

Figure S1. Evident 3 app screenshots.

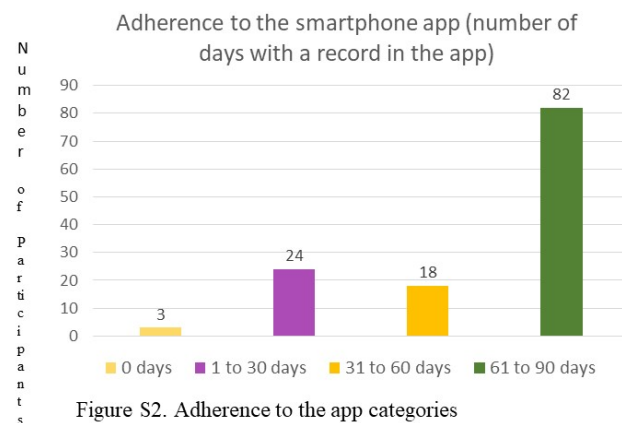


Table S1. Baseline characteristics comparison between subjects who completed the study and those who dropped out.

Characteristics	Complete (n = 217)	Loss of follow-up (n = 36)	p value
Age, mean years (SD)	47.83 (9.85)	47.51 (9.40)	0.813
Sex, n (%)			0.564
Men	66 (30.4)	11 (30.6)	
Women	151 (69.6)	25 (69.4)	
Smoking status, n (%)			0.533
Non smoker	44 (20.3)	9 (25.0)	
Smoker	86 (39.6)	16 (44.4)	
Former smoker	87 (40.1)	11 (30.6)	0.533

Clinical variables, mean (SD)			
BMI (kg/m ²)	32.81 (3.24)	33.17 (3.50)	0,536
Systolic blood pressure (mmHg)	115.17 (13.80)	116.78 (17.26)	0,534
Diastolic blood pressure (mmHg)	78.96 (8.56)	80.60 (11.11)	0,353
Heart rate (bpm)	68.13 (9.76)	71.83 (9.52)	0,056
Total Cholesterol (mg/dL)	193.77 (34.21)	186.89 (30.26)	0,263
HDL Cholesterol (mg/dL)	50.69 (12.10)	53.00 (11.90)	0,294
LDL Cholesterol (mg/dL)	118.10 (29.36)	11.00 (27.27)	0,182
Triglycerides (mg/dL)	123.29 (63.84)	122.31 (91.68)	0,938
Glycaemia (mg/dL)	90.76 (15.32)	94.34 (20.91)	0,226
HbA1c (%)	5.47 (0.41)	5.52 (0.65)	0,541
Cardiovascular Risk (%)	6.01 (5.81)	5.78 (7.44)	0,833
Chronic diseases, n (%)			
Hypertension	57 (26.3)	11 (30.6)	0.362
Dyslipidemia	48 (22.1)	6 (17.1)	0.338
Diabetes Mellitus	3 (1.4)	1 (2.8)	0.461
Medication use, n(%)			
Antihypertensive drugs	36 (16.6)	4 (11.1)	0.288
Lipid-lowering drugs	36 (16.6)	5 (13.9)	0.451

BMI, body mass index; bmp, beats per minute; LDL-cholesterol, low-density lipoprotein cholesterol; HDL cholesterol, high-density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin. Categorical variables are expressed as n (%) and continuous variables as mean \pm standard deviation. * Statistically significant differences ($p < 0.05$).

Table S2. Correlation between days of use of the app and measures analyzed globally and by sex.

	Global	Men	Women
3-month change, mean difference			
cfPWV, m/sec	-0.106	0.006	-0.154
baPWV, m/sec	-.180*	-0.050	-.287**
CAVI	-0.036	0.011	-0.054
cSBP (mmHg)	-0.114	-0.163	-0.098
cDBP (mmHg)	-.206*	-0.239	-0.193
CAIx	-0.023	0.154	-0.097
PAIx	-0.017	0.194	-0.075
AP (mmHg)	0.067	0.135	0.055
ED (%)	-0.087	-0.232	-0.029
SEVR (%)	0.161	0.188	0.156
12-month change, mean difference			
cfPWV, m/sec	-0.054	0.159	-0.180
baPWV, m/sec	-0.100	-0.054	-0.131
CAVI	-0.019	-0.036	-0.013
cSBP (mmHg)	-0.147	-0.145	-0.148
cDBP (mmHg)	-0.164	-0.235	-0.130
CAIx	-0.079	0.148	-0.169
PAIx	0.067	0.162	-0.048
AP (mmHg)	-0.048	0.267	-0.140
ED (%)	0.008	-0.066	0.034
SEVR (%)	-0.048	-0.024	-0.050

cfPWV, carotid-femoral pulse wave velocity; baPWV, brachial-ankle pulse wave velocity; CAVI, cardio-ankle vascular index. cSBP, central systolic

blood pressure; cDBP, central diastolic blood pressure; CAIx, Central Augmentation Index; PAIx, Peripheral Augmentation Index; AP, Augmented pressure; ED%, ejection duration ratio; SEVR%, subendocardial viability ratio.