

**Supplementary Table S3.** Results for the 30-day device (with and without digital companion) and 90-day device for each impact category per FU.

	Geographical region	Climate change (kg CO <sub>2</sub> eq)	Freshwater eco-toxicity (CTUe)	Freshwater use (m <sup>3</sup> )	Resource depletion (kg Sb eq)	Ozone depletion (kg CFC-11 eq)	Acidification potential (mol H <sup>+</sup> eq)
<b>30-day device (with digital companion)</b>	Germany	0.435	0.609	2.543	7.01E-05	4.47E-08	2.40E-03
	France	0.450	0.658	2.545	7.01E-05	4.46E-08	2.41E-03
	UK	0.453	0.609	2.544	7.01E-05	4.47E-08	2.41E-03
	Japan	0.459	0.638	2.545	7.01E-05	4.59E-08	2.85E-03
<b>30-day device (without digital companion)</b>	Germany	0.313	0.320	1.787	4.24E-06	3.27E-08	1.43E-03
	France	0.328	0.336	1.788	4.29E-06	3.26E-08	1.44E-03
	UK	0.330	0.319	1.788	4.24E-06	1.43E-03	1.44E-03
	Japan	0.336	0.318	1.789	4.29E-06	3.39E-08	1.87E-03
<b>90-day device (without digital companion)</b>	Germany	0.135	0.145	0.961	1.69E-06	1.51E-08	6.77E-04
	France	0.141	0.153	0.961	1.72E-06	1.52E-08	6.80E-04
	UK	0.141	0.143	0.961	1.69E-06	1.51E-08	6.79E-04
	Japan	0.145	0.146	0.962	1.71E-06	1.56E-08	8.65E-04