

Supplementary Table S1. Example text messages from Texting for Wellness: Lung Support Service.

Message Topic	Example Text Message
Recommendations on healthy lifestyle and behaviours	Hi [pref_name] ^a , remember it is important to keep active - try a walk outside if possible but if not try walking around the garden or within your home
Disease self-management	When you are feeling breathless, follow the 3 Ps, Pause, Position, and Pursed lip breathing (stop, lean forward and breath slowly)
Medication adherence	Are you sure you're getting maximum benefit from your inhalers? For a demo on how to use your inhaler go to www.lungfoundation.com.au
COVID-19 advice	If you have to go out for essential items or to visit your doctor - keep a safe distance from others i.e. at least 1.5 metres apart

^a [pref_name]: Participants preferred name entered at program enrolment.