



Table S1. Examples of automatic application messages for diabetes care.

Type	Examples
General diabetes management	<p>Good morning. This is iCareD. How are you dealing with stress?</p>
	<p>Moderate stress can increase your ability to overcome challenges, but excessive stress can disrupt your mental and physical balance and cause a variety of health problems. Therefore, it is important to properly manage stress.</p> <p>A stressful day! Forget confusing thoughts and focus on 3 tips!</p> <ul style="list-style-type: none"> ① Meditate for 5 minutes ② Take a light walk ③ Drinking teas such as chamomile and lavender are helpful for mental and physical stability <hr/> <p>Hello! This is iCareD. Alcohol - Is it 'poison' to me?</p> <p>▶ The correct answer is YES!! Drinking alcohol increases caloric intake and weakens self-control. This leads to weight gain.</p> <p>In addition, drinking alcohol after exercise or on an empty stomach may reduce liver function and increase the risk of hypoglycemia.</p> <p>Why don't you try to stop drinking alcohol?</p> <p>※ However, if you've already stopped drinking, keep going!</p>
Diet	<hr/> <p>Hello, this is iCareD. Are you doing well with a balanced diet?</p> <ul style="list-style-type: none"> ▶ It is recommended to eat [rice + 1–2 plates of protein + at least 2 plates of vegetables] at each meal for even nutritional intake. ▶ For blood sugar management, be careful not to eat especially grain-oriented meals such as rice or noodles. When dining out, choose a balanced diet with vegetables rather than foods with high carbohydrate. ▶ Vegetables have a lot of fiber, so they make you feel full - and they are low in calories, which is helpful for weight control. <hr/> <p>Hello, this is iCareD. Do you eat breakfast?</p>

▶ For stable blood sugar management, it is most important to eat 3 meals of a similar amount at approximately the same time each day. While you might be tempted to skip breakfast, it is an important meal because it replenishes nutrition expended during sleep.

▶ If you skip breakfast, you may crave snacks or foods high in calories or carbohydrates (sweets, bread, juice), which adversely affects blood sugar management and weight control.

Develop a habit of eating breakfast for your health.

Hello, this is iCareD.

Did you know that regular exercise helps improve immunity to disease?

Regular exercise stimulates the nervous system and activates the functioning of immune cells, helping to strengthen your ability to fight disease.

Aerobic exercise such as jogging, cycling, rope skipping, or swimming increases oxygen intake and benefits your cardiovascular system, which boost immunity!

Hello! This is iCareD.

Does stretching help to control blood sugar?

Stretching cannot replace aerobic or strength exercise to control blood sugar levels - however - If you sit for long periods of time, getting up, moving, and stretching every 30 minutes can help increase oxygen levels and maintain blood sugar.

Try light stretching every 30 minutes!

“Every man is the builder of a temple, called his body....”
- Henry David Thoreau -

What kind of temple do you want to build?

Do you want to play an active role in your health?
If so, continue practicing positivity and make good lifestyle choices.

iCareD will support you.

Physical activity

Encouragement for self-care