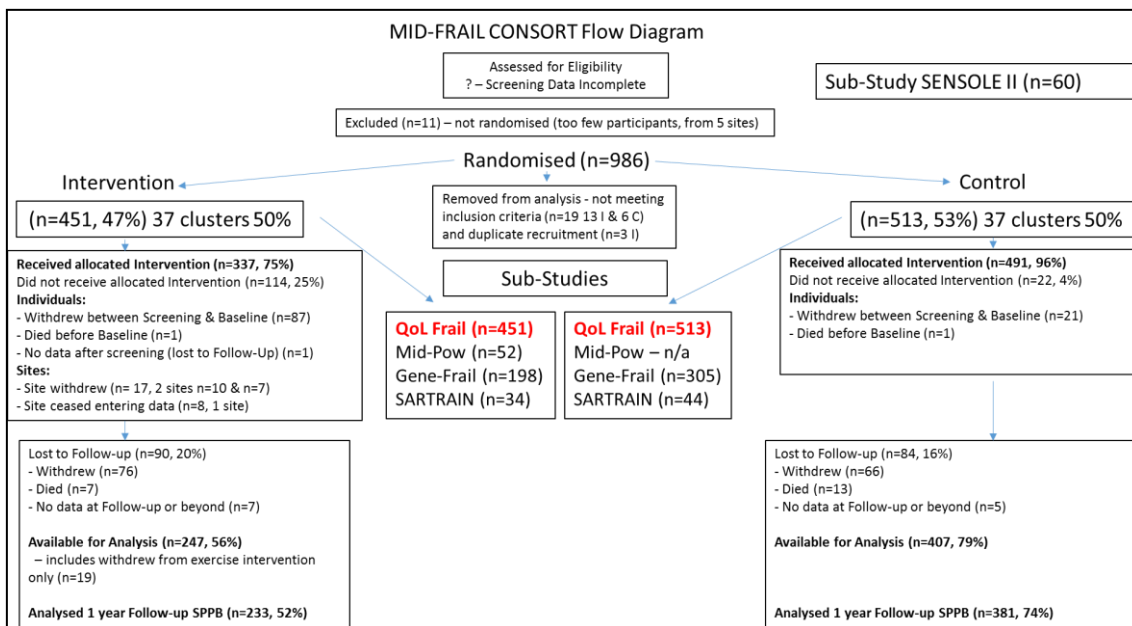


FIGURE 10

Disease Area	Related n(%)	Not Related n(%)
Cardiac disorders	0	58 (100)
Respiratory	0	3 (100)
Musculoskeletal and connective tissue disorders	0	42 (100)
Nervous system disorders	0	38 (100)
Gastrointestinal disorders	1 (3)	32 (97)
Endocrine disorders	0	27 (100)
Renal disorders	0	21 (100)
Hepatic and hepatobiliary disorders	0	13 (100)
Urinary disorder	0	11 (100)
Dermatology disorders	0	9 (100)
Mental disorders	0	8 (100)
Blood and lymphatic system disorders	0	7 (100)
Unknown	0	7 (100)
Musculoskeletal pain	0	6 (100)
Reproductive disorders	0	4 (100)
Ocular disorder	0	3 (100)
Vascular disorder	0	3 (100)
Immune disorders	0	1 (100)

FIGURE 11